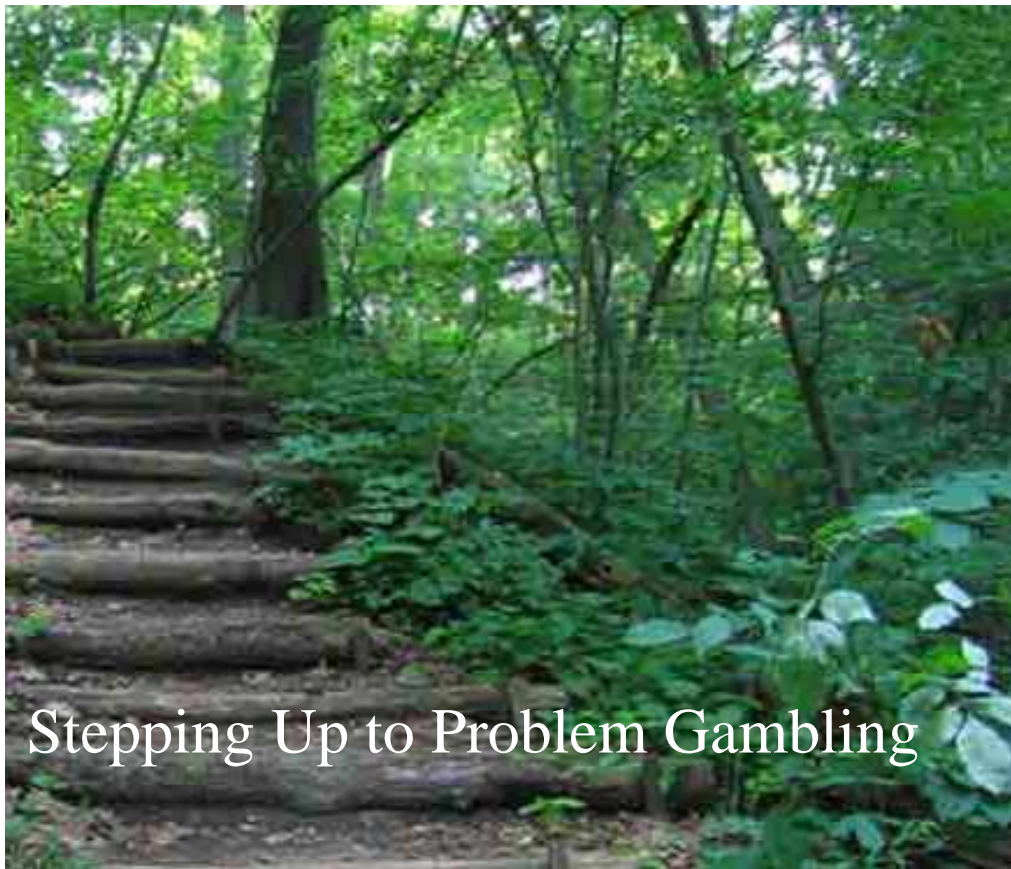


Nova Scotia Gaming Foundation Resource Guide



Stepping Up to Problem Gambling

July 2009

Prepared by the
Nova Scotia Gaming Foundation
www.nsgamingfoundation.org

The Nova Scotia Gaming Foundation is pleased to provide you with this **Resource Guide**. The listings within the Resource Guide include many places to access information, support, services, or treatment for those struggling with a gambling addiction or their loved ones who are trying to cope with the consequences of the addiction. It is our hope that you will find the listings useful in helping those Nova Scotians affected by a gambling problem through their journey of recovery.

The Resource Guide is a living document. We will make every effort to keep it updated in a timely manner and we hope that you will help us to accomplish this. Please contact the Nova Scotia Gaming Foundation at 424-0963 or toll free at 1-866-424-0963 should you have any information regarding errors/omissions and/or suggestions for additional content.

The Nova Scotia Gaming Foundation has confirmed the accuracy of the following information to the best of its ability.

