



# The Cumberland County Helping Tree

Revised: January 2026

Abuse/ Violence  
Harassment  
Threats

Addictions/  
Alcohol/ Drugs  
Gambling

Disabilities

Early Learning  
Children

Education, Upgrading & Employment

Parenting / prenatal

Legal

Mental/Emotional  
Spiritual Health

Housing  
Homelessness

Physical Health

Unplanned Pregnancies  
Birth Control  
STD/ HIV/AIDS

Autumn House  
902-667-1200  
902-667-1344  
1-833-844-1200  
Text Option #: 902-664-8643

Lilac Place  
902-664-1272

SANE  
Sexual Assault  
Nurse Examiner  
1-833-757-7263

New Directions  
902-667-4500  
Text option # 902-694-7869

Police Call 911  
Amherst  
902-667-8600

RCMP Call 911  
Amherst  
902-667-3859  
Parrsboro  
902-254-2424  
Pugwash  
902-243-2181  
Oxford  
902-447-2525  
Springhill  
902-597-3779

Opportunities &  
Social Development / Child  
Protection  
1-888-919-4236  
After hours  
**1-866-922-2434**

Victim Services  
1-800-565-7912

Adult Protection  
1-800-225-7225

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

Mental Health  
and Addictions  
Intake Line  
1-855-922-1122  
Amherst  
902-667-3879

Alcoholics  
Anonymous  
902-667-7098

Problem  
Gambling  
Help Line  
1-888-347-8888

Narcotics  
Anonymous  
1-800-205-8402

Smokers  
Help Line  
1-877-513-5333

In The Works  
Social  
Enterprise  
902-397-1757

Northern  
Healthy  
Connections  
(needle  
exchange)  
1-902-895-0931

Phone Number in  
Red  
Means  
24 Hour  
Service Available

Nova Scotia  
Works - CANSA  
902-661-1509

Bridge Adult  
Service Centre  
Amherst  
902-667-8433

Dept. of  
Opportunities &  
Social Develop-  
ment  
902-893-5950  
Toll Free  
1-877-424-1177

GOVRC  
Workshop  
Springhill  
902-597-3158

Sunset  
Community  
Cumberland  
902-243-2571

Adult Protection  
& Continuing  
Care  
1-800-225-7225

NS Early  
Childhood  
Developmental  
Intervention  
Services  
902-667-8244

Nova Scotia  
Hearing &  
Speech  
902-667-1141

Maggie's Place  
Family Resource  
Centre  
902-667-7250

YMCA of  
Cumberland  
Child Care Services  
Amherst  
902-667-4724  
Pugwash  
902-243-4079  
Oxford  
902-447-4513 x 247

Amherst  
Preschool  
902-667-7731

Bright  
Beginnings  
902-667-7857

NSCC Early  
Childhood  
Learning Ctr  
902-597-4512

Little Lambs  
Daycare  
902-660-3019

Wentworth  
Learning Centre  
902-548-2076

CCRCE Pre-  
Primary  
902-597-4207

Anchor  
Youth Space  
Cumberland  
902-334-5899

Cumberland  
Public Libraries  
902-667-2135  
Advocate  
902-392-2214  
Amherst  
902-667-2549  
Oxford  
902-447-2440  
Parrsboro  
902-254-2046  
Pugwash  
902-243-3331  
River Hebert  
902-251-2324  
Springhill  
902-597-2211

Service  
Canada  
1-800-OCANADA  
(1-800-622-6232)

Cumberland  
Adult Network  
for Upgrading  
(CANU)  
902-661-0153

NS Early  
Childhood  
Works - CANSA  
902-661-1509

In the Works  
Social  
Enterprise  
902-667-4760

CCRCE Chignecto  
Family of  
Schools Office  
902-597-4207

Adaptive  
Equipment  
Lending  
902-664-9143

Maggie's Place  
Family Resource  
Centre  
902-667-7250

Parenting  
Journey  
902-667-7250

Cumberland  
SchoolsPlus  
902-694-8581

Dept. of  
Community  
Services  
902-667-3336

In the Works  
Social  
Enterprise  
902-667-4760

Strongest  
Families  
1-866-470-7111

Court Services  
902-667-2256

Legal Aid  
902-667-7544

Cumberland  
Restorative  
Justice  
902-667-4414

Community  
Corrections  
902-667-7278

Parole  
Services  
1-902-893-6760

Legal Info  
Nova Scotia  
1-800-665-9779

Private  
Counseling  
NS Psychologists  
1-902-422-9183  
NS Social  
Workers  
1-902-429-7799

