



CBRM COMMUNITY RESOURCE MANUAL



Funded by Homelessness Partnering Strategy Federal funding stream administered by the Community Entity

May 2024

This CBRM Community Resource Manual was developed initially by Adult Learning Association of Cape Breton County (ALACBC) Outreach Worker Sharon Pyke, from information that is publicly available. It has now been updated with the numerous changes to services that have happened since 2018 by ALACBC Outreach Worker Shannon Laffin. It continues to be a valuable manual of local community resources for staff of the Adult Learning Association and of community partners.

Sometimes the support services that are offered in our community can be hard to find. We hope this CBRM Community Resource Manual can help bridge the gap between these services and the people who need them.

The initial Outreach Worker project was generously funded by the Homelessness Partnering Strategy Federal funding stream administered by the Community Entity, with in-kind support from the Adult Learning Association. Since 2019, the Outreach Worker project has been generously supported by United Way Cape Breton.

We welcome your feedback at alacbc@eastlink.ca or 902-564-8404.

Our community does better when we all do better.

| | | |
|-----------------|-----------------|--------------------|
| Shannon Laffin | Sharon Pyke | Karen Blair |
| Outreach Worker | Outreach Worker | Executive Director |



Adult Learning Association

Cape Breton County

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Emergency/Non- Emergency Numbers

- **Emergency: 911**
- **Information Line: 211**
- **Professional Health Advice: 811**
- **Suicide Crisis line: 988**
- **Good2Talk NS Free Counselling 24/7: Phone (833) 292-3698 or
Text: 686868**
- **NS Mental Health/Addiction Referral Services: (902) 563-2583**
- **Mental Health Crisis Line: 1 (888) 429-8167 (24hr service)**
- **Sexual Assault Nurse Examiner 24/7: 1 (844) 858-8036**
- **Domestic Abuse Crisis Line (Transition House): 1 (800) 563-
2945**
- **Kids Help Phone: 1 (800) 668-6868**

Section One: Health and Wellness

Addiction Services

Rehabilitation Centres

Mental Health

Walk in Clinics

Addiction Services

www.nshealth.ca

Emergency Crisis Program: Emergency crisis services are accessed through your local emergency department. Cape Breton Regional Hospital 24 hours, 7 days a week.

Central Intake: 902 563 2583 clients must call to complete initial intake interview and to set up an appointment for counselling

Adult Day Program: The Adult Day Program is an education and wellness program for individuals following a hospital stay for withdrawal from substances. These individuals attend the program five days a week for three weeks following which they transition to community-based individual therapy in our community mental health and addictions clinics. **Referral from health care team is required.**

Cape Breton Regional Hospital

Hours: Monday to Friday 8:30 am to 4:30pm

Driving While Impaired Program: If your driver's license has been suspended or revoked for an alcohol or drug-related offence, you are required by the Registry of Motor Vehicles to attend the DWI Program in order to get your license back. There is a charge for this program, payable to the Registry of Motor Vehicles (RMV).

850 Grand Lake Road, Sydney NS

902 563 8646

First Nations Services: Mental Health clinicians work as part of the first nations health care team in several First Nations communities. A referral is required through the local mental health and addictions central intake or through local First Nation's health center.

Hours: Monday to Friday 8:30am to 4:30pm
Membertou Wellness Home: (902) 564-6466 (Ext. 1)
Eskasoni Mental Health and Social Services: (902) 379-2099

Addiction Services

Inpatient Withdrawal Management Unit: Individuals are admitted as part of an overall treatment plan. Inpatient withdrawal is intended to support individuals requiring medical management of withdrawal. A referral from a local addictions clinic is required

Units are operational 24/7

Inpatient Withdrawal Management Unit: 902 563 2040

Mental Health & Addictions Services (Cape Breton): 902 563 2590

Methadone Maintenance: 902 563 2043

Detox: 902 563 2458

AL-ANON Family Groups: <https://al-anonmaritimes.ca/meetings/>

Provides encouragement and opportunities to share experiences. Help members to understand alcoholism and learn effective coping skills.
Contact for meeting times 1 888 4AL ANON or 902 564 5188

Glace Bay 14 Mc Keen Street – Unity Club

New Waterford 401 Ling Street – AA Room

Sydney Mines 1 Cottage Street – Princess Family Centre

Sydney 1840 King's Road - Spanish River Community Centre
55 Inglis Street - Salvation Army Community Church
285 St Peters - Saint Theresa's Church Hall
9 Brookland Street - Bethel Presbyterian Hall

Addiction Services

Alcoholics Anonymous

District 9 Cape Breton County

Contact: 902 562 8019

Locations:

Glace Bay 10 Mc Keen Street (Closed Discussion)

Tuesday 11:30 AM

Thursday Noon

Closed speaker the last Sunday of the month 8:00 PM

New Waterford 401 Ling Street (**Closed** Discussion)

Monday 10:30 AM

Wednesday 8:00 PM

Arcano Group Closed Speaker 8:00 PM (open last Sat of every month)

Dominion Sandbar Group 14 Gatto Street Italian Community Hall

Tuesday 8:00 PM

Sydney Mines 55 Kings Street (behind post office)

Sunday 11:00 AM

Group speaker the last Thursday of the month

Sydney 381 Whitney Ave (St Theresa's Hall Rear)

Alcano group 12 & 12 (Steps and traditions closed discussion)

Tuesday 10:30 AM

For a list of other locations, dates and times call 902 562 8019 or go to

<https://al-anonmaritimes.ca/>

Addiction Services

Narcotics Anonymous

Contact 1 855 562 2262

Meeting Times: <https://carna.ca/meetsearch/>

Locations:

Virtual Group Cape Breton

Thursday 7:00 – 8:00

zoom ID: 871 2037 2573 Pass Code: 123

Glace Bay 10 Mc Keen Street (rear)

You're Not Alone Group Alano Club

Saturday 7:00PM- 8:00PM

Sydney 500 Charlotte Street

Phoenix Group- United Baptist Church

Friday 7:00PM- 8:00PM

Sunday 7:00PM- 8:00PM

Sydney Mines 55 Kings Street

Love Life Group

Wednesday 8:00PM-9:00PM

Eskasoni 70 Gabriel Street

Circle of Hope Group Nepasi Building

Thursday 8:00PM-9:00PM

Rehabilitation Centres

Recovery Support Centre

116 King Street, Suite 23A, North Sydney, NS

A welcoming space for adults (19 years and over) with substance use or gambling concerns. Provides out-patient withdrawal management, one-on-one support sessions, and recovery support skills groups. Walk-ins accepted.

Website: <https://mha.nshealth.ca/en/clinics/north-sydney-recovery-support-centre>

Hours: Monday to Friday 8:30 am - 4:30 pm

Contact Info:

Phone: 902 794 3707 (direct line) or 1 902 922 1122 (Mental Health and Addictions Intake)

Hope Project

12 Watson Road, Point Edward NS

A therapeutic home for women recovering from addiction. Cost varies depending on income. Applications available on website.

Phone: 902 304 6247

Website: [Hope House | Addictions Recovery Home | Cape Breton, NS \(cbhope.ca\)](http://Hope House | Addictions Recovery Home | Cape Breton, NS (cbhope.ca))

Email: info@cbhopeproject.ca

Talbot House

1777 Frenchvale Road, Frenchvale NS

Talbot House is a long – term recovery from addictions for men through self discovery and growth in a life- giving environment of faith, hope and courage.

Website: www.talbothouse.ca

Phone: 902 794 2852

Rehabilitation Centres

New Horizons Rehabilitation Center for Men and Women

101 Bentinck Street, Sydney

A secure residential environment that provides addiction treatment interventions to all individuals in the spirit of inclusivity and caring.

Cost varies upon income and funding

Website:

https://newhorizonaddictionrehabilitation.business.site/?utm_source=gmb&utm_medium=referral#summary

Phone:

902 202 5058

Mental Health Services

Mental Health Regional Hospital 902 567 8000

Emergency Crisis Program

24 hours, 7 days a week Cape Breton Regional Hospital

Child and Adolescent Services 902 567 7731

To access this program, you will need a referral from your doctor or you can self-refer at the phone number above. 902 567 7731

Child and Adolescent Services/Child Youth and Family provide mental health and addiction services to children and youth (under the age of 19) within a client and family centered context.

