

# Directory of Youth Services and Programs In Colchester County

February 2011

<http://www.youthdirectory.weebly.com>

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

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The Youth Directory is an index of programs and services that are available in Colchester County. This directory was created as a group project by third year students at Cape Breton University in the Bachelor of Arts Community Studies program. The COMS 310:75 Community Intervention course had the students identify a problem in the communities where the group members lived and to try to come up with an intervention that could benefit the community. Our group wanted to present the community with a directory of community organizations and service providers that provide programs and services that make a difference in the lives of the youth.

We would like to thank all of the organizations and service providers that supported us through this endeavor and will be able to prosper from this Youth Directory. All information is current for 2010-2011.

All the best,

Kirk Bates  
 Corinna MacAskill  
 Brenda Putnam  
 Kelly Rubia  
 Kendra Tarr  
 Wilhelmus van Hal

## Education

### Adult High School

Mary Goya  
1-888-855-2224  
294 Willow Street, Truro, NS B2N 5A4  
8:50am-3:07pm  
Population served: 18 years of age and older  
<http://www.ccahs.ca/>

High school diploma, improved marks for college or university. Intake process is outlined on the website.

### Atlantic Provinces Special Education Authority

Bertram R. Tulk  
424-3214  
[tulkb@apsea.ca](mailto:tulkb@apsea.ca)  
5940 South Street, Halifax, NS B3H 1S6  
with representations in every region  
Population served: birth-21 years of age  
<http://www.apsea.ca>

Provides educational services, programs and opportunities for persons from birth to 21 years of age with low incidence sensory impairment. This includes children and youth who are deaf, deaf-blind, hard of hearing, blind or visually impaired who are residents of Atlantic Canada.

### Bridgeway Academy

Natasha Beniot  
957-2426  
[bridgeway@bridgeway-academy.com](mailto:bridgeway@bridgeway-academy.com)  
Douglas Street Recreation Centre  
40 Douglas Street, Truro, NS, B2N 2E7  
[http://www.bridgewayacademy.com /](http://www.bridgewayacademy.com/)

Bridgeway provides an academic day program to students aged 5 - 19 with learning disabilities. Class size never exceeds a 1 - 6 teacher -to-student ratio. The curriculum follows the guidelines of the Nova Scotia Department of Education.

### Career Works Nova

Client Service Navigator  
893-6859  
[csn@careerworksnova.com](mailto:csn@careerworksnova.com)  
60 Lorne Street, Suite 7, Truro, NS B2N 3K3  
Monday-Friday 8:30am-4:30pm  
Out of school Ages 19 years and up  
<http://www.careerworksnova.ca/>

Mandate to improve the employability of clients/individuals by providing access to information and services related to employment, education and training.

### Chignecto Central Regional School Board

897-8900 or 1-800-700-0008  
60 Lorne Street, Truro, NS B2N 3K3  
8:30am-4:30pm  
Population served: 4-21 years of age  
[www.ccrsb.ca](http://www.ccrsb.ca)

Public school grade primary to 12.  
Bible Hill Junior High School 741 College Road, 896-5500;  
Central Colchester Junior High School 61 Onslow Road, 896-5570;  
Cobequid Educational Centre 34 Lorne Street, 896-5700;  
North Colchester High School 90 Blair Avenue, 657-6200;  
Redcliff Middle School 33 Sunset Lane, 896-5520;  
South Colchester Academy 207 Highway 289, 673-5000;

Truro Junior High 445 Young Street, 896-5550;  
West Colchester Consolidated 27 Maple Avenue, 647-3500.

**CNIB**

1-800-583-2642  
Email contact through the web site.  
Population served: individuals who have vision loss.  
[www.cnib.ca](http://www.cnib.ca)

Child and family services; CNIB library; Assistive Technology; SCORE—summer camp 16-18 year olds.

**Colchester Adult Learning Association**

895-2464  
[cala@colchesteradulthoodlearning.com](mailto:cala@colchesteradulthoodlearning.com)  
NSCC, 36 Arthur Street, Room 127  
Forrester Hall, Truro, NS B2N 1X5  
9:00am-4:00pm  
Population served: 19 and over  
<http://www.colchesteradulthoodlearning.com/>

Free education for adult learners. CALA also provides tutors.