Native Social  
Counseling  
Agency  
1-902-895-1323

CANSA - Nova  
Scotia Works  
902-661-1509

Lilac Place  
Resource for  
women  
902-664-1272

Need a drive?  
Call Cumberland County  
Transportation Services.  
902-667-8149

Mental Health  
Mobile  
Crisis Line  
**1-888-429-8167**

Mental Health  
and Addictions  
902-667-3879  
1-855-922-1122

Family and Youth  
Counselor/  
Navigator  
(Maggie's Place)  
902-667-7250

Amherst and  
Area  
Ministerial  
Association  
902-667-2523

Dpt of  
Opportunities &  
Social  
Development  
1-877-424-1177

Nova Scotia  
Housing  
Authority  
902-667-8757

St. Vincent de  
Paul  
902-661-0433

Salvation Army  
902-597-3954

Continuing Care  
& Adult  
Protection  
1-800-225-7225

Looking for the **right**  
community or social  
service?  
It's easy to find!  
Call or text **211**

YMCA community  
Development  
team  
Homelessness  
Prevention  
Program  
902-614-1500

Cumberland  
Homelessness  
and Housing  
Support Assoc  
902-669-1935

Cumberland  
Community  
Hub & over  
night shelter  
**902-669-2238**

Amherst  
Community  
Hub & over  
night shelter  
**902-669-2238**

Native Social  
Counseling  
Agency  
1-902-895-1323

St. Vincent de  
Paul  
902-661-0433

Salvation Army  
902-597-3954

Continuing Care  
& Adult  
Protection  
1-800-225-7225

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Public  
Health  
902-667-3319  
1-800-767-3319

Victorian  
Order of  
Nurses (VON)  
902-667-8796

Continuing Care  
& Adult  
Protection  
1-800-225-7225

YMCA of  
Cumberland  
902-667-9112

Recreation  
Departments  
Amherst  
902-667-6500  
Cumberland Co  
902-664-9143  
Springhill  
902-763-3000  
Oxford  
902-694-4032

Canadian Red  
Cross  
902-667-8794

Food Banks  
Amherst  
902-661-0677  
Springhill  
902-597-3954  
Parrsboro  
902-254-3094  
Pugwash  
902-664-8691

Dial 811  
Health Link 811  
Trusted Health Information from a  
Registered Nurse at Your Fingertips

Sexual  
Health  
Centre  
902-667-7500

Northern  
Healthy  
Connection  
Society  
1-902-895-0931

PFLAG  
1-506-536-4245  
(Sackville)

Public Health  
902-667-3319

AIDS Coalition  
of Nova Scotia  
1-800-566-2437

Poison  
Control  
1-800-565-8161

YREACH  
Settlement  
Services  
Cumberland  
902-667-9112

Youth Health Centers:  
Amherst 902-694-7062  
Oxford 902-397-4676  
Parrsboro 902-397-4676  
Pugwash 902-694-7062  
River Hebert 902-694-7062  
Springhill 902-397-4676

Need a drive?  
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Transportation Services.  
902-667-8149

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Youth Health Centers

# The Cumberland County Helping Tree

**Adaptive Equipment Lending** - assists people with disabilities to overcome barriers by offering a variety of free specialized equipment that will open up opportunities for physical activity.

**AIDS Coalition of Nova Scotia** - HIV education and prevention initiatives in Nova Scotia - promoting a community response to HIV/AIDS, advocacy and education.

**Alcoholics Anonymous 12 Step Program** - provides a support program for people with alcoholism interested in a mutual aid.

**Amherst Preschool** - preparing children for school socially, emotionally and intellectually. Providing structure and focusing on listening and language skills.

