

**WELCOME!**

**ਸੁਆਗਤ ਹੈ**

**स्वागत**

**To Khalsa Aid**

**To Hillside United Church**

**To Halifax, Nova Scotia**

# Welcome to Halifax!



[Highlights of Nova Scotia, Canada](#)

# Welcome to Halifax: Community Resources

- **Website:** [Newcomer's Guide to Halifax \(newinhalifax.ca\)](http://newinhalifax.ca)
- There are several community resources available to help newcomers, especially international students, settle in and feel at home. Here are some key resources that are found on this website:
- *Immigrant Services Association of Nova Scotia:* [Settlement Services | Live in NS \(liveinnovascotia.com\)](http://liveinnovascotia.com)
- <https://www.ywcahalifax.com/programs/new-to-canada/>
- Offers programs focussed on financial literacy, employment, healthcare paperwork, and housing for recent immigrants
- *YMCA Centre for Immigrant Services:* [Home | YMCA Canada](http://ymcacanada.ca)
- **Halifax Immigration Partnership** <https://www.Halifax.ca/newcomers>
- This organization helps newcomers connect with community resources, find housing and access employment opportunities
- *Halifax Public Libraries:* The libraries offer free programs and services such as language learning, job search assistance, and community events [Halifax Public Libraries](http://halifaxpubliclibraries.ca)

# Resource Centres

All programs and services are free of charge.

- **Website:** [Support | Fairview Resource Centre | Halifax \(frcns.com\)](#)
- The Fairview Resource Centre is located at 6 Titus Street in Fairview. The FRC services Bedford, Clayton Park, Tantallon, Lakeside, Beechville, Rockingham and Fairview. The Centre welcomes all community members to drop in to see what we have to offer. The FRC has 2 streams of programs/services; one for families and one for adults/seniors.
- **Website:** [Home | North End Parent Resource Centre \(neprc.ca\)](#)
- The North End Parent Resource Centre is committed to the growth and development of healthy families by providing programs and services in a safe and inclusive environment.
- **Website:** [Chebucto Family Centre](#)
- Chebucto Family Centre has evolved to meet the ever changing needs of families and the community. From a home to live in following the birth of a baby, to providing adoption services, a resource centre for single mothers, and now as a family resource centre and community hub that is open to the community.
- **Website:** [Family Resource Institute - St. Paul's United Church \(stpaulsunitedchurchspryfield.ca\)](#)
- Family Resources Institute (FRI) is a community outreach program initiated by members of St. Paul's United Church. FRI offers a number of ongoing programs, aimed at helping build healthier communities for our children, families, friends and neighbours whose needs are economical, social or educational. We offer various programs in a cooperative social setting until individuals can become self-sustaining.

# Halifax Resource Centres continued...

- [Hope Cottage | Feeding people in Halifax Nova Scotia](#)
- <https://www.hopecottage.ca/>
- Hope Cottage is a charitable organization in Halifax that provides free meals to those in need , operating solely on community donations.
- [Brunswick Street Mission, Halifax, Nova Scotia](#)
- Our areas of focus include providing food security through a food bank and breakfast program, one-to-one support using a trauma-informed practice under a Social Worker. We also provide laundry services for unhoused folks, a free tax clinic for those with low annual incomes, and advocate for those experiencing poverty and homelessness in the Halifax Regional Municipality.

# Services in Dartmouth, NS

- **Website:** <https://margarets-house.ca/>
- Margaret's House is operated by the Feeding Others of Dartmouth (F.O.O.D) Society, is a charitable organization that provides free home cooked meals to adults in need within Halifax Regional Municipality. They serve take away meals from Monday to Saturday and rely on community support and donations to operate.
- [The North Grove | Non-profit organization | Dartmouth, Nova Scotia](#)
- [The North Grove is a dynamic community hub in Dartmouth North that offers programs, services, and space for people to connect through family support, food, and friendship<sup>1</sup>. They focus on building a thriving community by providing resources for healthy child, parent, and family development](#)
- **Website:** [The Public Good Society of Dartmouth](#)
- The Public Good Society of Dartmouth is a non-profit organization dedicated to addressing complex social issues in the community.
- [They focus on alleviating poverty and improving quality of life through various initiatives, including the Community Van, Dartmouth Housing Help, and programs like Connections That Work<sup>1</sup>. They collaborate with partner agencies to provide resources and support to those in need.](#)

