

# Capacity of Services: COVID-19

**Please note:** All community updates are provided by the service providers themselves.

**If you know of a service provider that is not listed in this document or you have an update to your services please contact me at:**

[Rebecca.Guest@nshealth.ca](mailto:Rebecca.Guest@nshealth.ca)

## A

### **Alcoholics Anonymous (AA) Meetings:**

**Contact:** refer to website

**Website:** <https://aa.org/>

**Location:** various below

#### Service Changes:

#### AA Area 82 District 10 Online ZOOM Meetings

- SUNDAY: 7:30pm - SHELBURNE FELLOWSHIP GROUP
  - ZOOM ID#: 506 816 5273
  - <https://us04web.zoom.us/j/5068165273>
  - PASSWORD: 12345
- MONDAY: 8:00pm - SERENITY GROUP
  - ZOOM ID#: 630 232 462
  - <https://us04web.zoom.us/j/630232462>
  - PASSWORD: 344487
  - EMAIL: [SerenityGroupGSR@gmail.com](mailto:SerenityGroupGSR@gmail.com)
- TUESDAY: 8:00pm - TUESDAY NIGHT MEETING
  - ZOOM ID#: 791 137 5704
  - <https://us04web.zoom.us/j/7911375704>
  - PASSWORD: 267552
- WEDNESDAY: 8:00pm - ACTION GROUP
  - ZOOM ID#: 306 487 814
  - <https://us04web.zoom.us/j/306487814>
  - PASSWORD: 178214
- THURSDAY: 8:00pm - LAHAVE GROUP
  - ZOOM ID#: 791 137 5704
  - <https://us04web.zoom.us/j/7911375704>
  - PASSWORD: 267552
- FRIDAY: 8:00pm - SERENITY GROUP
  - ZOOM ID#: 630 232 462
  - <https://us04web.zoom.us/j/630232462>
  - PASSWORD: 344487
  - EMAIL: [SerenityGroupGSR@gmail.com](mailto:SerenityGroupGSR@gmail.com)
- SATURDAY: 8:00pm - LAHAVE GROUP

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**Updated by Rebecca Guest – April 20, 2020 1pm**

- ZOOM ID#: 791 137 5704
- <https://us04web.zoom.us/j/7911375704>
- PASSWORD: 267552

**Autism Nova Scotia:**

**Contact:** Rachel Whynot, Autism Support Coordinator, South Shore

southshore@autismns.ca

Phone: 902-541-8233 or 902-514-7489

**Website:** <http://autismsouthshore.ca/>

**Location:** Portable Classroom # 1, behind Hebbville Academy School in Hebbville, N.S - 16147 Hwy #3, RR # 4, Bridgewater, N.S, B4V 6Y1

Service Changes:

- Autism Nova Scotia is offering a NEW online/over the phone social program to help provide social opportunities for teens and adults with autism during Public Health Canada's recommended social distancing period
- This program is open to teens and adults with autism across Nova Scotia
- First planned Virtual Club is taking place next Wednesday, March 29, 3-430pm
  - For more information: <http://www.autismnovascotia.ca/program/70>
  - To register, you can visit: [southshore@autismns.ca](mailto:southshore@autismns.ca)
- **COVID-19 Outbreak and Autism Related Resources:**  
(right click to open resources)

[Families, Caregivers & Respite Service Providers](#)

[Employment Agency Partners & Supporting Individuals on the Autism Spectrum](#)

[Employment Infographic Resource: "Are you being laid off from work?"](#)

[Understanding Terminology: What is "Social Distancing"?](#)

[Tools & Resources for Families with Children on the Autism Spectrum](#)

[Useful Infographic: How to manage changes in routine](#)

[How to Use Kids Help Phone](#)

[Tenants' Resources: Renter's Rights & Evictions](#)

[Guide to Using Zoom \(Tips & Resource\)](#)

[Supporting Post-Secondary Students \(PASS\)](#)

## B

### **Bridgewater Justice Centre:**

Contact: 902-543-4676

**Website:** <https://www.courts.ns.ca/>

**Location:** Provincial COURTS Bridgewater Provincial Court  
141 High St, Bridgewater, NS B4V 1W2

#### Service Changes:

- Courts are open; however, triage of urgent cases and adjourning non urgent
- Reduction of walk-in traffic and screening the public who must enter the building for symptoms
- Encouraging the public to communicate by phone
- Eventually doors may close to the public as a precautionary measure and to reduce the spread of the virus (core business functions will still occur; such as: persons in custody, Child & Adult Protection, emergency protection orders, etc.)
- Currently developing safe work processes to continue to allow court access for the serious and urgent matters
- Those with motor vehicle infractions will not be impacted by license suspensions due to Court access delays