Locations:

235 Townsend Street, Sydney

Hours

Monday, Thursday, Friday: 8:30 a.m. to 4:30 p.m.

Tuesday and Wednesday: 8 a.m. to 7:30 p.m.

Medical Arts, Suite 207, 336 King Road, Sydney

Hours

Monday, Thursday, Friday: 8:30 a.m. to 4:30 p.m.

Tuesday and Wednesday: 8 a.m. to 7:30 p.m.

Northside General Hospital

Hours

Monday - Friday: 8:30 a.m. to 4:30 p.m.

Mental Health Services

Mental Health Out Patient Clinics:

Sydney Cape Breton Regional Hours

Monday to Friday: 8:30 a.m. to 4:30 p.m., with some evening appointments available. **902 567 7730**

Glace Bay Clinic Hours

Monday to Friday: 8:30 a.m. to 4:30 p.m., with some evening appointments available. **902 849 4413**

New Waterford Consolidated Hospital Hours

Monday to Friday: 8:30 a.m. to 4:30 p.m., with some evening appointments available. **902 862 6411**

Northside General Hospital Hours

Monday to Friday: 8:30 a.m. to 4:30 p.m., with some evening appointments available. **902 794 8551**

To access this service, please call the referral number in your area.

- Cape Breton area referral: **902-567-7730**

Mental Health Services

First Nation Services

A referral is required through the local mental health and addictions center or the local First Nations health center

Locations:

Membertou Wellness Home **902 564 6466**

Eskasoni Mental Health & Social Work Services **902 379 2099**

Eskasoni Crises Support Worker **902 379 2009**

Waycobah Health Department & Wellness Centre **902 756 2156**

Wagmatcook Health Centre **902 295 2598**

Potlotek Health Center **902 535 2961**

Hours:

Monday to Friday 8:30 a.m. to 4:30 p.m.

People living with mental illness

Crossroads of Cape Breton

44 Bentinck Street

Sydney

Phone: 902 567 7961

Hours: Monday – Friday: 8:30 – 4:00

Email: Crossroads.CB@nshealth.ca

Website: www.CrossroadsCapeBreton.ca

Members have the opportunity to participate in all work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

To become a member of Crossroads a person must:

Be 18 years or older

Be living with a mental illness (thought or mood disorder)

Have a primary worker or health care provider
Be able to work safely in our community

Walk in Clinics

Services are open to all community members.

Ally Center Walk in Clinic

Confidential STD Testing

150 Bentinck Street Sydney

Phone: 902 567 0178

Hours of Operation:

Monday, Tuesdays, Thursday 9:00 - 2:00

Well Women's Clinic

45 Weatherbee Road, Mira Road

Phone: 902 564 6314

Call Clinic for appointment times

Section Two: Housing

Low Cost Housing

Shelters/Emergency Housing

Tenants' information

Housing Programs

Low Cost Housing

Family Modest Housing Program – Housing Nova Scotia Provides funds for low to modest income families to build or buy modest housing. A mortgage of up to \$70,000 is available. Interest rates are set when the loan is approved and will be fixed for a five-year term. The loan must be paid back within 25 years.

360 Prince Street Sydney

Phone: 902 563 2021

Toll Free: 1 844 424 5110

Lone Parent Student Affordable Rental Housing- Housing Nova Scotia Provides a limited number of subsidized rental housing units in privately owned apartment buildings or cooperative housing for low-income single parents attending university.

18 Doblin Street Sydney

Phone: 902 539 8520

Public Housing for Families/Seniors Cape Breton Island Housing Authority

18 Doblin Street Sydney

Phone: 902 539 8520

Seton Foundation

Seton Foundation is a social service that provides low income families with access to affordable housing. Rent for these houses are based on the families' annual income.

188 George Street

Phone: 902 539 7931

Apartments for Independent Living (Atlantic Baptist Housing)

Senior Housing

65 Stanley Street North Sydney

Phone: 902 794 2094

Website: www.atlanticbaptisthousing.com

Shelters/Emergency Housing

Homeless Shelter

106 Townsend Street, Sydney

Phone: 902 564 9487

Open 24 hours/ 7 days/week

Almost Home (Women Only)

21 Trinity Ave, Sydney

Phone: 902 270 3373

Email: almosthome@everywomenscentre.com

Transition House (Women and Children)

Sydney

Phone: 902 539 2945

Toll free: 1 800 563 2945

Website: www.thans.ca

Email: director@cbtha.ca

Tenants' Information

Tenancy Board of Nova Scotia

Public Enquiries - Service Nova Scotia

PO Box 2734

Halifax, Nova Scotia B3J 3K5

Contact:

902 424 5200

Toll free 1 800 670 4357

TTY 1 877 404 0867

Email: askus@novascotia.ca

To access online service, go to

www.novascotia.ca/sns/access/contact.asp#form Choose Landlord and Tenant option and type your question or concern in the box provided.

Dalhousie Legal Aid Service

[Dalhousie Legal Aid Service - Dalhousie University](#)

Tenant Rights Guides

Know your rights as a renter in Nova Scotia. When tenants know their legal rights and can assert these rights in reality, tenants can begin to reclaim power over their housing.

- Tenant Rights Guide
<https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Tenant%20Rights%20Guide%202019.pdf>
- Finding a Place & Being a Good Renter
<https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Finding%20a%20Place%20&%20Being%20a%20Good%20Tenant%20Guide%20-%20June%202011,%20%202019%202.pdf>

- Tenant Rights Guide for Legal Professionals
<https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Tenant%20Rights%20Guide%20for%20Legal%20Profesionals%202019%20-%20June%2011,%202019.pdf>
- Legal Procedures & Dispute Resolution
[https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Legal%20Procedures%20Guide%20\(Residential%20Tenancies\)%20-%20June%2011,%202019.pdf](https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Legal%20Procedures%20Guide%20(Residential%20Tenancies)%20-%20June%2011,%202019.pdf)
- Manufactured Home Parks
<https://cdn.dal.ca/content/dam/dalhousie/pdf/law/DLAS/TenantRightsGuides/Manufactured%20Home%20Parks%20Guide%20-%20June%2011,%202019.pdf>

For more information, please contact us at 902-423-8105.

Housing Programs

Cape Breton Community Housing Association

106 Townsend Street

Sydney

General Inquiries: 902 -564-9487 (second line): 902-539-0025

Housing First Program: 902-270-6217

Fax: 902-562-5746

Service Email: cory.macleod@cbcha.ca

Email: communityhousing@cbcha.ca

Website: www.cbcha.ca

Services Offered:

Client Programs

Community Homeless Shelter

Community Outreach Program - New Waterford

Housing First CBRM

Independent Living Support Program

Residential Program

Housing Nova Scotia

360 Prince Street
Suite 22
Provincial Building
Sydney, NS
Contact:
902 563 2120
Toll free 1 800 567 2135
Website: www.housing.novascotia.ca

Services Offered:

Access-A-Home Program (Multiple Locations)
Disabled Residential Rehabilitation Assistance Program for Homeowners
(Multiple Locations)
Disabled Residential Rehabilitation Assistance Program for Landlords
(Multiple Locations)
Down Payment Assistance Program (Multiple Locations)
Emergency Repair Program (Multiple Locations)
Family Modest Housing Program (Multiple Locations)
Home Adaptations for Seniors' Independence (Multiple Locations)
Homeowner Residential Rehabilitation Assistance Program (Multiple
Locations)
Home Ownership Preservation (Multiple Locations)
Lone Parent Student Affordable Rental Housing (Multiple Locations)
Parent Apartment Program (Multiple Locations)
Provincial Housing Emergency Repair Program (Multiple Locations)
Public Housing for Families (Multiple Locations)
Public Housing for Seniors (Multiple Locations)
Rental Residential Rehabilitation Assistance Program (Multiple Locations)
Rent Supplement Program (Multiple Locations)
Rooming House Residential Rehabilitation Assistance Program (Multiple
Locations)
Senior Citizens Assistance Program (Multiple Locations)
Small Loans Assistance Program (Multiple Locations)

