

**MSI** .....1-800-563-8880  
information about obtaining a health card

**NS Human Rights Commission** .....1-877-269-7699

**NS Legal Aid**.....1-866-742-3300

**Public Health**

♦ Shelburne.....875-2623

**Tri County Regional School Board**.....1-800-915-0113

[www.southshorefamilyresource.org](http://www.southshorefamilyresource.org)

Updated July 2020



**Where To Call**

King Street Family Resource Centre  
P.O. Box 532 Shelburne NS B0T 1W0  
902 875-3256  
sandrahemeon@bellaliant.com  
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**Emergency Assistance**.....  
.....911

Nova Scotia's directory to government and community programs.....211

**Health Link**  
Health professionals answer your health questions.....811

**Shelburne County Learning Network**.....637-4333

**Autism and Learning Centre**.....521-8547

**Parent and Children Playgroups**  
♦ Children's Playgroups.....875-3256

**Canada Child Tax Benefit**.....1-800-387-1193

**Car Seat Installation & Safety information**  
Free service.....875-3256

**Child Safety Link**.....1-866-288-1388

**Community Health Board Shelburne** 875-4144 ext.206

**Little Peoples Place Daycare**.....875-3774

**Shelburne Lions Club**.....875-3233

## Department of Community Services

Shelburne County.....637-2335

**Employment Insurance** .....1-800-206-7218

## Family Court

custody, access, child support.....742-0550

## Family Centres

- ◆ Better Together Family Resource.....543-3119
- ◆ Queens Family Resource Centre.....354-7176
- ◆ Bridgewater Family Support Centre.....543-1301
- ◆ King Street Family Resource Centre.....875-3256
- ◆ Our House.....875-3337
- ◆ Tri County Women's Centre.....875-4777
- ◆ Early Childhood Development.....875-4067
- ◆ Juniper House.....1-800-266-4087

## Food Banks

- ◆ Shelburne County.....875-3823

**RCMP** .....875-2490

## Family Maintenance enforcement program

Kentville.....679-6728

Yarmouth.....742-0604

**Helpline**.....1-877-521-1188

## Housing

Western Regional Housing Authority.....875-3247

Tenancy Board.....1-800-670-4357

## Hospitals

- ◆ Shelburne Roseway Hospital.....875-3011
- ◆ Fishermen's Memorial Hospital.....634-8801
- ◆ IWK Health Centre .....1-902-470-8888
- ◆ South Shore Regional Hospital.....543-4603
- ◆ Queens General.....354-3436

**Income Tax** Revenue Canada.....1-800-959-8281

**Kid's Help Phone**.....1-800-668-6868

**Mental Health Services**.....875-4200



Change is the only constant.

If you find a change, please let us know!

Phone 875-3256 or [sandrahemeon@bellaliant.com](mailto:sandrahemeon@bellaliant.com)