## C

### **Canadian Mental Health Association:**

**Contact:** 902-466-6600 or Toll Free 1-877-466-6606

Director: Pamela Magee 902-466-6600 ext 203

Email: [pamela@novascotia.cmha.ca](mailto:pamela@novascotia.cmha.ca)

**Website:** <https://novascotia.cmha.ca/>

**Location:** 45 Alderney Drive, Suite 200, Dartmouth, Nova Scotia,  
B2Y 2N6

#### Service Changes:

- FREE newly created COVID-19 virtual Information – Wellness Resource Hub <https://caringtogether-cmhans.ca> providing the latest information and resources regarding COVID-19, contains links to wellness resources and activities to support their health, resilience and wellbeing during these uncertain times]
- Contact them if you have resources to add to the Wellness Hub; such as:
  - Facebook events
  - Online recreational activities

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- Activities to help keep children occupied and help parents cope during the work-from-home, work-day
- Healthy lifestyle tips and ideas
- Self-Care resources, tips and ideas

**Chester Transportation Society Community Wheels:**

**Contact:** 902-275-5585

**Website:** <http://ruralrides.ca/services/chester-community-wheels/>

**Location:** 23 Collicutt Rd., Chester, NS, B0J 1J0

Service Changes:

- Municipality of Chester Transportation Society Community Wheels are continuing service to ridership
- Using vans and bus which allows space for social distancing (no booking travel in compact car)
- Following the lead from Health Canada guidelines as are other RTA member organizations
- Take Care, Regards Michele

**Community Café:**

**Contact:** Community CAFÉ on Facebook

**Website:** Community CAFÉ on Facebook

**Location:** St Paul's Lutheran Church Hall at 25 Phoenix Street,  
Bridgewater

Service Changes:

- Take out ONLY Wednesdays 5-530pm

**Correctional Services:**

**Contact:** 902-543-4721 (Bridgewater) or 902-354-5532 (Liverpool)

Email: [raeann.fleury@novascotia.ca](mailto:raeann.fleury@novascotia.ca) (Liverpool)

**Website:**

[https://novascotia.ca/just/Corrections/Community\\_Offices.asp](https://novascotia.ca/just/Corrections/Community_Offices.asp)

**Location:** Provincial Building, 99 High Street, Suite 216,  
Bridgewater or

76 Water Street, Liverpool

Service Changes:

- Limited the number of staff working out of the office each day
- Others working from home
- No in person meetings
- No outside agencies in the office at this time
- no meetings

## D

### Department of Community Services:

**Contact:** General Inquiries 902-543-5527  
Child Welfare Services 902-543-4554

**Website:**

<https://www.novascotia.ca/coms/department/contact/WesternOffice.s.html#lunenburg>

**Location:** Provincial Building, 99 High Street, Bridgewater, Nova Scotia, B4V 1V8

### Service Changes:

- **Child Protection** remains an essential business function, and all Community Services offices are operational.
  - **If someone suspects a case of child abuse or neglect**, there is a duty to report, either through your local DCS office or by calling **1-866-922-2434**.
  - Access and family visits are an important part of the lives of children in care and their family members. During the pandemic, this priority needs to be balanced with the safety and wellbeing of children in care, their families, caregivers, and our staff. Therefore, we are temporarily using Skype, Facetime and telephone to facilitate these visits. These measures will be re-evaluated on an ongoing basis to ensure they remain the best ways for children in care to communicate with their loved ones.
- **Disability Support**
  - Each Disability Support participant who is receiving the Standard Household Rate and each dependent member of their family will receive a payment of \$50. This is automatic – participants do not need to apply.
  - This payment is in addition to their Standard Household Rate and will not be considered as an overpayment.
  - All residential care facilities licensed under the Homes for Special Care Act - including Long Term Care Facilities and licensed Disability Support Program funded residences - are closed to visitors.
  - DCS continues to pay core funding to Adult Service Centres and they, in turn, are supporting participants in community in a host of wonderful ways.
  - DCS has increased amount of respite funding available in the Disability Support Program in order to help families get the support they need during these unusually challenging times.
- **Respite Services** is making a policy exception to provide any family already in the Direct Family Support (DFSC) for Children or Flex Funding (Flex at home living with Family and Flex Independent) program with additional respite funding (above their current approved level)
  - This can be used to assist with support while schools and Day programs are closed