Housing Eskasoni Mi'kmaw Nation

63 Mini Mall Drive
Eskasoni, NS
902 379 2800

Website: www.eskasoni.ca
Email: housing@eskasoni.ca

Programs Offered:

Housing repairs

Emergency maintenance on old Indian and Northern Affairs Canada (INAC) units

Canada Mortgage and Housing Programs such as the Residential Rehabilitation Program (RRAP), Disability RRAP, Home Adaptations for Seniors' Independence (HASI)

Section Three: Food Services

Food Banks

Food Supports/Meal Delivery

Soup Kitchens

Food Banks

Sydney Food Bank (accepts food donations)

Salvation Army - aka Sydney Community Church
55 Inglis Street, Sydney
902 562 5442

Open: Sunday & Tuesday 9:00Am-11:30AM

Provides 5 days' worth of emergency food support to those in need. Clients can access the food bank once every 8 weeks * Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

St Theresa's Food Bank (accepts donations)

7 High Street, Sydney
902 564 9235

Open: Friday 10:30AM- 3PM

Provides approximately a week's worth of emergency food for those in need. Clients can access the food bank once a month * Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

Student Food Bank, Cape Breton University

1250 Grand Lake Rd
General Inquiries 902 563 1173

Provides students in need with food support during the school year.

Seasonal Sept – April

Access for all CBU students and faculty

Food Bank – Ally Centre of Cape Breton (accepts donations)

150 Bentinck Street, Sydney
902 539 5556

Provides emergency food support to those in need. Usually 3 to 5 days of food. Clients can access the food bank once a month

North Sydney Community Food Bank (accepts donations)

North Sydney Food Bank Society
25 Wilkie Avenue, North Sydney
902 794 1104

Open: Friday 9:00AM- 12PM (Closed last Friday of each month.)

Provides emergency food support to those in need. Usually 3 to 5 days of food. Clients can access the food bank once a month * Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

Offers washers and dryers for clients of the food bank, by appointment only. There is a \$2 charge for each load of clothes (includes both wash and dry). Offers transportation to the food bank for washing services for those with special needs.

Sydney Mines Food Bank (accepts donations)

Sydney Mines Food Bank Society
1 Cottage Street, Sydney Mines
902 544 1247

Open first three Fridays of each month 12:30PM-3:00PM

Provides emergency food support to those in need. Usually 3 to 5 days of food. Clients can access the food bank once a month Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

New Waterford Food Bank- (accepts donations)

5310 Union Highway, River Ryan
General Inquiries 902 862 3779

Temporarily Closed. Will re-open April 18th

Provides emergency food support to those in need. Usually 3 to 5 days of food. Clients can access the food bank once a month Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History.

Glace Bay Food Bank

Glace Bay Citizen Service League
2 Hector Street, Glace Bay
(902) 849-0750

Open: Monday-Thursday 8:00AM-3:00PM Friday 8:00AM-12:00PM

Provides emergency food support to those in need. Usually 3 to 5 days of food (once a month). Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

Food Bank Glace Bay Salvation Army (accepts donations)

Glace Bay Community and Family Services

40 Union Street, Glace Bay

(902) 849-7886

Open Monday-Thursday 9:00AM-3:00PM

Provides emergency food support to those in need. Clients can access the food bank once every three months

CAW Louisbourg Food Bank (accepts donations)

CAW Louisbourg Food Bank Society

5 Mitchell Street, Louisbourg

(902) 733-2965

Provides emergency food support to those in need. Usually 2 weeks of food (once a month)

Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

Food Bank: Helping Hands South of Smokey Society

526 Chebucto Street, Baddeck

(902) 295-1847

Provides emergency food support to those in need. Usually 3 to 5 days of food. Clients can access the food bank once a month * Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History

Food Supports- Meal Delivery

Meals On Wheels: Delivers lunch and supper meals through the week. Anyone nutritionally at risk who cannot prepare their own meals either a short-term or long-term basis. Priced on a sliding scale based on income.

Sydney: New Dawn Meals On Wheels
37 Napean Street Sydney

Contact:

902 562 1245

Email: mealsonwheels@newdawn.ca

Website: www.mealsonwheels.newdawn.ca

Sydney Mines: Inverary Meals On Wheels
Northside Homemaker Service Society
735 Main Street Sydney Mines

Contact:

902 736 2701

New Waterford: Rotary Club of New Waterford

Contact:

902 578 1515

902 862 8312

Email: mamawhite55@hotmail.com

Website: www.newwaterfordrotary.ca

Glace Bay: Glace Bay Citizens Service League
Glace Bay Town House
150 Commercial Street, Glace Bay

Contact:

902 849 2449

Website: www.townhousegb.ca

Food Supports- Meal Delivery

VON Cape Breton Metropolitan District Area

200 Churchill Drive, Suite 109
Membertou, NS
Phone: 902 564 6479
Toll Free: 1 866 540 2357
Website: www.vonsoupkitchenscapebreton.ca
Hours: Monday – Friday 8:30 – 4:30

Frozen Favorites: Provides a wide selection of nutritionally balanced frozen meals which are available for pick-up, or can be delivered based on your location. For seniors, people recovering from illness, caregivers, people with disabilities, people who live alone and people with specific dietary needs

Soup Kitchens

Community Cafe Salvation Army

55 Inglis Street, Sydney

Phone: 902 562 1717

Website: <https://www.facebook.com/sasydneycommunitychurch/>

Email: sasydneycc@ns.aliantzinc.ca

Hours of Operation:

Tuesday and Friday 9:30am-11am

Community Kitchen: Inner City Churches Loaves and Fishes Sydney

Provides a daily lunchtime meal to those in need. Holiday meals are also offered at special times.

139 Charlotte Street, Sydney

Phone: 902 539 5182

Open Monday – Sunday 10 AM – 12 PM

Website: www.loavesandfishescb.com

Email: loavesandfishes139@yahoo.ca

Souls Harbour Rescue Mission

Provides a free hot meal daily

Open to everyone

Monday-Friday 12:00PM-3:00PM

848 Main Street, Sydney Mines

Website: <http://www.shrm.ca/>

Phone: 902 405 4663

Section Four: Education/Employment

Nova Scotia School of Adult Learning (NSSAL)

CAEC – Canadian Adult Education Credential

Post Secondary Education

Employment Centres

Nova Scotia School of Adult Learning **(NSSAL)**

The Nova Scotia School for Adult Learning (NSSAL) offers a variety of free educational programs for adults across the province. NSSAL programs serve Nova Scotian adults who want to:

- improve their essential skills including reading, math, computer, and other important academic and workplace skills
- work toward a [Nova Scotia High School Graduation Diploma for Adults \(PDF\)](#)
- prepare for the CAEC tests, which have replaced the GED
- upgrade their high school credits to qualify for post-secondary education

NSSAL Eligibility:

- currently reside in Nova Scotia
- be a Canadian citizen or a permanent resident or protected persons
- be 18 years of age or older
- not currently be in school
- be proficient in speaking and listening in the language of instruction to benefit fully from NSSAL programs (requirement doesn't apply to a Deaf learner)

NSSAL Community Learning Organizations

Adult Learning Association of Cape Breton County

Free High School Equivalency Prep (CAEC); Essential Skills training, Community Literacy programs

- Full time, Part time and online options available
- Learn at your own pace in a friendly, supportive environment
- Day and Evening programs available

Locations in Sydney, Sydney Mines, Glace Bay and New Waterford
PO Box 1283
440 George Street Sydney NS B1P 1K3
Phone: 902-564-8404
Email: alacbc@eastlink.ca

Literacy Network Unama'ki (Eskasoni)

4531 Shore Road, PO Box 7916
Eskasoni First Nation, NS B1W 1B7
Phone: 902-379-2758

NSSAL - Nova Scotia Community College

Adult Learning Program Level 3 and 4
1240 Grand Lake Road, Sydney
Adult Learning Program
902 563 2450

NSCC Sydney Waterfront Campus opening September, 2024

[Sydney Waterfront Campus | NSCC](#)

NSSAL- Adult High Schools

Locations in Sydney, Sydney Mines, New Waterford

Cape Breton-Victoria Regional Centre for Education

CBVRCE – Sydney Adult Education Centre

Grades 11 and 12, Nova Scotia High School Graduation Diploma

290 Whitney Ave. Sydney, NS B1P 5A6

Phone: 902-562-5178 Fax: 902-562-1605

CAEC – Canadian Adult Education

Credential

A new adult education credential to replace the GED in Canada.