**Colchester Community Workshops**

Susan McCallum  
893-7228  
[ccwmccallum@hotmail.com](mailto:ccwmccallum@hotmail.com)  
168 Arthur Street, Truro, NS B2N 1Y4  
8:30am-4:30pm  
Population served: 18 years of age and older  
<http://www.nsnet.org/ccwf/index.html>

A vocational and life skills training centre which offers quality business services by individuals with intellectual disabilities from Colchester County. Programs include New To You Store, Intercolonial Cafe, Production Assembly, Ribbons and Buttons, small contracts and Assembly programs, cleaning

<http://www.youthdirectory.weebly.com>

program, a pre-vocational and pre-retirement program.

**Community Enhancement Association**

Shirley Robinson-Levering  
893-1911  
[slevering@eastlink.ca](mailto:slevering@eastlink.ca)  
105B Walker Street, Truro, NS B2N 4B1  
8:30am-4:00pm  
Population served: African Nova Scotians—all ages

Assist unemployed African Nova Scotians secure work; employment counselling; youth skills link program—to develop employability skills in those unemployed and underemployed; skills development case management.

**Department of Education—Adult Education Division**

Donna MacGillivray  
893-7200, GED 893-5988  
[macgildm@gov.ns.ca](mailto:macgildm@gov.ns.ca)  
60 Lorne Street, Truro, NS B2N 3K3  
8:30am-4:30pm  
Population served: 19 years of age and older

Literacy Resource Centre; space for tutoring; assessment/testing; referrals; GED.

**FutureWorx**

895-2837  
80 Glenwood Drive, Truro, NS  
Monday, Tuesday, Thursday 8:30am-4:30pm; Wednesday 8:30am-12:00pm; Friday 8:30am-4:00pm  
Population served: Ages 16 and up  
<http://www.futureworx.ca/>

Offers job search services; enhanced employment skills development services; vocational skills development (coupled with practicum placement); personal development/counselling; academic

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

upgrading and Job Finding Workshops; programs include Hospitality/Food Services, Environmental Services, Continuing Care Assistant.

**Institute for Human Services Education**

893-3342  
60 Lorne Street, Truro, NS B2N 2V7  
Population served: Ages 18 and up  
<http://www.inst-hse.ca/>

Part-time and full-time Public School Program Assistant certificate, Youth Worker Diploma program, Early Childhood Education Diploma program.

**Nova Scotia Agricultural College**

893-6600  
50 Pictou Road Truro NS B2N 5E3  
Population served: High School graduates  
<http://nsac.ca/>

Nova Scotia Agricultural College is an internationally respected teaching and research institution providing quality education.

**Nova Scotia Community College**

893-3333  
36 Arthur Street, Truro, NS B2N 1X5  
Population served: 18 years of age or a high school graduate  
[http://www.nsccl.ca/about\\_nsccl/locations/truro/](http://www.nsccl.ca/about_nsccl/locations/truro/)

Upgrading to grade 12, a large variety of diploma programs.

**Routes to Work**

Holly Scothorn  
895-4211, cell 986-3308  
557 Prince Street, Truro, NS B2N 5V2  
Canadian Mental Health Association,  
Colchester East Hants Branch  
8:30am-4:30pm  
Population served: 19 years and older

<http://www.youthdirectory.weebly.com>

<http://www.cmhaceh.ca/programs.html>

Helping people with mental illness secure mainstream employment; to be eligible for assistance from the Opportunities Fund National Project, Routes to Work, an individual must self identify as having a permanent psychiatric disability that limits daily activity; be unemployed or working less than an average of 20 hours per week; be legally entitled to work in Canada; be in need of assistance to prepare to enter the job market, to find a job, to get a job or become self-employed; must not have received Employment Insurance benefits within 36 months of their request for assistance or maternity or parental benefits within 60 months of their request; normally, to qualify for assistance, individuals must NOT be currently eligible for federal employment programs offered under Part II of the Employment Insurance Act (or similar provincial or territorial programs).