- **Please contact your care coordinator to ensure you are eligible for additional funding and for further information**
  - Rachel Whynot, [Autism Support Coordinator, South Shore](#)
  - E-mail: [southshore@autismns.ca](mailto:southshore@autismns.ca)
  - Phone: 902 541 8233
  - Cell: 902 514 7489
  - Web Site: [www.autismsouthshore.ca](http://www.autismsouthshore.ca)
- **Support for Income Assistance Clients:** The province has invested \$2.2 million to support our income assistance clients with challenges they may experience related to COVID-19. This emergency assistance will provide vulnerable Nova Scotians with additional support for food, cleaning supplies and personal care items.
  - Each Income Assistance client and each member of their family received a payment of \$50.
  - This payment was in addition to basic assistance and is not considered as an overpayment. DCS will continue to monitor the situation and provide additional assistance when needed.
  - DCS is extending the hours of our toll-free line for income assistance, including weekends. People can now speak with someone about Income Assistance eligibility Monday to Friday 8:30 am to 7 pm, Saturday 8:30 am to 4:30 pm, and Sunday 10 am – 2 pm.
  - To speak with someone during **extended hours** please contact: **1-833-722-1417**.
  - During **regular business hours**, 8:30 am to 4:30 pm Monday to Friday, please continue to contact **1-877-424-1177**.
  - DCS has entered into a partnership with TELUS to provide data and mobile phones to our most vulnerable clients who are required to self-isolate or quarantine. These individuals will be identified by their caseworkers or community partners and the phones will be returned to the department when the need subsides.
  - DCS is delaying annual income assistance reviews until July 2020.
  - DCS is suspending collection of overpayments for current income assistance recipients until August 2020.
  - DCS is removing employment participation requirements until July 2020, while continuing to provide supports and services as needed.
  - DCS is extending special needs that were due to expire within the next three months until July 2020.
  - The department is reducing the number of clients who are required to submit monthly income statements for those who do not report employment or other types of income.
  - Clients can call their caseworker to complete their monthly income statement over the phone until July 2020.
  - DCS is delaying collection of some required medical and other documentation until July 2020. Clients should contact their

caseworker to discuss these interim policy exemptions and how they may apply to their individual circumstances.

## E

### Early Years:

**Contact:** 902-543-0850

**Website:** <https://novascotia.ca/dhw/healthy-development/enhanced-home-visiting.asp>

**Location:** 215 Dominion Street, Suite 200, Bridgewater, NS, B4V 2K7

### Service Changes:

- Western Zone Public Health Early Years staff are actively engaging in social distancing to minimize risk to families and communities
- Continue provide Public Health support to families in the Western Zone
- Effective March 17, 2020 modified service delivery to support families through remote communications rather than in person hospital and home visits
- In hospital prenatal and postpartum **Early Years Public Health** screening will temporarily be suspended
- Screens will be completed by telephone
- **Public Health Nurses (PHN's)** will use their assessment and judgement to determine if a postpartum home visit is deemed necessary to support the short term needs of families
- For families currently engaged in the **Enhanced Home Visiting Program** Community Home Visitors will provide support by phone, email or through a virtual connection

### Employment Solutions:

**Contact:** 902-543-2479

**Website:** <https://empsolutions.ca/>

**Location:** 215 Dominion St, Bridgewater NS B4V 2K7

### Service Changes:

- Suspended all in-person services
- Appointments are possible via phone or online
- More information call 1 866 711 0411.