- **North Dartmouth Outreach Resource Centre Society – Foodbank**

- The North Dartmouth Outreach Resource Centre Society is a community organization dedicated to supporting individuals and families in need. They are connected to Feed Nova Scotia. They provide various services, including a food bank, to help alleviate food insecurity and offer other forms of assistance to improve the quality of life for residents in the North Dartmouth area<sup>1</sup>. They rely on community donations and volunteer support to operate effectively<sup>1</sup>.
- 44 Hester St, Dartmouth, NSB3A 1K2 Phone: (902) 469-2188

# **211 NS**    *Community Resource Navigators*

**Website:** [Contact 211 Nova Scotia | Phone, Text, Live Chat, Email & More | 211 Nova Scotia](#)

- **211** has information on more than 5,000 services including:
- Mental Health and Addiction Services
- Housing Needs- all types
- Food, Clothing and Furniture Banks
- New Immigrant Programs
- Support Groups
- Shelters – women’s, men’s youth
- Services for people with disabilities
- Helping you find the right community and social services.
- Call **211** or visit [ns.211.ca](https://ns.211.ca)



# Mental Health Resources

[Nova Scotia Mental Health and Addictions \(nshealth.ca\)](http://nshealth.ca)

- Provincial Mental Health and Addictions Crisis Line
  - [1-888-429-8167](tel:1-888-429-8167)
  - Kids Help Phone
    - [1-800-668-6868](tel:1-800-668-6868)
  - Text **CONNECT** to [686868](tel:686868)
    - Helpline
      - [211](tel:211)
    - Emergency
      - [911](tel:911)
- **These hotlines are available 24/7**

# Mental health mobile crisis team (MHMCT)

- [Mental Health Mobile Crisis Team \(MHMCT\) : Central Nova Scotia, NS : eMentalHealth.ca](http://eMentalHealth.ca)
- provides crisis support for children, youth and adults experiencing a mental health crisis.
- Service offers telephone crisis support 24 hrs a day 7 days a week anywhere in Nova Scotia and a Mobile Response from 1 pm to 1 am to most communities in Halifax Regional Municipality.
- MHMCT is a co-response model with police and has 4 Halifax Regional Police dedicated to the service and all mobile visits include an MHMCT police officer and a mental health clinician

Low Cost/ No Cost

# COUNSELLING SERVICES

with interns at Haven for Hope Counselling Centre,  
In-Person or Virtual Appointments Available



6169  
Quinpool Rd,  
Halifax

## SERVICES OFFERED

- Individual Counselling -  
12 years +
- Couples Therapy
- Stress and Anxiety Management
- Depression Support
- Grief & Loss

[amanda@havenforhope.ca](mailto:amanda@havenforhope.ca)



+(902) 443-7191



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

Low Cost/No Cost: We understand that finances can be a barrier to care.

- **Call 811 for health information and advice.** Registered nurses are available 24/7 to provide reassurance concerning general health issues and questions.

## Other resources:

- [Mobile Outreach Street Health | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](#)
- Mobile Outreach Street Health (MOSH) provides accessible [primary health care services](#) for people who are homeless, insecurely housed, street involved or underserved in our community. Accessing the health care system can be difficult, or even impossible, for the many people who are living on the margins of our communities.
- MOSH is an initiative of the [North End Community Health Centre](#), supported by Primary Health Care at Capital Health. It is an important step in providing more equitable health care for people who are homeless, insecurely housed, or who work on the street.
- **Avalon Sexual Assault Centre**
- **Website:** [Welcome to Avalon | Avalon \(avaloncentre.ca\)](#)
- Avalon works to end sexualized violence and help those who've been affected by it. We aspire to a world in which individuals are empowered and mobilized to share responsibility in creating communities free from sexualized violence and abuse. We offer counselling services.