Like the GED®, the CAEC is for adults who do not have a high school diploma but need a credential to open new doors to education or employment opportunities.

People may take the CAEC for various reasons, including to:

- meet the educational requirements for current and future employment opportunities
- qualify for post-secondary education programs, including apprenticeships, college or workplace training programs

Department of Labour, Skills and Immigration

CAEC Testing Service

Adult Education Division

PO Box PO Box 697

Halifax, NS B3J 2T8

Phone: 1-877-466-7725 (toll-free)

Email: caec@novascotia.ca

Cape Breton Testing Locations:

NSCC Marconi Campus, Sydney

NSCC Strait Area, Port Hawkesbury

Post Secondary Education

Career Seek- Department of Community Services

This program provides Income Assistance recipients who have identified a post-secondary program of more than two years as the most appropriate path to employment with continued income assistance for basic needs.

General Inquiries: 902-563-3000

Educate to Work- Department of Community Services

Provides Income Assistance recipients with access to Nova Scotia Community College programs that are two years in duration or less. Full support is provided for tuition, books, and other supplies; Income Assistance payments and other funding for special needs continue for the

duration of the program. *Educate to Work* is funded in collaboration with the Department of Labour and Advanced Education.

General Inquiries: 902-563-3000

Cape Breton University

1250 Grand Lake Road Sydney
General Inquiries 1-888-959-9995
Admissions
902 563 1166
Financial Aid
902 563 1420

Nova Scotia Community College

1240 Grand Lake Road, Sydney
General Inquiries: 902 563 2450
Student Services: 902 563 2622

New NSCC waterfront campus opens September 2024

500 Esplanade Street
Sydney, NS B1P 6P4
Website: <https://www.nsc.ca/campuses/sydney-waterfront/index.asp>

Cape Breton Business College

315 Jameson Street Sydney
902 564 2222

Centre for Distance Education

280 George Street Sydney
1 866 446 5898

Island Career Academy

721 Alexandra Street Sydney
902 564 6112

Maritime Environmental Training Institute (METI)

301 Alexandra Street Sydney
902 539 9766

Nova Scotia Works Employment Centres

Northside Economic Development Assistance Corp. (NEDAC)

105 King Street
North Sydney NS B2A 3S1
902-794-7213
902-794-4766
jobshop@nedac.ca
northsideemployment.com

YMCA Career and Employment Resource Centre

399 Charlotte Street
Sydney NS B1P 1E3
902-564-9151
902-564-3063
resource.sydney@cb.ymca.ca
capebreton.ymca.ca

YMCA Career and Employment Resource Centre

106 Reserve Street
Glace Bay NS B1A 4W5
902-849-5500
902-849-0314
resource.gb@cb.ymca.ca
capebreton.ymca.ca

YMCA Career and Employment Resource Centre

479 Heelan Street
New Waterford NS B1H 3C6
902-862-8856
902-862-3876
resource.newwaterford@cb.ymca.ca
capebreton.ymca.ca

EDGE Program (YMCA)

A job readiness program for youth and young adults.

399 Charlotte Street
Sydney, NS
Executive Director; Jacqueline Holmes
Phone: 902 202 9032
Email: Jacqueline.holmes@cb.ymca.ca

Section Five: Financial Services

Credit Counselling

Grants

Student Loans

Credit Counselling

Credit Counselling Services of Atlantic Canada

Medical Arts Building

336 King's Road, Sydney

Suite 112

902 564 0448

Toll Free 1 888 753 2227

Website: www.solveyourdebts.com

Email: csinfo@solveyourdebts.com

Services and programs include:

Money management

Budgeting assessment

Budget management

Credit management

Bill consolidation

All services are offered face to face and over the telephone

Credit Canada

1 800 267 2272

Free debt assessment

Grants/Bursaries

For Housing Grants: see section two/ housing programs/ Housing Nova Scotia

360 Prince Street, Sydney
Suite 22
Provincial Building
902 563 2120

Adult Learner Bursaries – Literacy Nova Scotia

Three bursaries of \$500 are awarded to adults who did not finish Grade 12 in the public school system and who are currently enrolled in, or planning to attend, an adult upgrading program.

This is available to adults who:

Left the public school system before completing grade 12, and have not yet completed grade 12

Will be attending an adult learning program in the fall

General Inquiries: 902-897-2444

Toll-Free: 1-800-255-5203

Email: literacyns@nsc.ca

Website: <http://www.literacyns.ca>

Grants/Bursaries

Service Canada – Apprenticeship Grants

TTY: 1-800-926-9105

Toll free across Canada and the United States

Toll-Free: 1-800-622-6232

1-800-O-CANADA * Toll free across Canada and the United States

Website: www.servicecanada.gc.ca

Eligible persons may get a lifetime maximum of \$4000 per person in federal apprenticeship taxable cash grants through the Apprenticeship Incentive Grant and the Apprenticeship Completion Grant.

To be eligible:

Be a Canadian citizen, permanent resident, or protected person

Not be a high school student

Be registered with your provincial/territorial apprenticeship authority as an apprentice OR show that you have completed an apprenticeship program as a registered apprentice in a designated Red Seal trade

Provide proof that you have successfully completed either the 1st and/or 2nd year or level in a designated Red Seal trade OR provide proof of your journeyman certification in a designated Red Seal trade.

Student Loans

Canada Student Loans

1 888 815 4514

TTY: 1 888 815 4556

National Student Loans Services Centre

PO Box 4030

Mississauga, Ontario

L5A 4M4

www.canada.ca

Nova Scotia Student Assistance

1256 Barrington St,

Halifax, NS B3J 1Y6

902 424 8420

Website: <https://novascotia.ca/studentassistance/>

Section Six: Family & Youth Services

Child & Youth programs

Parenting Programs/Services

Family Counselling

Prenatal

Child & Youth Programs

Under Current Youth Centre- Lighthouse of Cape Breton

Focuses on youth from grades primary to twelve. Some programs are available to young adults.

Some programs available are:

Indoor Skateboarding

Scooter programs

Floor Hockey

Basketball

Indoor Rock Climbing

Addictions Programs

Youth Group Nights

Life Skills

Art Programs

Special Events

Locations:

Glace Bay

224 York Street

New Waterford

417 Smith Street

Contact: 902 849 7559 (contact for program times)

Website: www.undercurrentyc.com

Email: info@undercurrentyc.com

Child & Youth Programs

Boys and Girls Clubs of Cape Breton

Whitney Pier Youth Club

111 West Street Sydney

902 567 0240

Email: wpyc@ns.sympatico.ca

Website: www.bgccb.ca

Hours of Operation:

Monday – Friday 9am – 8pm (closed 1pm-2pm)

Saturday 12pm-4pm

Programs Offered:

After School Program

Evening Program

Gym Days

Lunch Program

March Break Program

Summer Program

Teen Night Programs

Youth Employment Initiative

For Youth ages 16-20. Must be a youth in care, be a dependant of recipient of or direct recipient of income assistance.