**TREES--Canadian Mental Health Association**

Lynn MacDonald  
890-2710  
[dvanderlans@treesproject.org](mailto:dvanderlans@treesproject.org)  
515 Prince Street, Truro, NS B2N 5V2  
Population served: 19 years and up, primary diagnosis of a mental illness  
<http://www.treesproject.org/>

TREES is an employment service for Mental Health Consumers residing in Colchester East Hants. They identify what you want to do, access funds and support education and training; create resumes and cover letters, and prepare for interviews; help with locating and contacting employers; access money for work-related items such as clothing; set up volunteer and training placements; help get paid employment; provide follow-along support to maintain employment; do worksite evaluations; provide information about other agencies and services; Community Services and CPP

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

will allow you to work and keep some of your benefits.

## Health and Wellness

### Addiction Services

893-5900 (Truro)  
14 Court Street, Suite 205, Truro, NS B2N 3H7  
8:30am-4:30pm closed over lunch 12:00pm-1:00pm  
Population served: adolescents

Through the Colchester East Hants Health Authority, Addiction Services provides a variety of services for youth who are affected by addiction. Services are available for adolescents struggling with their own issues with addiction or as a result of someone else's. Outreach services are offered in both the schools and the community for adolescents across the catchment area (Kennetcook, Elmsdale, Truro, Tatamagouche, etc). Individual and group services for adolescents are offered at both of our offices in Elmsdale and Truro, as well as within the schools, other youth service providers, and the community. Services for adolescents include but are not limited to solution-focused counselling, therapy and treatment for addictions, interactive education groups and presentations, and stop smoking programs. Addiction Services also provides support for adolescents in making referrals to youth residential programs and other service providers (i.e. Mental Health, public health, justice, etc) as needed.

### Al-Anon

Ann J. 895-5535; Anne F. 895-7734  
Meeting Wednesday nights at Christian Alliance Church, Phillip Street-7:30pm  
Meeting Tuesday nights at Willow Lane, Old Halliday Building-8:00pm

Population served: all ages  
<http://www.freewebs.com/alanonmaritimes/>

Al-Anon groups are a fellowship of relatives and friends of alcoholics who share their experience strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

### Bridges

Brenda Fisher  
897-6665; 897-0569 Fax  
[bridges@bridgesinstitute.org](mailto:bridges@bridgesinstitute.org)  
670 Prince Street, Unit 2, Truro, NS  
Varied hours of operation.  
Population served: Ages 14 and up  
[www.bridgesinstitute.org/](http://www.bridgesinstitute.org/)

Individual counselling for issues related to family violence.

### Canadian Mental Health Association

895-4211 or Crisis Response Service 896-2606  
25 Revere Street, Truro, NS B2N 5V2  
8:30am-4:30pm  
<http://www.cmhaceh.ca/programs.html>

Depression and Bipolar self-help group Wednesday 7pm; Auricular Acupuncture Wednesday 8pm; Friendship Club: provides a safe and supportive environment for mental health consumers, following the Clubhouse Model of rehabilitation. It helps people to feel safe from the stigma of mental illness while in the company of supportive peers and professionals; Rehabilitation from mental illness is achieved through 7therapeutic work programs and by participation in social recreational activities. The therapeutic work programs include food services, business, maintenance and reception/clerical. The recreational activities include bingo, dances, bowling, skating, yoga, crafts and games night. Affordable meals are prepared four

times a week. Membership is free and is available to adults who have a diagnosis of mental illness.

**Colchester District Office—Child Welfare**

893-5950

60 Lorne Street, Truro, NS B2N 3K3

8:30am-4:30pm

Population served: birth to 16 years of age

<http://www.gov.ns.ca/coms/departement/contact/ChildWelfareServices.html>

Child protection and supports for children in care, including foster care and adoption. Report suspected cases of child abuse to this office.

**Colchester East Hants Hospice Society**

893-3265

[info@cehhospice.org](mailto:info@cehhospice.org)

28 Esplanade, Truro, NS

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

Support to families and individuals facing serious illness, death and grief.

**Colchester Food Bank**

Mary Deader

893-4566

[mary\\_deader@hotmail.com](mailto:mary_deader@hotmail.com)

76 Lorne Street, Truro, NS B2N 3K3

Office hours: 9:00am-5:00pm; Food pickup

Monday, Wednesday, Friday 1:00pm-

4:00pm

Population served: those who are living independently and have met the eligibility criteria.