**DALHOUSIE**  
UNIVERSITY

# DALHOUSIE UNIVERSITY

- Dalhousie has numerous resources to help students including:
- International student centre
- Career services, Writing Centre, Accessibility Services
- Medical services – Dal Health & Wellness
- Mental health services
- Security services including Tiger Patrol
- Ombudsperson
- Human Rights and Equity Services
- Sexual Harassment and Assault Services
- Numerous clubs and societies, Dalplex
- Food bank (which can be accessed by students at other institutions by showing your student ID card)

# Dalhousie University Resources

- [https://www.dal.ca/campus\\_life/international-centre.html](https://www.dal.ca/campus_life/international-centre.html)
- [Student Health & Wellness | Dalhousie University](#)
- [https://www.dal.ca/campus\\_life/get-involved.html](https://www.dal.ca/campus_life/get-involved.html)
- [https://www.dal.ca/campus\\_life/health-and-wellness/my-health/mental-health/same-day-counselling.html](https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health/same-day-counselling.html)
- <https://www.dsu.ca/support-crisis-lines/2022/8/24/dalhousie-security-services>
- [https://www.dal.ca/campus\\_life/safety-respect.html](https://www.dal.ca/campus_life/safety-respect.html)



**One University. One World. Yours.**



# Saint Mary's Resources (SMU)

- The university has many services to support international students from health care to food banks. There are diverse centres on campus to offer support.
- International Student Centre
- Women's Centre, Pride Centre, Interfaith Centre
- Security Services including safe passage home
- Health and wellness facilities including mental health support
- Numerous clubs and societies, The Homburg Centre

# Saint Mary's University

- [Services — SMUSA: Saint Mary's University Students' Association](#)
- <https://www.smu.ca/international/services-and-contact-info.html>
- <https://www.smu.ca/student-life/healthwellnesssupports/>
- <https://www.smu.ca/academics/community-food-room.html>
- [Budgeting Tips and Calculator | Planning and Registration | Saint Mary's University \(smu.ca\)](#)
- [Equity, Diversity, Inclusion & Accessibility | Saint Mary's University \(smu.ca\)](#)
- <https://www.smu.ca/svsc/welcome.html>
- <https://www.smu.ca/student-life/university-security.html?clicktype=topnav>

# Husky Patrol — SMUSA: Saint Mary's University Students' Association



# Mount St Vincent University



- MSVU is a smaller university on the Bedford Highway and also has a full range of services for students.
- The international Education Centre provides student advising, information on clubs, societies (there is an international student society) and volunteer opportunities. They can direct you to other relevant services on campus for student success.

# MSVU Services

This webpage has a series of quick links where you can access the information you require on the following topics:

[Campus Life | Services on Campus | Mount Saint Vincent University \(msvu.ca\)](#)

**Registrar's Office**

**Financial Aid**

**Academic Advising & Student Success**

**Residence Life**

**International Services**

**Health and Wellness Services**

**Accessibility Services**

**IT Services**

**Career Services**

**Campus Services**

**Campus Security**



**Cape  
Breton  
University**

- [CBU ServiceHub - Cape Breton University : Cape Breton University](#)
- Here, you can quickly access resources and relevant information to meet your academic and service needs. Whether you're interested in learning more about CBU's student supports, need to access important forms, or simply want to request a transcript, you can find it all in one spot.

# Recommended Government Links

- [Government of Canada](#)
- [Citizenship and Immigration Canada](#)
- [Foreign Embassy in Canada](#)
- [Canada Revenue Agency - Canada.ca](#)
- [Human Resources and Skills Development Canada](#)
- [Government of Nova Scotia](#)
- [Plan Your Trip to Nova Scotia | Tourism Nova Scotia](#)
- [Access Nova Scotia](#)

# Nova Scotia Labour Standards

Nova Scotia Labour Standards enforces minimum standards for pay, breaks, termination and protections for foreign workers.

## Call us:

- 1-888-315-0110 (toll free in NS)
- (902) 424-4311 (HRM)

Email us: [labourstandards@novascotia.ca](mailto:labourstandards@novascotia.ca)

## Visit our Halifax office:

- Maritime Centre, 1505 Barrington St. 3rd Floor. Hours: 8:30AM-4:00PM

## For more information:

[www.novascotia.ca/lae/employmentrights/](http://www.novascotia.ca/lae/employmentrights/)



# Halifax Workers' Action Centre

The Halifax Workers' Action Centre provides free, specialized information to workers facing urgent legal challenges at work. Our community organizers also assist workers to organize within their workplace and to fight for legislative changes that benefit all working people in our province.