Senator's Place

633 Main Street

Glace Bay

Phone: 902 849 4000

Child & Youth Programs

Schools Plus - Department of Education and Early Childhood Development

Website: <http://www.schoolsplus.ednet.ns.ca>

Some of the Services offered:

After school activities

Restorative approaches in schools

Friends for Life

Roots of Empathy

Options to Anger

Voices and the Incredible Years

Locations:

Sydney

Lindsay Latham, Schools Plus Facilitator

Sherwood Park Education Centre,

500 Terrace Street

SchoolsPlus Facilitator: 902-563-4551

Office Phone

SchoolsPlus Facilitator: 902-574-0001

Cell Phone

Email: llatham@gnspe.ca

Glance Bay

Jodi MacKinnon, SchoolsPlus Facilitator:

Ocean View Education Centre

John Bernard Croak VC Memorial School

Glance Bay Elementary

Glance Bay High

St. Anne's Elementary

Donkin School

SchoolsPlus Facilitator: 902 217 5017

Email: Jodimb@gnspe.ca

New Waterford/ Reserve Mines/ River Ryan

Lauren Ripley, SchoolsPlus Facilitator
Breton Education Centre
Greenfield Elementary
Tompkins Elementary
SchoolsPlus Facilitator: 902 574 3586
Office Phone
Email: lripley@gnspes.ca

Northside/ Victoria County

Paula Leblanc, SchoolsPlus Facilitator
Bras d'Or Elementary
T.L Sullivan Middle School
Boularderie Elementary
SchoolsPlus Facilitator: 902 736 6808
Email: paulaleblanc@gnspes.ca

Big Brothers/Big Sisters of Cape Breton

700 Prince Street Sydney
General Inquiries: 902-564-5437
902-564-KIDS
Fax: 902-564-9971
Website: <https://capebreton.bigbrothersbigsisters>
Email: capebretonmentoring@gmail.com
Hours of Operation: Monday – Friday 9am -4pm
Programs/Services:
Big Brothers/ Big Sisters ages 6-16 years of age
In School, Group, One-to One, Online Mentoring

Child & Youth Programs

Clifford Street Youth Centre

After school program (Grades primary to 12)

50 Clifford Street, Unit 12

North Sydney

902 794 9371

Email: csyc@cliffordstreetyouthcentre.com

Youth Peer (EPIC- Educational Program Innovations Charity)

After school tutoring/mentoring program Ages 8-18 by referral

Locations:

Sydney

YPP Centre, 290 Whitney Avenue (Downstairs from the Adult High school)

Northside: Memorial High School, Sydney Mines

Whitney Pier: Memorial Middle School

New Waterford: Breton Education Centre

Glace Bay: Ocean View Education Centre

Delores Feltmate, Program Director

902 539-8228

youthpeerprogram@live.com

Halifax and Region Military Family Resource Centre

Victoria Park

1 Desbarres Street, Sydney

General Inquiries: 902-563-7100 ext 7107

FIRST Line: 902-427-7788

24-hour phone line

Fax: 902-564-3024

Toll-Free: 1-888-753-8827

FIRST Line * 24-hour phone line* Toll free within Nova Scotia

Email: info@halifamfrc.ca

Website: www.halifaxmfr.ca

Child & Youth Programs

CaperBase Access 808

Provides outreach services with an interdisciplinary team of health professionals that work with youth, families, schools and other community partners to create solutions, opportunities and supports that provide youth with the building blocks to live healthy, fulfilling and productive lives. Youth up to age 24.

Address: 808 George Street, Sydney

Phone: 902 539 7233

Hours of Operation:

Monday – Friday 8:30 – 4:30

Access 808 Offers

Individual Counselling Sessions

Group Programs

Life Skills Development

Workshops and Information Sessions

Laundry Facilities

Speaker Sessions

Computer Access

Emergency Clothes/Food

Shower Facilities

Referrals to Community Resources and Supports

Programs:

Creative Expressions Series

Free2BU Series

Up! Series

Child & Youth Programs

Youth Project Cape Breton Office

Non-profit charitable organization that provides support and services to youth, 25 and under, around issues of sexual orientation and gender identity.

20 Townsend Street
Sydney, Cape Breton, Nova Scotia
B1P 6V2

Phone: 902 562 3510

Website: <https://thequeeragenda.squarespace.com/>

Family Services of Eastern Nova Scotia Youth Outreach

Work with youth ages 16-19 who identify as at risk who may face environmental, social, and family conditions that hinder their personal development and their successful integration into society as productive citizens.

Core Services:

- Drop in
- Crisis Management
- Supportive counselling (individual/group)
- Programs/Workshops
- Referrals/linkages
- Mentoring
- Accompaniment Outreach
- Family Work/Support

Locations:

Sydney

295 George Street, Suite 302

Phone: 902 539 6868

Glace Bay

9 Minto Street

Phone: 902 849 4772

Child & Youth Programs

Community Cares Youth Outreach

Helping young people (ages 17 – 30) overcome adversity and achieve higher goals through literacy programs, community service, and job training.

55 King Street

Sydney Mines, NS

General Inquiries: 902-544-0049

Outreach Worker: 902-544-0043

Email: directorccyo@gmail.com

Website: <https://www.communitycaresyouth.com/about-ccyo/>

Hours of Operation: Monday–Friday 9:30 – 4:30

Programs and Services Available:

Bus tickets

Personal hygiene packages (shampoo, toothpaste, toothbrush, etc.)

Hats, mittens and gloves

Basic baby needs packages (may include wipes and diapers depending on availability and donations)

Literacy and Job Skills programming

Community Events

Dr. T.L. Sullivan Caring Closet

Free community service supporting the needs of children and youth.

256 Park Rd, Florence, NS

Phone: 902 304 4626

Email: thezanman@hotmail.ca

Facebook: <https://www.facebook.com/people/Dr-TL-Sullivan-Caring-Closet/100067239169611/>

Services Offered:

Lunch and snacks

Clothing

School Supplies

Parenting Programs/Services

Cape Breton's Family Place Resource Centre

714 Alexandra Street

Sydney, NS

Phone: 902 562 5616

Hours of Operation:

Open 7 days a week 8:30-4:30

Programs and Services Available:

A Simple Gift

Active Parenting for Step Families

Baby Building Club

Babysitting Certification

Baby Talk

Breastfeeding Support Line

Common Sense Parenting

Dads are Parents too! Fathering Support Group

Early Childhood STEP (systematic training for effective parenting)

Emergency Preparedness for Families

Enhanced Home Visiting

Family Place Mother Goose Program

First Aid /CPR training

First Steps Parenting Program

Heart Smart Cooking

How to talk so kids will listen and listen so kids will talk

Kids have stress too

*For more programs offered and locations visit www.familyplace.ca

Family Counselling

Family Services of Eastern Nova Scotia Available to all family members over the age of 6. Family Services offers short term counselling for individuals, families, and couples.

Website: www.ensfamilyservice.ca/programs/counseling

Email: familyservice@fsens.ns.ca

Website: www.ensfamilyservice.ca

Some of the services provided are:

Understanding and coping with emotional difficulties

Building self-esteem

Improving communication with your partner, children, youth, parents, friends, or others

Learning new skills as a parent

Dealing with conflict in relationships

Helping with marital or relationship problems

Coping with a family separation

Building skills to manage stress, anxiety, or depression

Support in managing grief or loss

Coping with a crisis or challenge in your life

Understanding and coping with traumatic experiences

Locations:

Sydney

295 George Street

Phone: 902 539 6868

Glace Bay

9 Minto Street

Phone: 902 849 4772

Family Counselling

Caregivers of Nova Scotia

Provides one on one telephone and email support to caregivers, family and friends of persons with physical or mental health conditions.

General Inquiries: 902 321 7390

Support Coordinator

Toll-Free: 1-877-488-7390

General Inquiries

Website: www.caregiversns.org/how-we-help/caregiver-support-line

Email: Info@caregiversns.org

Website: www.caregiversns.org

Prenatal

Family Place Resource Centre

Offers prenatal and early years programming to expectant mothers
714 Alexandra Street
Sydney NS
Phone: 902 564 5616

Child Help Initiative Program: Native Council of Nova Scotia
E'pit Nuji Ilmuet Program (Prenatal)

Promotes good pre and post natal care to off-reserve Aboriginal women who are expecting or nursing an infant.