**Anchor Youth Space Cumberland** -A free, welcoming hub for young people aged 12-25 and their caregivers. Offers walk-in services, counselling, outreach, programming and more.

**Autumn House** - Short term, communal shelter for women & their children. Support counselling for women and their children who are experiencing abuse. System navigation, court accompaniment.

**Bright Beginnings Child Care Centre** - we offer subsidized child care for children between the ages of 18 months and 8 years of age. Full and part time spaces are available.

**Bridge Adult Service Centre** - located in Amherst, vocational day program for mentally challenged adults.

**Canadian Red Cross** - Provides free short-term loans of health care equipment. Local volunteers also respond to disasters such as emergency aid after house fires or floods. The Red Cross also offers First Aid and CPR

**Career Resource Centre** - employment assistance service providing information and technology to unemployed and the underemployed. Assisting individuals with their job search, career change or education research.

**CCRCE Chignecto Family of Schools Office** - a local contact for any issue regarding a Cumberland County school from grades Primary through 12.

**Nova Scotia Housing Authority** - provides safe, affordable housing to senior citizens (58+ years) and low income families throughout Cumberland and Colchester counties.

**Continuing Care & Adult Protection** - assists in accessing home care, long term care (nursing homes or residential care facilities) and adult protection services - also protection for vulnerable adults (ages 16+)

**Cumberland Adult Network for Upgrading (CANU)** - provides adult learners (18 and up) opportunities to work towards their gr. 12 diploma or GED and strengthen employability and life skills through dedicated programs and certificate workshops. All programs are free.

**Cumberland Community Youth Development Centre**- A community-driven space offering a wide variety of programming services, and support for local youth.

**Cumberland Restorative Justice** - non-profit organization providing community based services to youth and adults in conflict with the law as well as to victims of crime.

**Cumberland Public Libraries** - offers free public library service in Cumberland County via seven locations [www.cumberlandpubliclibraries.ca](http://www.cumberlandpubliclibraries.ca)

**Cumberland SchoolsPlus** - coordinates services for referred students and their families using a collaborative inter-agency approach. Focuses on bringing programs and services into the schools. Like us on Facebook.

**Cumberland YMCA** - provides health, wellness and support programs for all ages as well as a variety of childcare programs (part and full-day) for children 6 months to 12 years throughout Cumberland County.

**Department of Community Services** - provides services for children (including child protection), youth & families. Funding for children with special needs and early intervention services. Programs to support people with disabilities. Employment support and income assistance. Housing services such as home repair grants and subsidized housing options.

**Detoxification** - inpatient unit offers withdrawal management from substances, relapse prevention and recovery planning through the Addiction Education program.

**Family and Youth Navigator** - offers short-term counseling, mentoring and coaching, assistance with youth engagement and referrals to other agencies.

**Food Banks** - provides food & support to the needy thru partnership with churches, individuals, businesses & service clubs.

**GOVRC Workshop** - located in Springhill, providing vocational training for mentally challenged adults ages 21 and up.

**Homelessness Prevention and Outreach Program** - assists individuals (19+) and families who are currently homeless or at risk of being homeless. Works with people to find suitable and sustainable accommodation.

**Kids Help Line** - for children & youth, a 24 hour a day, 7 days per week free and confidential service. [www.kidshelpline.ca](http://www.kidshelpline.ca)

**In The Works- A Social Enterprise Network:** provides a supportive environment for change to individuals (16-30) who are in recovery from addiction and/or mental health issues.. Provides employment, programming, skills training (life and employability). Provides support to families of participants.

**Legal Aid Nova Scotia** - staff of lawyers who provide family, criminal & youth legal services to those who qualify financially.

**Lilac Place:** Resources For Women is a safe space for female-identifying people and those who feel affirmed in our space. Our goal is to foster a community where all who experience sexual violence and gender-based oppression, can find support, resources, and connection.

**Little Lambs Childcare Centre** - is all inclusive for toddlers to 5 years of age, Hours of operation 7 am - 5 pm

**Maggie's Place - A Resource Centre for Families** - provides support and programming from the prenatal stage through early childhood and up to age 24. Programs are free of charge.