We are currently the only free legal information service in Nova Scotia that specializes in employment law. Workers can submit an intake through our online form at: <https://www.halifaxwac.ca/intakeform>

# Residential Tenancy Guides

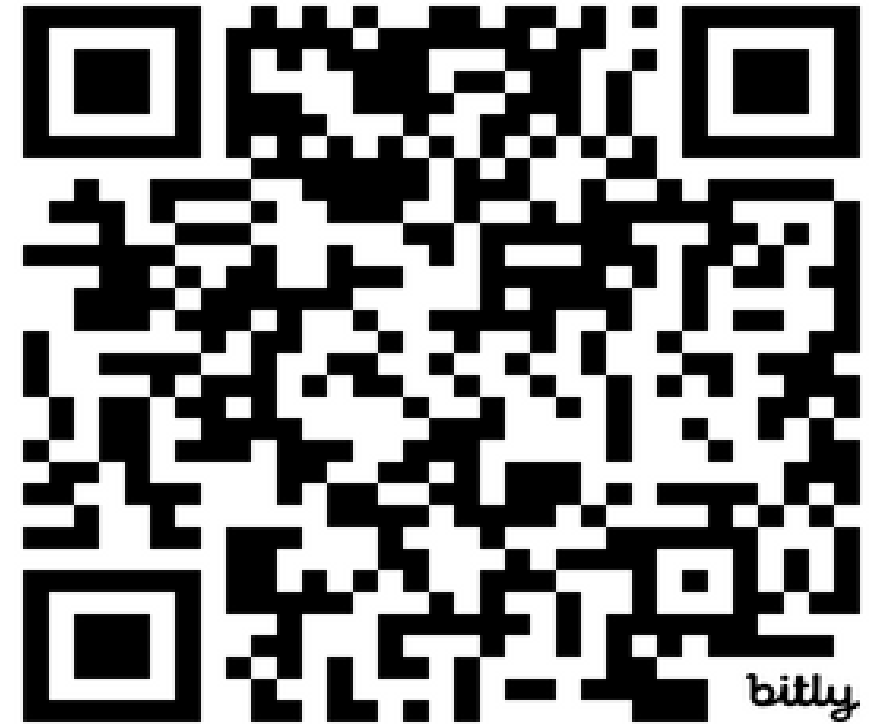
[Residential tenancy guides – Government of Nova Scotia](#)

Residential tenancy guides provide information on the rights and responsibilities of tenants and landlords.

They also describe processes to be used for dispute resolution, land-lease communities (mobile parks) and co-operative housing.

The guides address the most common situations that landlords and tenants deal with.

# ACORN



# SCAMS

You may hear about opportunities to work, or access to grants, etc. which appear easy and often too good to be true!

**Do not give out any personal information.  
Check with your school, professors, or friends.**

# Emergency Services – Police/Fire

- [Contact Us | Halifax Regional Police |](#)
- [EMERGENCY: call 911](#)
- E-mail general inquiries to: [Contact HRP](#). For time-sensitive general inquiries call 902.490.5016, Monday to Friday, 8:30 a.m. to 4 p.m.
- **Incident Reports cannot be accepted via e-mail.** Visit our [Online Crime Reporting System](#) to report certain crimes not in-progress such as thefts and property damage.
- [Halifaxhttps://www.halifax.ca/fire-police/fire/fire-prevention-safety](https://www.halifax.ca/fire-police/fire/fire-prevention-safety)

# Community Grocers

- [south asian grocery stores in Halifax](#)



# Additional grocers:

- South Asian Grocery Store in Halifax not on the 1<sup>st</sup> Google list:
- 
- Bombay Bazaar: 5657 Spring Garden Road, Halifax      902-428-9962
- 
- OCO Mart (Korean mart): 6303 Quinpool Road, Halifax      902-266-6278
- 
- E-Joy Food Mart: 5521 Clyde Street, Halifax      902-377-5588
- 
- Taishan Asian Grocery: 1312 Queen Street, Halifax      902-406-8828
- 
- Spice N Flavor: 5640 Spring Garden Road, Halifax      902-431-2220
- 
- Indian Groceries: 2585 Robie Street      902-423-6339
- 
- Brampton Cash & Carry 266 Bedford Highway      902-407-7777

# Hillside United Church WIFI Password

**Flamingo12**

Let us know of any other needs we can help you with!



# Questions? Comments?

- What information would you like to know more about?
- What activities would you like to have here on Saturday afternoons?
- How can we help?
- Follow-up – info available soon on our website



12 Flamingo Drive. Halifax, NS

B3M 1S5

902-443-2947