## F

### Food Banks/options:

**Contact:** See below

**Website:** search on Facebook

**Location:** See Below

Service Changes:

- **Chester:** 101 Valley Road, Chester, NS, B0J 1J0
  - 902-275-5304
  - Foodbank open Wednesdays and will stay open as long as they have food
- **Bridgewater:** 150 Churchill Street, Bridgewater, NS, B4V 1S2
  - 902-543-1915
  - Open Tuesdays and Fridays 12:30pm-3:30pm
- **Liverpool:** 283 Lincoln Street, Lunenburg, NS, B0J 2C0
  - Phone in order to be delivered ONLY 902-634-4035
  - New clients to call and register
- **Mahone Bay :** Mahone Bay Centre, 45 School Street, Mahone Bay, NS, B0J 2E0
  - 902-624-0890
  - Food Bank (2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 9:00-11:00)
- **New Germany:** 4960 Highway 10 **New Germany**, NS B0R 1E0
  - Wednesday (10-12)
  - As of March 17, 2020: Open usual hours \* Limited inside access \*  
Handing out pre-packaged bags at the door
- Food will be provided outside the building at all locations
- Also see “Souls Harbour” in below

**Faith and Religion:**

**Anglican Parish:**

**Contact:** Cherry Workman 902-354-3110

**Website:** Trinity Facebook page

**Location:** Queens

Service Changes:

- Church Buildings in the Anglican Parish of South Queens are closed at least until mid-May
- Worship is being recorded and aired through Trinity's Facebook page and via You Tube - Cherry Workman

**Family Resource Centre: Lunenburg, Queens, Digby and Shelburne**

**Contact:** See below

**Website:** <https://www.southshorefamilyresource.org/>

**Location:** See Below

Service Changes:

- **Parenting Journey Programs – Lunenburg & Digby Counties only**
  - Basic Needs: Providing services to PJ families via phone, e-mail, text. Families will have access to emergency supports such as gift cards, gas cards, bus tickets, food, school supplies etc.



- Parenting info and support: providing information through phone, text, e-mail, and activities/parenting information bags when requested.
- **Crisis Management:** Continue to provide support to our families via phone, e-mail, text, Facebook.
  - Ensure only credible and relevant information is shared through social media.
  - Keep updated on other organizations in the community and their capacity that we may need to send referrals to.
  - We are working in partnership with the regional centres for education to ensure families have access to the online learning being sent out by the department of education this week.
  - Providing support in supplies for home i.e. pencils/crayons/photocopies for those families who do not have access or limited access to internet.
- **Other:** We have enacted our pandemic policy and are working from those procedures. PJP staff are working from home or on a rotational basis at centres.
- All locations closed to the public with staff rotating centre coverage, checking mail and phone messages and coordinating supports.
- Staff are working at each centre on a rotational basis to provide support via e-mail/phone/text
  - Bridgewater – Better Together Family Resource Centre 902-543-3119
  - Liverpool – Queens Family Resource Centre 902-354-7176
  - Shelburne – King Street Family Resource Centre 902-875-3256
  - Digby – The Family Resource Centre 902-245-2300

#### **Freeman House:**

**Contact:** 902-543-7444 or Toll Free 1-877-882-7722

**Website:** Freeman House on Facebook

**Location:** 48 Empire Street, Bridgewater, NS B4V 2N1

#### Service Changes:

- Freeman House is working at individual, community and system levels with the most vulnerable youth & families of our communities in support of Nova Scotia Government #PreventionMeasures to flatten the curve on #COVID19 for all
- To connect with Freeman House **#YouthOutreach**, you can text, call or email Corey and Josh:
  - Josh Goode 902 521-8486 [joshgoode.fh@gmail.com](mailto:joshgoode.fh@gmail.com)
  - Corey Wright 902 521-8995 [coreywright.fh@gmail.com](mailto:coreywright.fh@gmail.com)
- To connect with Freeman House **#Family Connections**, you can text, call or email
  - Natasha MacSween 902 398-1055 [natashamacsween.fh@gmail.com](mailto:natashamacsween.fh@gmail.com)

- To connect with Freeman House **#Men's Intervention**, you can text, call or email
  - Chris Hessian 902 521-7078 [chrishessian.fh@gmail.com](mailto:chrishessian.fh@gmail.com)
- To connect with our local **#HousingFirst Housing Support/Homelessness Prevention Program**, you can text, call or email
  - Donette Getson 902 212-1055 [donettegetson.fh@gmail.com](mailto:donettegetson.fh@gmail.com)
- In-person Supported Access to **#PrimaryHealthCare** is not available at Freeman at this time
  - Existing patients can be supported via phone and have prescriptions filled

## G

### Gaming:

**Contact:** 1-888-347-8888

**Website:** <https://gamblingsupportnetwork.ca/>

**Location:** n/a

#### Service Changes:

- The Gambling support network is available 24/7 by calling 1-888-347-8888, or by going to the website <https://gamblingsupportnetwork.ca/>
- They are connected with a clinical therapist either immediately or they are connected within 30 minutes
- Ongoing appointments offered
- Can request booklets of support for themselves or loved ones to be mailed to their homes
- Gamblers Anonymous 902-252-3132