**Mental Health and Addictions** - a community based multidisciplinary team offering prevention and community education, assessments, counseling, referrals, family and group therapy, accessible by self-referral and by doctors, nurse practitioners, and/or community agencies.

**Narcotics Anonymous** - a 12 step program for people seeking mutual aid for drug addictions.

**New Directions** - A program and support for men who want to move away from using abuse and violence. Individual and group support counselling. System navigation, court accompaniment. Accepting self-referrals & agency referrals.

**Northern AIDS Connection** - promotes the health and well being of persons living with and affected by HIV/AIDS and assists in reducing the spread of HIV through education, support and advocacy in northern Nova Scotia.

**Nova Scotia Community College - Cumberland Early Childhood Development Support Centre** - offering resource and training support to early learning and childcare professionals, students, parents and the community.

**Nova Scotia Early Childhood Development Intervention** - supports families who have children ages birth to 6 years who have any concerns about their child's development through home and community visits.

**Nova Scotia Works - CANSA** - employment & counseling services for persons facing barriers to employment. CANSA helps all citizens with special emphasis on African Nova Scotians, persons with disabilities & youth. Amherst & Springhill. offices

**Parents and Friends of Lesbians and Gays (PFLAG)** - support meetings for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer or questioning (GLBTT21QQ) or those who care about someone who is.

**Parenting Journey** - supports families who are facing parenting challenges, behavioral concerns with their children ages 0 –19 years. Supports include home and community visits, team meetings to help improve family outcomes.

**Parole Services** - see Correctional Service of Canada web site at [www.csc-scc.gc.ca](http://www.csc-scc.gc.ca)

**Probation Services** - complete pre-sentence reports, temporary absence reports, re-integration leave reports, make referrals to restorative justice, community service order and fine option programs, supervise youth & adults who are serving community-based dispositions, and adult diversion program.

**Problem Gambling Help Line** - a 24 hour phone support service open 7 days per week. People experiencing problems with gambling can receive phone counseling, referral support and information on community services.

**Public Health** - works with others to understand the health of our communities and acts together to improve health.

**Recreation Departments** - provide programming and leisure opportunities, equipment lending and grant prospects.

**Salvation Army** - sell clothing and household items to raise money to give back to those in need in Cumberland County. Also administer Good Neighbor Heating Fund, Springhill Foodbank and Amherst and Springhill Soup Kitchens.

**Service Canada** - brings a range of federal services together to meet individual needs and offers a range of services and benefits for all Canadians including youth, working age adults, families, employers, seniors and persons with disabilities.

**Sexual Assault Nurse Examiner (SANE)** provides specialized medical and forensic care for sexual assault survivors offering physical exams and injury treatment while respecting survivor's choices.

**Sexual Health Centre** - promoting healthy sexuality across the life span. Lending library, classroom presentations, community workshops (including parenting programs, self-esteem workshops for adolescent girls), individual guidance and referrals. Free pregnancy testing and condoms. [sexualhealthmatters.ca](http://sexualhealthmatters.ca)

**Smoker's Help Line** - support and tips for quitting smoking.

**St. Vincent de Paul** - may provide financial support in crisis.

**Strongest Families** - treatment for families and children with specific childhood problems (behavior, anxiety, bedwetting, pain) in the comfort and privacy of home with support manuals, videos and a telephone coach based at the IWK

**Sunset Community** - offers supported living options to adults also day programs and work placements.

**Victim Services Program** - provides information, support and assistance to victims of crime (or the spouse/relative of victims) as the case moves through the justice system, information on the justice system, on individual court cases and preparation to testify in court.

**Victorian Order of Nurses (VON)** - provides in home health services, nursing and home support. Foot care clinic, meals on wheels, adult respite program, safety check and advance directive veil.

**Youth Health Centers** - youth focused centers that provide health support, information and services to any youth in or out of school up to 19 years of age.

**YREACH** provides settlement support to newcomers. Helping individuals and families navigate community resources, access services, and adjust to life in the community. Support includes information, referrals, and general guidance.

**211** Connecting you to government and social services in Nova Scotia. Free and Confidential.