<http://www.colchesterfoodbank.org/>

Interested individuals are required to complete an application and drop it off at the food bank.

**Colchester Sexual Assault Centre**

Margaret Mauger

<http://www.youthdirectory.weebly.com>

897-4366

[trurosexualassault@hotmail.com](mailto:trurosexualassault@hotmail.com)

80 Glenwood Drive, Truro, NS B2N 1P3

Monday-Thursday 9:30am-4:30pm

Population served: Ages 13 and up—male and female

Survivors of sexual abuse, assault and family and friends; LBGTTIQ individuals; general community information sharing; individual support and counselling; information and referral; education and workshops.

**Immaculate Conception Church**

Sarah Forbes

893-7188

669 Prince Street, Truro, NS

Open weekends and Monday evenings

Population served: Colchester County

Kane's Kitchen—Wednesday 12-1pm free lunch. Sunday school on weekends and Monday evenings.

**Mi'kmaq Family and Childrens Services of Nova Scotia**

758-3553 or 1-800-263-8686

111 Membertou Street, Shubenacadie, NS

B0N 2H0

8:30am-4:30pm

Population served: birth to 16 years

Investigate and assess all reports of suspected abuse and neglect of children under sixteen years of age and living on the Indian Reserves in Nova Scotia.

**Mi'kmaw Family Healing Centre**

Ask for a Youth Worker

893-8483 or 1-800-565-4741 (crisis)

PO Box 665 Truro, NS B2N 5E5

Open 24 hours a day, seven days a week

Population served: Aboriginal peoples

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

Group and individual counselling; community and school workshops; family violence, dating, healthy relationships, peer pressure, bullying.

### **Narcotics Anonymous**

Meetings Sunday 8:00pm-9:00pm St. Andrews United Church, Tuesday 8:00pm-9:00pm St. Andrews United Church, Thursday 8:00pm-9:00pm St. Andrews United Church

Population served: 16 years old and up; people with Narcotic dependency and their loved ones may attend

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

These meetings are topic driven with discussion and participation.

### **Northern AIDS Connection**

Karen Kittilsen

895-0931

[nacs@eastlink.ca](mailto:nacs@eastlink.ca)

33 Pleasant Street, Truro, NS B2N 3R5

9:00am-5:00pm

Population served: all ages

<http://northernaidconnectionssociety.ca/>

A safe, confidential and non-judgemental manner; youth programming available; access to free condoms; information resources about HIV/AIDS, sexually transmitted infections and Hepatitis C; gender identity information and resources; information on youth drug use; information and support to Gay Straight Alliances; information and support for healthy decision making.

### **Out of the Cold**

Cory Summers

895-8857

[cory@immanueltruro.org](mailto:cory@immanueltruro.org)

Rotates between Immanuel Baptist, St. Andrews United and First United Churches. 8:00pm-7:00am

<http://www.youthdirectory.weebly.com>

Population served: 16 years old and up

### **St. Andrew's United Church**

893-8396

55 King Street, Truro, NS B2N 3K8

<http://www.standrewstruro.ca>

Free supper the last Sunday of the month.

AA—Monday 11:30am, Wednesday

11:30am, Friday 11:30am.

NA—Tuesday, Thursday and Sunday 8pm

### **St. James Presbyterian Church**

893-9587 (Church)

[stjameschurch@eastlink.ca](mailto:stjameschurch@eastlink.ca)

725 Prince Street, Truro, NS B2N 1G5

[www.stjamestruro.com](http://www.stjamestruro.com)

Third Thursday of the month 5pm supper.

### **St. John's Anglican Church**

Rev. Lori Ramsey-Parish

897-0566

23 Church Street, Truro, NS

Last Monday of the month, lunch is served.

### **Third Place Transition House**

Jacqueline Penny

893-4844, 1-800-565-4878, crisis 893-3232

[thirdplaceyouth@ns.aliantzinc.ca](mailto:thirdplaceyouth@ns.aliantzinc.ca)

24 hours emergency service; youth outreach is during school hours.