235 Charlotte Street
Sydney NS
Direct: 902 567 1240
Toll-Free: 1-800-565-4372

Services Offered:

Home visits

Workshops

Food supplements of milk and orange juice

Individual nutritional counselling and nutrition information session

Section Seven: Government

Income Assistance

Child tax credit

GST/HST

Income Tax

Canada Pension

Heating Assistance Rebate Program

Veteran Services

Government Offices: Councillors, MLA, MPs

Transportation

Income Assistance

Department of Community Services

Income Assistance General Inquiries: 902-435-7472

Locations:

Sydney

Provincial Building
360 Prince Street
902 563 3300

Glace Bay

Senators Place
633 Main Street 2nd Floor
902 842 4000

North Sydney

Parsons Building
184 Commercial Street
902 794 5110

Child Tax Credit

Canada Revenue Agency

47 Dorchester Street, Sydney
902 959 8281

Toll Free: 1-800-387-1193

For service in English

Toll Free: 1-800-387-1194

For service in French

TTY: 1-800-665-0354

Across Canada

Toll-Free: 1-800-267-6999

Across Canada * TIPS (Tax Information Phone Service) Automated
Information System

Service Website: www.cra.gc.ca/benefits-prov-terr

Website: www.canada.ca/en/revenue-agency.html

GST/HST

Canada Revenue Agency

47 Dorchester Street, Sydney

902 959 8281

Toll Free: 1-800-387-1193

For service in English

Toll Free: 1-800-387-1194

For service in French

TTY: 1-800-665-0354

Across Canada

Toll-Free: 1-800-267-6999

Across Canada * TIPS (Tax Information Phone Service) Automated
Information System

Service Website: www.cra.gc.ca/gsthstcredit

Website: www.canada.ca/en/revenue-agency.html

Income Tax

Canada Revenue Agency

47 Dorchester Street, Sydney

902 959 8281

Toll-Free: 1-800-959-5525

Canada and United States

TTY: 1-800-665-0354

Across Canada

Toll-Free: 1-800-267-6999

Across Canada * TIPS (Tax Information Phone Service) Automated Information System

Website: www.canada.ca/en/revenue-agency.html

Community Income Tax Program

Community organizations host free tax preparation clinics and arrange for volunteers to complete income tax returns for eligible individuals who have a modest income and a simple tax situation.

Toll Free 1 855 516 4405 for volunteers upon request

Canada Revenue Agency Free Tax Clinic Directory:

https://apps.cra-arc.gc.ca/ebsci/ocv/external/prot/cli_srch_01_ld.action

Income Tax Clinics

For individuals with low income and who are Deaf or Hard of Hearing

762 Victoria Road, Sydney

Voice, TTY, Fax and Videophone: 902-564-0003

TTY compatible

After Hours: 902-549-5185

Text Messaging/Emergency

After Hours: 902-577-0941

Text Messaging/Emergency

Email: cbdeaf@ns.sympatico.ca

Website: www.deafandhardofhearing.com

Sydney Free Tax Clinics:

Income Tax Return Assistance

Every Woman's Centre

Open to women of low income

21 Trinity Ave, Sydney

902-567-1212

Email: woman.centre@ns.sympatico.ca

Whitney Pier Legion Tax Clinic

836 Victoria Rd., Sydney, NS

Open to general public

Walk-in (First come, first serve)

Pathways to Employment Free Tax Clinic

1283 George Street, Sydney, NS

Open to general public

Drop-off

James McConnell Memorial Library Free Tax Clinic

50 Falmouth St., Sydney, NS

Open to general public

By appointment/ Drop-off

Glance Bay Free Tax Clinics:

Collieries Parish in County of Cape Breton

8 Marconi St., Glance Bay, NS

Open to general public

By appointment

Income Tax

Glance Bay Library

143 Commercial Street, Glance Bay, NS

Open to general public

By appointment/Drop off

Northside Free Tax Clinics:

North Sydney Seniors Club

309 Commercial St., North Sydney, NS

Open to general public

Walk-in

Sydney Mines Seniors Club Free Tax Clinic

6 Fraser Ave. Sydney Mines, NS

Open to general public

Walk-in

Canada Pension

Disability Benefits**Retirement Pension Benefits**

Canada Pension Plan, English line: 1-800-277-9914

Canada Pension Plan, French line: 1-800-277-9915

TTY: 1-800-255-4786

TTY number for Canada Pension Plan

TTY: 1-800-926-9105

Toll free across Canada and the United States

Toll-Free: 1-800-622-6232

1-800-O-CANADA * Toll free across Canada and the United States

Service Website:

www.servicecanada.gc.ca/eng/services/pensions/cpp/disability/benefit/index.shtml

Website: www.servicecanada.gc.ca

Locations:

Sydney

Commerce Tower
15 Dorchester Street First Floor
902 563 3300

Glace Bay

Senators Place
Service Canada
633 Main Street Suite 101

North Sydney

Parsons Building
105 King Street, Main Floor

Heating Assistance Rebate Program

Service Nova Scotia

PO Box 641, CRO
Halifax, NS B3J 2T3

Phone: 902-424-5200 or
Toll-free at 1-800-670-4357
Fax: 902-428-2164

Email: askus@novascotia.ca

Website:

[Apply for a heating assistance rebate: Heating Assistance Rebate Program - Government of Nova Scotia](#)

Application available online.

Veteran Services

Veteran Affairs

70 Crescent Street, First Floor
Sydney

TTY: 1-800-567-5803

Veterans Affairs Canada Assistance Service

Toll-Free: 1-800-268-7708

Veterans Affairs Canada Assistance Service * Toll Free Across Canada

Toll-Free: 1-866-522-2122

Phone line is open Mon-Fri 8:30am-4:30pm local time

Service Website: www.veterans.gc.ca/eng/contact/vac-assistance-service

Email: information@vac-acc.gc.ca

Website: www.veterans.gc.ca

Hours of Operation:

Monday to Friday 8:30 am – 4:30 pm

Government Offices - CBRM

CBRM Citizen Service Centre

Call us at 311!

Submit a question online: <https://cbrm.frontlinesvc.com/app/ask>

Alternate number: 902-563-2276

Services offered at the Citizen Service Centre include:

- General information on Cape Breton Regional Municipality
- Tax and Water account inquiries and payments
- [Payment of parking tickets](#) **NOTE:** Police issued tickets and traffic fines CANNOT be paid online. See the ticket for payment options.
- Applications for Building/Development Permits and Subdivision Approval (Central site only)
- Application for [municipal services](#) (ie. water, sewer, curb cuts)
- Access to recreation staff and programs Access to area Councillors
- Purchase of bus tickets

Note: Credit Card payments (MasterCard only) for tax and water accounts are only accepted via the Internet or by telephone.

Access information regarding payments through your bank.

| Citizen | Service | Centre |
|--|----------------|----------------------------|
| 320 Sydney, B1P | Nova | Esplanade Scotia 7B9 |
| Hours of Operation: 8:30 a.m.- 4:30 p.m. (AST) | | |

Cape Breton Regional Municipality:

General Inquiries: 902-563-5005
 Alternate Number: 902-563-2276
 Fax: 902-564-0481
 Service Email: cmmacintyre@cbrm.ns.ca
 Service Website: www.cbrm.ns.ca/mayor
 Email: cbrm@cbrm.ns.ca
 Website: www.cbrm.ns.ca

Mayor's Office: Amanda McDougall

320 Esplanade Suite 400

Sydney

Phone: 902 563 5000

Email: mayor@cbrm.ns.ca

Municipal Council:

District #1 Gordon MacDonald

5 Tobin Rd.

North Sydney, NS

Phone: 902 574 3924

Email: gdmacdonald@cbrm.ns.ca

District #2 Earlene MacMullin

320 Esplanade

Sydney, NS

Phone: 902 574 1822

Email: edmacmullin@cbrm.ns.ca

District #3 Cyril MacDonald

320 Esplanade

Sydney, NS

Phone: 902 736 2101

Cell: 902 574 3857

Email: camacdonald@cbrm.ns.ca

District #4 Steve Gillespie

320 Esplanade

Sydney, NS

902 539 2144

Email: sdgillespie@cbrm.ns.ca

District #5 Eldon MacDonald
320 Esplanade
Sydney, NS
Phone: 902 539 0588
Cell: 902 574 3358
Email: emacdonald@cbrm.ns.ca