## H

### Harbour House:

**Contact:** 24-Hour Transition House Desk 902-543-3999 or Toll Free 1-888-543-3999

Email: [thw@harbour-house.ca](mailto:thw@harbour-house.ca)

Administration 902.543.3665

Email: [executivedirector@harbour-house.ca](mailto:executivedirector@harbour-house.ca)

Outreach 902-543-9970

Email: [outreach@harbour-house.ca](mailto:outreach@harbour-house.ca)

Child and Youth 902-543-9970

Email: [youth@harbour-house.ca](mailto:youth@harbour-house.ca)

**Website:** <http://harbour-house.ca/>

**Location:** not disclosed

#### Service Changes:

**Capacity of Services: COVID-19**  
**Updated by Rebecca Guest – April 20, 2020 1pm**

- Still working with the province and THANS for exact steps regarding the shelter and current clients
- Stopped accepting in person donations
- Limited visitors to staff and emergency services only
- Support line available 24-7
- **Child and Youth and Outreach** are working out of our offices at the shelter and have postponed all in person sessions, groups, and meetings until further notice
- Facebook page will post updates and can receive messages
- Offering counselling and services via phone, text, or email.

**I, J, K,**

**L**

**Library: LCLC**

**Contact:** 902-543-9222

**Website:** [www.southshorepubliclibraries.ca](http://www.southshorepubliclibraries.ca)

**Location:** 135 N. Park St, Bridgewater, NS

**Service Changes:**

- CLOSED to public
- Book mobile is still running
- Online reading selections to download

**Lunenburg County Seniors Safety:**

**Contact:** Office:902-543-3567

Cell: 902-521-1506

Email: [Chris.Acomb@bridgewaterpolice.ca](mailto:Chris.Acomb@bridgewaterpolice.ca)

**Website:**

[https://novascotia.ca/seniors/senior\\_Safety\\_Programs.asp](https://novascotia.ca/seniors/senior_Safety_Programs.asp)

**Location:** Lunenburg County

**Service Changes:**

- The following LCSSP services are on hold until further notice:
  - home visits
  - presentations
  - educational series such as Seniors' Safety Academy etc
- Continue to serve older adults and work closely with collaborative partners, law enforcement and the community at large via telephone and internet
- FB page is committed to trying to communicate up to date information from reliable sources

**M**

## **Mental Health and Addiction:**

**Contact:** See below for each program

**Website:** <http://www.nshealth.ca/mental-health-addictions>

**Location:** See below for each program

### Service Changes:

- Tele-mental health is preferred (phone and virtual care)
- Very limited in person contact based on criteria
- Screening at front desk for anyone that visits the location
- Social distancing (6 feet) practiced with clients and coworkers
- All groups cancelled
- **School-Based** staff are working off-site while schools are closed
- All non-urgent home-based services are cancelled for **CSS and EIBI**
- Any and all questions can be directed to 902-543-5400
- **Opioid Use Treatment**
  - Please contact someone from our team for more details
  - Dave Martell (902) 298-0493
- **ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18 plus years of age)**
  - People looking for help for anxiety and depression
  - This program provides adults with a manual or access to a secure website, skill demonstration videos, and weekly telephone support from a coach
  - This service is private and confidential and offered through the Strongest Families Institute.
  - To self-refer please go to:  
<https://login.strongestfamilies.com/folder/1963/>
- **Strongest Families Institute** is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being
  - Supporting families over the phone and Internet in the comfort and privacy of their own home.
  - Children and youth from 3-17 years of age:
    - Attention Deficit Hyperactivity Disorder
    - Oppositional Defiance Disorder
    - Anxiety Disorder
    - Nighttime Bedwetting *\*Dependent on funding*
  - Self-referrals can be made during this high anxiety providing time  
<http://strongestfamilies.com>
- **The Mental Health Provincial Crisis Line** is available **24 hours a day, 7 days a week** to anyone experiencing a mental health or addictions crisis or someone concerned about them, by calling **1-888-429-8167** (toll free)
- **Wellness Clinic: Fishermen's Memorial Hospital**
  - Contact over the phone is strongly encouraged
  - If in person is necessary, social distancing will be practiced
- **Therapy Assisted Online (TAO) Self-Help**