Population served: Youth—male and female, women and families

<http://www.thans.ca/Content/Third%20Place>

Additional support services for youth. Youth outreach—referrals, supportive counselling, advocacy.

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

## Sport and Recreation

### CC Riders Soccer Club

Carla Cushing  
895-7287

[ccriders@eastlink.ca](mailto:ccriders@eastlink.ca)

Open year round

Population served: 4 years of age and up

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

Winter and summer soccer; coaching clinics; referee training.

### Colchester Legion Stadium

Wayne Woodworth  
893-1701

14 Lorne Street, Truro, NS B2N 5C1

Population served: all ages

<http://www.truro.ca/-colchester-legion-stadium.html>

Truro Junior A Bearcats, Truro and Area Minor Hockey, Figure skating lessons, Ice skating lessons, Adult and Youth Ice hockey, Pick up hockey, Ice hockey clinics, camps and tournaments, parties and special events.

### Colchester Minor Basketball

Allison Cook  
895-8161

[akala@eastlink.ca](mailto:akala@eastlink.ca) or [allison.cook@rbc.com](mailto:allison.cook@rbc.com)

<http://www.basketball.ns.ca/>

Recreational basketball from grade 2 to grade 7.

### Colchester Scouts

1<sup>st</sup> Lower Truro, Lisa Gowan, 641-2093

1<sup>st</sup> Tatamagouche, Betty MacKinnon, 657-3300

2<sup>nd</sup> Bible Hill, Shane Keddy, 897-1069

<http://www.youthdirectory.weebly.com>

2<sup>nd</sup> Truro, Joan Gibson, 899-2019

3<sup>rd</sup> Truro, Jon Davison, 893-3890

2<sup>nd</sup> Valley, Krista Stott-Jones, 843-5736

1<sup>st</sup> Stewiacke, Barry Manuel, 639-9283

[www.ns.scouts.ca/colchester](http://www.ns.scouts.ca/colchester)

### Deuville Rink

893-9651

[hockeyville@gmail.com](mailto:hockeyville@gmail.com)

50 Harmony Road, Truro, NS B2N 4X8

Population served: all ages

<http://www.deuville.ca>

Ice skating, ice hockey, ice hockey 4 on 4, tournaments, ball hockey.

### Don Henderson Memorial Sportsplex Ice and Curling Rink

Joel Dawe  
673-2063

55 Carter Road, Brookfield, NS B0N 1C0

September 1<sup>st</sup>-April 30<sup>th</sup>

<http://www.brookfieldnovascotia.ca>

Public ice skating, ice hockey, pickup hockey, hockey clinics and camps, curling, birthday parties or events, figure skating, ice hockey tournaments, seniors lounge, playschool, club room, board room, Truro Minor Lacrosse Home Base.

### Guiding

1-800-565-8111

Register either through the website or toll free number.

<http://www.girlguides.ca>

1<sup>st</sup> Brookfield Guide Unit

1<sup>st</sup> Hilden Guide Unit

1<sup>st</sup> Salmon River Guide Unit

1<sup>st</sup> North River Guide Unit

1<sup>st</sup> Tatamagouche Guide Unit

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

1<sup>st</sup> Truro Guide Unit  
1<sup>st</sup> Colchester Area Ranger  
2<sup>nd</sup> Bible Hill Guide Unit  
2<sup>nd</sup> North River Guide Unit  
2<sup>nd</sup> Truro Guide Unit

### **Highland Knights Soccer**

Garfield Johnson  
[admin@highlandknights.ca](mailto:admin@highlandknights.ca)  
Open year round  
Population served: 12 years of age and up  
[www.highlandknights.ca](http://www.highlandknights.ca)

Development of players, teams and coaches of exceptional character and ability.

### **Municipality of the County of Colchester Recreation Services**

897-3155  
[recreation@colchester.ca](mailto:recreation@colchester.ca)  
1 Church Street, Truro, NS B2N 5E7  
8:30am-4:30pm  
Population served: All Ages  
<http://www.colchester.ca/recreation-services>

Provide direct programming, recreation facilities such as parks and trails, and various programs and services such as grants. Support the many volunteer community organizations who provide recreation opportunities for the people of Colchester County.