District #6 Glenn Paruch
320 Esplanade
Sydney, NS
Phone: 902 574 3854
Email: gmparuch@cbrm.ns.ca

District #7 Steve Parsons
7403 East Bay Highway
Big Pond, NS
Phone: 902 549 5470
Email: stparsons@cbrm.ns.ca

District #8 James Edwards
320 Esplanade
Sydney, NS
Phone: 902 577 8285
Email: jdedwards@cbrm.ns.ca

District #9 Ken Tracey
28 Drew St.
Glace Bay, NS
Phone: 902 574 3694
Email: kbtracey@cbrm.ns.ca

District #10 Darren Bruckschwaiger
320 Esplanade
Sydney, NS
Phone: 902 565 4130
Email: drbruckschwaiger@cbrm.ns.ca

District #11 Darren O'Quinn

640 Saint Joseph St.
New Waterford, NS
Phone: 902 574 3876
Email: dfoquinn@cbrm.ns.ca

District #12 Lorne Green
172 Muggah St.
Sydney, NS
Phone: 902 270 2435
Cell: 902 578 3979
Email: lfgreen@cbrm.ns.ca

Government Offices - Provincial

Provincial: Members of Legislative Assembly (MLA)

Glace Bay - Dominion
Hon. John White (Liberal)

Constituency office

Civic address:
219 Commercial Street, Suite D
Glace Bay, NS
Phone: 902-842-8930
Email: Johnwhitemla@outlook.com

**Sydney River, Mira, Louisbourg
Hon. Brian Comer (PC)**

Constituency office

Civic address:
1724 Kings Road
Sydney River, NS
Phone: 902-564-8679
briancomermla@gmail.com

**Northside-Westmount
Hon. Fred Tilley (PC)**

Constituency office

Civic address:
2 Elliott Street
Sydney Mines, NS

Phone: 902-736-0546
mla@northsidewestmount.ca

Government Offices

Provincial: Members of Legislative Assembly (MLA) cont'd

**Cape Breton Centre- Whitney Pier
Hon. Kendra Coombs (NDP)**

Constituency office

Civic address:
731 Victoria Road
Sydney, NS
Phone: 902-567-1339
Fax: 902-567-2254
kendracoombesMLA@gmail.com

Sydney- Membertou
Hon. Derek Momberquette (Liberal)

Constituency office

Civic address:
500 Kings Road
Sydney, NS
Phone: 902-562-8870
Fax: 902-562-5220
info@mombourquette.ca

Government Offices - Federal

Members of Parliament – House of Commons Canada

Sydney---Victoria
Hon. Jaime Battiste (Liberal)

Constituency Office:

Suite 207A-201 Churchill Drive,
Membertou First Nation, Sydney, NS

Phone: 902-567-6275

Email: Jaime.Battiste@parl.gc.ca

Cape Breton Canso

Hon. Mike Kelloway (Liberal)

Constituency Office:

7-850 Grand Lake Rd.

Sydney, NS

Phone: 902-539-0525

Toll Free Number: 1-866-282-0699

Email: Mike.Kelloway@parl.gc.ca

CBRM Transportation

Transit Cape Breton

320 Esplanade

Sydney, NS

General Inquiries: 902-539-8124

Municipal Switchboard: 902-563-5005

Email: cbrm@cbrm.ns.ca

Website: [Transit Cape Breton \(cbrm.ns.ca\)](http://Transit Cape Breton (cbrm.ns.ca))

Transit Cape Breton Handi Trans

General Inquiries: 902-539-4336

Municipal Switchboard: 902-563-5005

Section Eight: Legal Services

Legal Services

Victim Services

Court Services

Legal Services

Nova Scotia Legal Aid Commission

Sydney Office

401-15 Dorchester Street

Sydney, NS

General Inquiries: 902-563-2295

Toll Free: 1-877-563-2295

Summary Advice Counsel Contact: 902-563-2200

Fax: 902-563-2224

Website: www.nslegalaid.ca

Services Offered:

Social Justice Support Worker (Income Assistance, EI, CPP Disability, Residential Tenancies, public housing, housing applications & grants)

Chat Online with a Lawyer

Enhanced Duty Counsel (Provincial Courts) (Multiple Locations)

Legal Aid Full Service (Lawyer for Case) (Multiple Locations)

Summary Advice Counsel (Family Courts) (Multiple Locations)

Summary Advice Service (Advice and Information) (Multiple Locations)

Free Legal Clinic Department of Justice

Harbour Place

136 Charlotte Street

Sydney

To Book an Appointment: 902-563-3550

General Inquiries: 902-563-3550

Supreme Court and Small Claims Court

General Inquiries: 902-563-2200

Supreme Court Family Division

General Inquiries: 902-563-3510

Provincial Court and Domestic Violence Court

General Inquiries: 902-563-3545

Probate Court

Fax: 902-563-5701

Website: www.courts.ns.ca

Island Community Justice Society

Building safer, stronger communities by working together with all parties involved in incidents of harm, to move forward in positive ways.

ICJS - Sydney

Provincial Building

360 Prince Street

Phone: 902-563-2596

Email: icjs@eastlink.ca

Workers' Advisors Program

Department of Labour, Skills and Immigration

1030 Upper Prince Street

Sydney

General Inquiries: 902-563-2302

Fax: 902-563-2298

Toll-Free: 1-800-890-6786

Workplace insurance issues: 1-800-435-8980

Health and Safety Reprisal Issues: 1-855-659-7744

Email: wap@novascotia.ca

Website: <http://www.novascotia.ca/lae/wap/about>

Victim Services

Victim Services – Nova Scotia Department of Justice

136 Charlotte Street

4th Floor, Sydney

General Inquiries: 902-563-3655

Fax: 902-563-3417

Toll-Free: 1-800-565-0071

Service

Website: http://www.novascotia.ca/just/victim_Services/programs.asp#VISP

Email: vicsservices-sydney@novascotia.ca

Services Offered:

Child Victim / Witness Program (Multiple Locations)

Criminal Injuries Counselling Program (Multiple Locations)

Family Information Liaison Unit
Provincial Victim Services Program (Multiple Locations)
Safety Planning (Multiple Locations)
Victim Impact Statement Program (Multiple Locations)

MADD Mothers Against Drunk Driving

Mayflower Mall
800 Grand Lake Road
Sydney
Phone: 1-800-655-6233 ext. 350
Victim/Survivor Support Line: 1-800-665-6233
Email: maddcapebreton@outlook.com
Website: www.maddchapters.ca/capebreton

Services Offered:

Court Accompaniment
Education and Awareness
Victim Services

Cornerstone Cape Breton Association

Psycho-Educational Domestic Violence Education Program & Respectful Relationships Program (Men ages 18 and older)

Psycho-educational groups for men that looks at the intimate and spousal relationships where person directed violence occurs

329 George Street
Sydney

General Inquiries: 902-567-0979
Fax: 902-567-6923
Phone: 902-567-0979
Toll-Free: 1-855-567-0979
Within Nova Scotia
Email: connect@cornerstonecb.ca
Website: www.cornerstonecb.ca

Eskasoni Mental Health Services/ Crises and Referral Centre

4555 Shore Road

Eskasoni NS

Phone: 902-379-2099

Toll Free: 1- 855-379-2099

Fax: 902-379-2172

Website: <https://www.eskasonimentalhealth.org/>

Services Offered:

Individual, group, family clinical support services (anger, grief, stress)

Educational programs

Workshops

Parenting programs

Mi'kmaq Men's Intervention Domestic Violence Program

Court Services

Nova Scotia Department of Justice – Court Services

Sydney Justice Centre

136 Charlotte Street

Sydney, NS

General Inquiries: 902-563-3550

Supreme Court and Small Claims Court

General Inquiries: 902-563-2200

Supreme Court Family Division

General inquiries: 902-563-3510

Provincial Court and Domestic Violence Court

General Inquiries: 902-563-3545

Probate Court

Fax: 902-563-5701

Service Website: http://www.courts.ns.ca/Supreme_Court/NSSC_home.htm

Website: <http://www.courts.ns.ca>

Services Offered:

Civil Weddings
Court of Appeal
Domestic Violence Court
Family Court
Family Law Information Program Centres
Free Legal Clinic
Judicial Conduct
Maintenance Enforcement Program
Mental Health Court
Parent Information Program
Probate Court
Provincial Court
Small Claims Court
Supervised Access and Exchange
Supreme Court
Supreme Court - Family Division

Section Nine: Support Groups

Community Programs and Services

LGBTQ

Grieving Families

Community Programs/Services

Cape Breton Centre for Sexual Health

Provides guidance on sexual and reproductive health issues to individuals.