- [https://taoconnect.org/what\\_is\\_tao/ns/](https://taoconnect.org/what_is_tao/ns/)
  - Calming your worry
  - Let go and be well
  - Interpersonal relationships and communication
  - Leave Your Blues Behind
  - Improving Your Mood
  - Evaluating Alcohol and other Drug Use
  - Pain Management

## N

### **National Student Loans:**

**Contact:** Toll Free 1 888 815-4514

**Website:** <https://www.csnpe-nslsc.canada.ca/en/home>

**Location:** National Student Loans Service Centre, P.O. Box 4030, Mississauga ON, L5A 4M4

#### Service Changes:

- Government of Canada has announced its plan to pause the repayment of Canada Student Loans until September 30th, 2020, with no accrual of interest
- Pending parliamentary approval, these measures will become effective March 30th, 2020
- This will include pre-authorized debits
- Up to date details at <https://www.csnpe-nslsc.canada.ca/en/home>

### **Native Council of Nova Scotia:**

**Contact:** 902-354-2751

**Website:** <http://ncns.ca/>

**Location:** 180 White Point Road, PO Box 2028, Liverpool, N.S, B0T1K0

#### Service Changes:

- Working from home
- Contact with people through phone, email, Facebook, messenger, skype, etc.
  - APTEC Case Manager: Vanessa Weagle: 902-523-4052
  - CHIP Facilitator: Diane Warner: 902-354-8177
  - Education Director: April Hiltz: [aprilhiltz@eastlink.ca](mailto:aprilhiltz@eastlink.ca)
  - Homelessness Facilitator: Bonnie Francis: 902-350-2884
  - Rural Native Housing Officer: Tim Labrador: 902-350-1590
  - Trades Navigator: Albert Conrad: 902-350-6631

### **NS Early Childhood Development Intervention Services (NSECDIS):**

**Contact:** Toll Free 1-844-292-6730

**Capacity of Services: COVID-19**

**Updated by Rebecca Guest – April 20, 2020 1pm**

Email: [info@nsecdis.ca](mailto:info@nsecdis.ca)

**Website:** <https://www.nsecdis.ca/>

**Location: NSECDIS Central Office**, 276 Bedford Highway, Suite 104, Halifax, Nova Scotia, B3M 2K6

Service Changes:

- Services offered via phone, email and video conferencing
- Continuing to receive referrals through our Central Office
- Developmental Interventionists will continue to be in touch with families to provide remote consultation on child development, family support, case coordination and transition support (including school and pre-primary transitions)
- Please do not hesitate to contact if you have any questions regarding NSECDIS

**Nova Scotia Legal Aid:**

**Contact:** 902-543-4658 or Toll Free 1-866-543-4658

**Website:** <https://www.nslegalaid.ca/updated-notice-about-nsla-services/>

**Location:** 202-141 High Street, Bridgewater, NS, B4V 1W2

Service Changes:

- Office is closed
- On-line chats for family and social justice matters Tues and Wed. See our website for details. Be safe #COVID19NS @CourtsNS\_News @NSBS”
- Accessible by email and phone
- Only urgent applications will be addressed
- Asking that people submit documents electronically (email *only*) right now as fax machine is not monitored
- Updates from the Courts are posted online here - [https://www.courts.ns.ca/News\\_of\\_Courts/COVID19\\_Preventative\\_Measures.htm](https://www.courts.ns.ca/News_of_Courts/COVID19_Preventative_Measures.htm)
- Anything that can be adjourned is being adjourned
- Parties should check with their lawyers to be certain of the status of any court dates

O

**Our Health Centre:**

**Contact:** Chester Community Clinic at OHC 902-275-4414

Walk-In Clinic (messages retrieved on clinic days only) 902-273-2098

OHC Administration Office 902-275-3847

**Website:** <http://www.ourhealthcentre.ca/>

**Capacity of Services: COVID-19**  
**Updated by Rebecca Guest – April 20, 2020 1pm**

**Location:** 3769 Highway # 3, Chester NS B0J 1J0

Service Changes:

- *Walk-in Clinic April 2020*
  - *There will be no more “walk-In” appointments till further notice.*
  - *All appointments must be booked over the phone @ 1-902-273-2098*

Wednesdays:

    - *9:00-1:00 pm call to book a telephone consult with a doctor: 20 people maximum*
    - *3:30-7:00 pm call to make an appointment to see a nurse practitioner: 12 people maximum*