### **North Shore Recreation Centre**

657-3121  
30 Blair Avenue, Tatamagouche, NS  
[www.tatamagouchetoday.com/organizations.htm](http://www.tatamagouchetoday.com/organizations.htm)

Skating, Tai Chi, ice hockey, curling, broomball.

### **Steve Nash Youth Basketball**

Kevin Jones

<http://www.youthdirectory.weebly.com>

[jonesk@eastlink.ca](mailto:jonesk@eastlink.ca)

Population served: Ages 5-13 years  
<http://www.basketball.ns.ca/>

Basketball development through team play and practices.

### **Town of Stewiacke, Parks and Recreation**

Andrew Neilsen  
639-2111  
[aneilsen@stewiacke.net](mailto:aneilsen@stewiacke.net)  
295 George Street, Stewiacke, NS B0N 2J0  
[www.stewiacke.net](http://www.stewiacke.net)

Minor baseball.

### **Town of Truro Parks, Recreation and Culture Department**

893-6078  
[recdept@truro.ca](mailto:recdept@truro.ca)  
[www.truro.ca](http://www.truro.ca)

### **Truro/Bible Hill Minor Baseball**

Curtis Briggs  
893-0240  
[trobblec@colchester.ca](mailto:trobblec@colchester.ca) or  
[cburgess@colchester.ca](mailto:cburgess@colchester.ca)  
Population served: 5 years of age and up  
<http://www.leaguelineup.com/bhtmba/>

Competitive and recreational baseball for all ages.

### **Warwick Mountain Recreation Club**

Gwen McConnel 657-2170  
657-2840, 657-0043  
554 Warwick Mountain Road, RR#2  
Tatamagouche  
Open on weekends  
Population served: Tatamagouche  
Skidooers, canteen, birthday parties and reception. Open mics; jamborees; lobster supper once per year.

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

### **Wittenburg Recreation Association**

Jay Redmond

639-9116

Population served: Bible Hill/Truro Area

Baseball night offered to youth.

## **Youth Centres and Organizations**

Big Brothers-Big Sisters Association of Colchester

Michelle Misener

895-4562

[info@colchesterkids.ca](mailto:info@colchesterkids.ca)

26 Logan Street, Truro, NS B2N 3Z3

Monday-Friday 8:30am-4:30pm; evenings by appointment

Population served: school age children and youth

[www.colchesterkids.ca](http://www.colchesterkids.ca)

Provides a wide variety of community and school based mentoring services to school aged children and youth aimed at enhancing the development and sense of self-worth of children.

### **Boys and Girls Club of Truro and Colchester**

Joanne McCallum

895-5008

[tbgc\\_programdirector@ns.aliantzinc.ca](mailto:tbgc_programdirector@ns.aliantzinc.ca)

175 Victoria Street, Truro, NS B2N 1Z5

Office hours 9:00am-5:30pm; Program

afterschool 2:00pm-6:00pm; Full day

7:30am-5:30pm

Population served: Ages 5-12 afterschool;

Ages 12-18 Place to Belong

<http://www.bgctc.ca/content.asp?DocID=18>

Afterschool–recreation, activities, homework club, physical activity opportunities; March Break, Christmas and Summer Day Camps; inservice and storm days; Place to Belong

Teen Program.

### **Central Nova Women's Resource Centre**

895-4295

[cnwrc@eastlink.ca](mailto:cnwrc@eastlink.ca)

676 Prince Street, Truro, NS B2N 1G6

Monday-Friday 8:30am-4:30pm, Thursday

8:30am-8:00pm

Population served: Women—all ages

<http://cnwrc.weebly.com/>

Education and life skills programs for youth ages 12-15. Volunteer opportunities; Thursday evening programs; one-on-one support counselling; Cognitive Behavior Therapy.

### **4-H**

Jacqueline Hoyt

893-6586

[hoytjm@gov.ns.ca](mailto:hoytjm@gov.ns.ca)

DeWolfe House, NSAC 157 College Road,

Truro, NS B2N 5E3

9:00am-5:00pm

Population served: ages 8-12

<http://www.4-h-canada.ca/english/index.php>

In 4-H Clubs the focus is on fun, friends, and learning cool new skills like creating crafts, building a website, producing a play, building a small engine, or learning all about animals.

