



The Cumberland County Helping Tree

Revised: January 2026

Abuse/ Violence
Harassment
Threats

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 Develop-
ment / 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

Addictions/
Alcohol/ Drugs
Gambling

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

Disabilities

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

Adaptive
Equipment
Lending
902-664-9143

Early Learning
Children

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

Youth Outreach
902-667-7250

Education, Upgrading & Employment

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

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

Nova Scotia
Works - CANSA
902-661-1509

CCRCE
Chignecto
Family of
Schools Office
902-597-4207

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

Nova Scotia
Community
College
Cumberland
Campus
902-597-3737
902-661-3180

Cumberland
SchoolsPlus
902-694-8581

Dept. of
Community
Services
902-667-3336

In the Works
Social
Enterprise
902-667-4760

Parenting / prenatal

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

Parenting
Journey
902-667-7250

NS Early
Childhood
Development
Intervention
902-667-8244

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

Strongest
Families
1-866-470-7111

Legal

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

Mental/Emotional
Spiritual Health

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

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

Housing
Homelessness

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

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

Physical Health

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

Unplanned Pregnancies
Birth Control
STD/ HIV/AIDS

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

Regular Health Inquiries:
Contact your family doctor. Numbers are listed in the Yellow Pages.
Nurse Practitioner/Physician Offices:
Advocate: 902-392-2734 Parrsboro: 902-254-2540
Pugwash: 902-243-2521 River Hebert: 902-251-2260
Springhill: 902-597-3773
The numbers in Parrsboro, Pugwash and Springhill will also reach the
hospital & Collaborative Emergency Centre (CEC) in that community.
In an emergency, always call 911

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

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

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

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

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 though 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

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

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 multi-disciplinary 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

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

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.