Fridays: (except Good Friday)

    - *12 noon - 4 pm call to book a telephone consult with a doctor: 20 people maximum*

Saturdays:

    - *7:30am – 12 noon call to make an appointment to see a doctor: 12 people maximum*
- Everyone will be provided with a mask before they enter OHC

**P, Q. R**

**S**

**Salvation Army**

**Contact:** 902-543-0356

**Website:** <https://salvationarmy.ca/>

**Location:** 215 Dominion St, Bridgewater, NS B4V 1N2

Service Changes:

- By appointment only
- Call 1-902-543-0356

**Schools-Plus:**

**Contact:** See Below

**Website:** <https://www.ednet.ns.ca/schoolsplus/en/what-schoolsplus>

**Location:** SSRCE schools

Service Changes:

- Support students and families on their caseload via phone
- The 3 Facilitators/Parent Navigators are available to advocate for and support students/families not on the SchoolsPlus caseload
- Please contact us with inquiries:
  - Linda Jensen (PVEC, BJHS, BES, BCS, Mahone Bay Alt, PRES, NES), text/call 902 521 9817, email [ljensen@ssrce.ca](mailto:ljensen@ssrce.ca)

- Shannon Vincent ( Queens County Schools, Hebbville, Pentz, Lunenburg), text /call 902 521 1451, email [Svincent@ssrce.ca](mailto:Svincent@ssrce.ca)
- Colleen Myra ( Chester Area Schools, New Germany Schools, WNES), call/text 902 523 4360, email [cmyra@ssrce.ca](mailto:cmyra@ssrce.ca)

**Second Story Women's Centre:**

**Contact:** 902-634-3044

**Website:** <https://www.secondstory.ca/>

**Location:** 18 Dufferin St, Lunenburg NS B0J 2C0

Service Changes:

- Closed to the public for at least two weeks (starting Monday, March 16) and until further notice
- **Counsellors** will offer their clients the option to keep their appointments and have them over the phone or by skype
- All other programs and services are cancelled as well as any external use of the Centre
- Staff will be accessible by email and some by telephone at office number 902-640-3044

**Senior Wheels:**

**Contact:** 902-543-2255

**Website:** <https://www.seniorwheels.ca/>

**Location:** 426 King St, Bridgewater, NS B4V 1A9

Service Changes:

- CLOSED until further notice

**Service Canada:**

**Contact:** 902-527-5524

**Website:** <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

**Location:** 77 Dufferin Street, Bridgewater Nova Scotia B4V 3J1

Service Changes:

- Service Canada Centres are open
- Counter services limited to 6 clients at a time
- Encourage any clients who need Service to use online and phone channels
- Outreach activities are suspended for now

**Souls Harbour:**

**Contact:** search on Facebook

**Website:** search on Facebook

**Location:** 136 Pleasant Street **Bridgewater**, NS B4V 2L2

Service Changes:

- Drop In Cafe is Closed



- Bagged Lunches given out at the door for anyone in need
- Monday, Tuesday, Thursday and Friday between 1 and 3
- Must comply with social distancing 2 m or 6 feet at the door

**South Shore Community Justice:**

**Contact:** See below

**Website:** n/a

**Location:** 129 Aberdeen Rd, Bridgewater NS B4V 2S7

Service Changes:

- Closed and working from home
- No in person meetings at this time, including Restorative Justice sessions
- Unable to hold any Restorative Justice Sessions during this time but we continue to support our clients on pre and post-session work via electronic means (email, teleconference, Skype, etc)
- Adult referrals send to [ARJ.Bridgewater@novascotia.ca](mailto:ARJ.Bridgewater@novascotia.ca)
- Youth referrals sen to [sscjs@eastlink.ca](mailto:sscjs@eastlink.ca)
- Office cell phone: (902) 298-3700
- To reach each staff member directly:
  - **Executive Director**  
Nicolle Lovett: (902) 298-1602 OR [sscjs@eastlink.ca](mailto:sscjs@eastlink.ca)
  - **Caseworkers**  
Emily Tallon: [rjcaseworker@eastlink.ca](mailto:rjcaseworker@eastlink.ca)  
Charlene Flint: [rjworkercharlene@eastlink.ca](mailto:rjworkercharlene@eastlink.ca)
  - **Office Admin**  
Jane Lawrence: [officeadminjane@eastlink.ca](mailto:officeadminjane@eastlink.ca)