### **High Rock Youth Ministry/Slate Youth Centre**

Crystal Crossan

893-3991

[info@highrock.ca](mailto:info@highrock.ca)

883 Prince Street, Truro, NS B2N 1H2

Monday 3:30pm-5:30pm, Thursday 3:30pm-

8:00pm, Friday 3:30pm-9:00pm, and special

events as posted

Population served: Ages 10-12 Fridays

3:30pm-6:00pm; Ages 13-18 all other times

<http://www.highrock.ca/>

<http://www.youthdirectory.weebly.com>

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

Cooking; drop-in; work skills; recreation; life skills education.

### **Kids Help Phone**

Atlantic Office 902-457-4779  
1-800-668-6868; National Office 416-586-5437  
[shelley.richardson@kidshelpphone.ca](mailto:shelley.richardson@kidshelpphone.ca)  
Open 24 hours a day, seven day a week.  
Population served: Ages 4-19  
<http://www.kidshelpphone.ca/teens/home/splash.aspx>

Telephone and on-line counselling.

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

Audrey Lucas  
895-1738  
[alucas@nsns.ca](mailto:alucas@nsns.ca)  
PO Box 1320 Truro, NS B2N 5N2  
8:30am-4:30pm  
Population served: Off-reserve aboriginal people—every age, male and female  
<http://ncns.ca/>

Parenting Journey; youth group (Truro and Liverpool); ages 7-13 Little Eagles; social counselling; referrals to community supports.

## **Youth Justice**

### **John Howard Restorative Justice**

Chris King  
843-4969  
[chris.king@ns.johnhoward.ca](mailto:chris.king@ns.johnhoward.ca)  
184 Arthur Street, Suite 220, Truro, NS B2N 1Y4  
Monday-Friday 8:30am-4:30pm  
[www.ns.johnhoward.ca](http://www.ns.johnhoward.ca)  
Population served: Youth ages 12-17 and adults  
<http://www.nsrj-cura.ca>

<http://www.youthdirectory.weebly.com>

Restorative justice programs; justice forum, victim-offender mediation; educational sessions; life skills; anger management (for those using the Restorative Justice).

### **Legal Aid**

893-5920  
523 Prince Street, Suite 102, Truro, NS B2N 1E8  
8:30am-4:30pm  
Population served: People in court in Truro  
[www.nslegalaid.ca](http://www.nslegalaid.ca)

Deals mostly with youth court, family law.

### **Mi'kmaw Legal Support Network**

895-1141 or 1-877-379-2042  
[pmarshall@mlsn.ca](mailto:pmarshall@mlsn.ca)  
19 Brooks Lane, Truro, NS B2N 5V3  
8:30am-4:30pm  
Population served: all Aboriginal people in Nova Scotia  
[www.mlsn.ca](http://www.mlsn.ca)

Mi'kmaw justice circles, sentencing circles, reintegration circles, healing circles, support circles, victim support services. The goal is to develop and maintain a new relationship between the criminal justice system and the Mi'kmaq and Aboriginal people of Nova Scotia.

### **RCMP (Bible Hill)**

893-6820  
283 Pictou Road, Bible Hill, NS  
24 hours a day, seven days per week  
Population served: all ages  
<http://www.rcmp-grc.gc.ca/>

Criminal records checks.

### **RCMP (Millbrook)**

893-6819  
Millbrook First Nation  
24 hours a day, seven days per week

[putnam@ns.sympatico.ca](mailto:putnam@ns.sympatico.ca)

<http://www.rcmp-grc.gc.ca/>

Criminal records checks.

**RCMP (Stewiacke)**

639-2366

Stewiacke, NS

24 hours a day, seven days per week

<http://www.rcmp-grc.gc.ca/>

Criminal records check.

**RCMP (Tatamagouche)**

657-2040

Tatamagouche, NS

24 hours a day, seven days per week

<http://www.rcmp-grc.gc.ca/>

Criminal records check.

**Truro Police Services**

Police Chief

895-5351

Email through the website

776 Prince Street, Truro, NS B2N 1G5

24 hours a day, seven days per week

<http://www.truro.ca/police-services.html>

Criminal records checks, school resources officer, law enforcement, victim services.