20 Townsend Street

Sydney

Phone: 902 539 9650

Email: cbcforsexualhealth@gmail.com

Services Offered:

Birth Control

Individual Support

Parent Kits to Borrow

Pregnancy Tests

Referral Services

Resource Library

STI Prevention and Education

Hours of Operation:

Monday – Thursday 8:30 am – 4:30 pm

Elizabeth Fry Society of Cape Breton

Works on behalf of women and young girls who are involved in the criminal justice system, in particular, those in conflict with the law and those at risk.

50 Dorchester Street

Sydney, NS

Email: efrycb@eastlink.ca

Website: www.efrycb.ca

Programs Offered:

Anger management

Healthy relationships

Conflict management

Personal boundaries

Self-esteem

Empowerment program

Domestic Violence

Female Teen Intervention

Every Women's Centre

21 Trinity Avenue

Sydney, NS

General Inquiries: 902-567-1212

Fax: 902-567-1911

Email: director@everywomenscentre.com

Provides self-esteem programs based on demand.

Programs Offered:

Adopt A Family

Almost Home

Back to School

Drop-in Program

Emergency Food

HERS Project

Income Tax Return Assistance

My Sister's Closet

Self-Esteem Programs

Workshops

Hours of Operation:

Monday – Friday 9:00 am – 4:00 pm

Community Programs/Services

Glacé Bay Town House – Glacé Bay Citizens Service League

150 Commercial Street

Glacé Bay

General Inquiries:

902-849-2449

Nursery School:

902-849-2464

Email: lori@townhousegb.ca

Website: <http://www.townhousegb.ca>

Services Offered:

Backpack Program

Drop-in Centre

Clothing Depot

Community Friends Program

Happy Communities

Men's Shed

Meals on Wheels - Glacé Bay

Nursery School

Seniors Expo
Senior's Brunches
Home Share Program

Hours of Operation:

Monday – Friday 8:30 am – 4:00 pm

Community Programs/Services

Ally Centre of Cape Breton

Offers a safe place for all where staff are present to answer questions about sexual health and drug user health, or to just have a chat. Phone and internet access is available. Drop in site now available in Glace Bay at the Glace Bay Food Bank.

150 Bentick Street

Sydney

General Inquiries: 902-567-1766

Fax: 902-567-5615

Service Website: www.allycentreofcapebreton.com/services

Email: christine.porter@bellaliant.com

Website: www.allycentreofcapebreton.com

Services Offered:

Ally Centre Primary Health Care Clinic

Anonymous HIV Testing and Non-Nominal Hepatitis A, B, and C Testing

Condoms and Lubricant Program

Drop-in Centre

Food Bank

Public Education

Sharp Advice Needle Exchange

Hours of Operation:

Monday – Friday 8:00 am – 8:00 pm

LGBTQ

Cape Breton Youth Project

Non-profit charitable organization that provides support and services to youth, 25 and under, around issues of sexual orientation and gender identity.

20 Townsend St,
Sydney, Nova Scotia

Phone: 902 578-5801

Email: madonna@youthproject.ns.ca

Website: www.youthproject.ns.ca

Programs Offered:

Parent & Family Group: 2nd Thursday each month

Hours: 6:00 pm – 8:00 pm

Transformers: 3rd Wednesday of each month

Hours: 6:00 pm – 8:00 pm

Drop-in: 4th Tuesday each month

Hours: 6:00 pm – 8:00 pm

Nova Scotia Chapter of PFLAG Canada

Supports, educates and provides resources to anyone with questions or concerns with regards to sexual orientation, gender identity and gender presentation.

No Physical Address

General Inquiries: 902-862-4954

JoAnne Fitzgerald

Email: sydneyns@pflagcanada.ca

Website: www.pflagcanada.ca

Grieving Families

Bereaved Families of Cape Breton Society

188 George Street

Sydney

General Inquiries: 902-564-6795

Email: info@bereavedfamiliesns.ca

Website: <https://bfocb.ca/contact-us>

Facebook: www.facebook.com/Bereaved-Families-of-Cape-Breton-12349149

Provides support services for those coping with grief due to the death of a loved one. Programs are led by trained facilitators in group settings.

Services Offered:

Adolescent Grief Support Group

Grief Support Program

Healing Through Movement and Music

Support and Share Groups (Multiple Locations)

Section Ten: Cultural Services

Mi'kmaq Services

Newcomers

Mi'kmaq Services

Native Council of Nova Scotia

235 Charlotte Street, Unit 1

Sydney, NS

General Inquiries:

902-567-1240

Fax:

902-564-1123

Toll-Free:

1-800-565-4372

Website:

<http://www.ncns.ca>

Services Offered:

Aboriginal Peoples Training and Employment Commission (Multiple Locations)

Aboriginal Trades Project

Child Help Initiative Program (Multiple Locations)

E'pit Nuji Ilmuet (prenatal) Program (Multiple Locations)

Mi'kmaq Language Program

Native Social Counselling Agency

Social Assistance Recipient Support for Employment and Training

Social Youth Outreach Program

Welkaqnik Next Step Shelter

Wenjkwom Housing Commission

Mi'kmaq Services

Jane Paul Indigenous Women's Resource Centre

440 George Street

Sydney

Phone: 902 539 5890

Website: <http://www.nsnwa.ca/jane-paul-centre/>

Social Media: <https://www.facebook.com/nsnwa>

Helping Aboriginal women and girls by providing a safe environment, a support system, and advocacy. Programs and services are dependant upon funding and volunteers.

Services Offered:

A safe and non-judgemental environment

Referral services for care, treatment, social support

Individual Counselling

Facilitation to addiction support groups

Facilitate and organized relevant training and capacity building workshops

Engage in community outreach

Arts and Crafts (traditional Mi'kmaq teachings)

Hours of Operation:

Monday, Tuesday, Thursday, Friday 1:00 pm – 4:00 pm

Wednesdays 11:00 am – 4:00 pm

Newcomers

Cape Breton Island Centre for Immigration

37 Nepean Street, 2nd Floor, Suite 200

Sydney

General Inquiries: 902-270-5772

Email: CBICI@newdawn.ca

Website: <https://cbici.ca/>

Individuals with Permanent Residence status and those in the process of applying for Permanent Residence.

Services Offered:

Assessment

Case Management

Referrals (language classes, health services, employment readiness, community services and organizations)

Orientation to Local Services (schools, hospitals, public transportation, etc.)

Group Information Sessions and Workshops

Employment Connections and Supports

Community Outreach and Education

Advocacy

Hours of Operation:

Tuesday – Friday 9:00 am – 5:00 pm

Immigrant Services of Nova Scotia

General Inquiries: 902-423-3607

Fax: 902-423-3154

Toll-Free: 1-866-431-6472

Within Nova Scotia

Email: info@isans.ca

Website: www.isans.ca

Services Offered:

English language assessment

English as an Additional Language literacy

Basic, intermediate, and advanced English

YMCA – Immigrant Settlement and Language Programs (YREACH)

500 George Street, Suite Q50

Phone : 902-222-7022

Fan (Sam) Wu - Sydney

Email: sam.wu@halifax.ymca.ca

Website: www.ymcahfx.ca/ymca-programs/immigrant-services-3/yreach

Services Offered:

Community orientation

Language instruction

Social events and recreational opportunities

Referrals

Support in accessing services

Home and work place visitations for settlement support

Advocacy

Solution focused counseling

School visitations

Cultural awareness raising in school and community environment

Diversity presentations