**South Shore Regional Hospital: various services**

**Contact:** Administrative Switchboard: 902-543-4603

Patient Switchboard: 902-543-9167

**Website:** <http://www.nshealth.ca/locations-details/South%20Shore%20Regional%20Hospital>

**Location:** South Shore Regional Hospital 90 Glen Allan Drive  
Bridgewater, NS B4V 3S6

Service Changes:

*NSHA Primary Care clinic on the first floor :*

- To minimize the risk of exposure to everyone the doctors and nurses will be following up with their patients by phone
- If a patient needs to be seen those visits will be staggered to allow for social distancing .
- PLEASE call 1-902-275-4414 , do not drop in

*NSHA Mental Health & Addiction Services- first & second floors :*

**Capacity of Services: COVID-19**  
**Updated by Rebecca Guest – April 20, 2020 1pm**

- The Opioid Use Disorder Clinic on Monday afternoons will continue for now.
- For other Mental Health & Addictions services please call the Bridgewater office intake line 1-902-543-5400 or 1-855-922-1122

*NSHA Continuing Care- second floor:*

- Staff may be working from home ; if you have questions or concerns please call the intake line 1-800-225-7225

*NSHA Public Health -second floor:*

- Staff will be working from home; if you have questions or concerns please call 1-902-275-3581; 1-902-634-4014 or 1-902-543-0850

*NSHA Blood Clinic -first floor:*

- SUSPENDED till further notice ; if you have any questions please call 1-902-527-5261
- Blood collection will be at South Shore Regional Hospital - Monday-Friday 6:45 – 10:45 am.

*NSHA Diabetic Clinic: first floor:*

- Please call 1-902-624-7338 for an update on the satellite services offered at OHC

*NSHA Smoking Cessation Program- second floor*

- Program is suspended till further notice ; if you have questions or concerns please call Caelin Campbell at 1-902-527-5083

**South Shore Sexual Health:**

**Contact:** (902) 527.2868 for phone calls and texts

Email: [southshoresexualhealth@gmail.com](mailto:southshoresexualhealth@gmail.com)

**Website:** <http://www.sexualhealthlunenburg.com/>

**Location:** 109 Logan Road, Unit 2, Bridgewater

*Service Changes:*

- Closed but willing to offer support via phone, email, or Facebook Messenger
- Drop offs/pick-ups of condoms or pregnancy tests can be arranged
- Compassionate Emergency Contraception still available through a pharmacy of clients choice on the South Shore as long as the pharmacy is willing

**SSWAP:**

**Contact:** 902-275-5585

Email: [info@sswap.ca](mailto:info@sswap.ca)

**Website:** <https://sswap.ca/>

**Location:** 23 Collicutt Road, Chester NS B0J 1J0

Service Changes:

- Closed to participants
- Most team members are working remotely
- Staying in contact with participants daily and offering support
- Can be reached by e-mail and phone (checked daily)
- Building is closed to all outside visitors

**T, U, V, W, X**

**Y**

**YMCA**

**Contact:** 902-543-9622 or 902-521-3599

**Website:** <https://ymcalunenburgcounty.org/>

**Location:** See below

Service Changes:

- **Lunenburg County YMCA** (High Street location) is not open to the public
  - Staff are on site to answer inquiries at 902-543-9622 or 902-521-3599
  - Contact Yvonne Smith at [yvonne.smith@ns.ymca.ca](mailto:yvonne.smith@ns.ymca.ca) for any inquiries
- **YMCA King Street Youth Centre** (king street location) is closed with all programming postponed
  - Youth Centre phone is checked several times a day (902) 530-3392
  - Contact Kim Whitman-Mansfield at [kim.whitman-mansfield@ns.ymca.ca](mailto:kim.whitman-mansfield@ns.ymca.ca) for any inquiries
  - Offering Virtual Youth Outreach Program
    - Free for 100 youth
    - every Wednesday at 7PM
    - provides up to 100 teens an opportunity to communicate, check in, become part of a community of youth experiencing isolation, reach out, make connections and gain valuable leadership skills training at the same time
    - Zoom Meeting ID -305-045-958

**Z**



**ATTENTION ALL SERVICE PROVIDERS AND COMMUNITY GROUPS**

**INFORMATION NEEDED**

We are committed to providing Nova Scotians with accurate information and  
*we need your help.*