Table of Contents

	Page
Nova Scotia Gaming Foundation	5
Problem Gambling Help Line	5
Nova Scotia Health Promotion and Protection	5
Addiction Services	
o Capital Region	6
o Northern Region	7
o Eastern Region	8
o Western Region	10
Mental Health Services	
o Western Region	12
o Northern Region	13
o Eastern Region	13
o Capital Region	14
Canadian Mental Health Association	16
Voluntary Self Exclusion Program	17
Responsible Gambling Resource Centres	17
Gamblers Anonymous	
o Capital Region	18
o Eastern Region	18
o Northern Region	19
o Western Region	19
Other Support Groups	
o Elizabeth Fry Society	20
o Second Story Women’s Centre	20
o Self-Help Connection	20
o Safe Bet Society	20
Residential Programs	
o Marguerite Centre	21
o Alcare Place	21
o Freedom Foundation of Nova Scotia	21
o Recovery House	21
o Talbot House	21
o Crosbie House Society	22

○ Ledgehill Treatment & Recovery Centre	22
○ Salvation Army Booth Centre	22
Financial Counseling	
○ Debtor Assistance Program	23
Legal Services/Counseling	
○ Elizabeth Fry Society of Mainland Nova Scotia	23
○ John Howard Society	23
○ Nova Scotia Legal Aid	24
Women Specific Resources	
Addiction Services for Women Only	
○ Eastern Region	25
○ Northern Region	25
○ Western Region	25
○ Central Region	26
Support for Women in Recovery from Gambling	
○ Elizabeth Fry Society	27
○ Every Woman's Centre	27
○ Marguerite Centre	27
○ Second Story Women's Centre	27
○ Tatamagouche Centre	28
Resource Centres	28
Transition Housing and More	
○ Adsum Centre	29
○ Alice Housing	30
○ Bryony House	30

The Nova Scotia Gaming Foundation

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PO Box 2392, Halifax CRO
Halifax, Nova Scotia
B3J 3E4

Ph: (902) 424-0963

Fax: (902) 424-3601

Toll Free: 1-866-424-0963

www.nsgamingfoundation.org

The Nova Scotia Gaming Foundation is a nonprofit, arms-length government organization that is committed to making positive changes in the lives of individuals, families and communities affected by problem gambling. Since its inception in 1998, the NSGF has directed millions of dollars to support problem gambling prevention, education, treatment, remedial intervention and research across the province.

The Problem Gambling Help Line

1-888-347-8888

1-888-347-3331 (TTY)

24 Hours a Day, 7 Days a Week

Established in 1996, the Problem Gambling Help Line (PGHL) is a confidential, dedicated, toll-free, 1-888 telephone service available to all Nova Scotians whether they are the person affected by problem gambling or his/her family members.

Provided by Nova Scotia Health Promotion and Protection, the PGHL is confidential and free.

Callers receive:

- Immediate support, advice, information, assessment and professional telephone counseling
- Information about problem gambling treatment options such as Addiction Services and community self-help groups

Health Promotion and Protection

Nova Scotia Health Promotion and Protection (HPP) has a division of professionals contributing to government-wide policy and programs to prevent and to address problem gambling. Problem Gambling Services is responsible for the Problem Gambling Help Line.

The HPP Problem Gambling Services website is located at: <http://www.gov.ns.ca/hpp/gambling/index.asp> and contains a great deal of useful information. This is where you can access *A Better Balance: Nova Scotia's First Gaming Strategy* which came out in April 2005. Health Promotion and Protection Problem Gambling Services have many resources such as pamphlets and guides, all of which are listed on their website. They are also responsible for the popular Yellow Flag campaign. To get more information about Yellow Flag Moments, visit www.yellowflag.ca. Many people will recognize the social marketing TV and print campaign of the Problem Gambling Services featuring a series of letters being written to a friend, a parent or a family member.

ADDICTION SERVICES:



Capital Region

(Halifax, Dartmouth, Sackville, Spryfield, Sheet Harbour, Musquodoboit Harbour, Middle Musquodoboit, Windsor)

Addiction, Prevention and Treatment Services (APTS) offers a broad range of supports and services for individuals and family members affected by problem gambling, and for the community at large. They provide individual, couples, family and group counseling, and education on issues related to problem gambling throughout the Capital Health District.

Individual, Couples, and Family Counseling

Individual, couples and family counseling is available throughout the offices in Capital Health for those affected by problem gambling. Please call the Central Information and Referral Line to be referred to one of the counselors in your local community.

Others Affected Group

The Others Affected Group is an open discussion group for family members and friends of those affected by alcohol, drugs and gambling; and is offered at Dartmouth Community Based Services, located on the 1st Floor in the Community Room of the E.C. Purdy Building, NSH Site, Dartmouth.

- Thursdays 7:00-8:30 pm

Women's Treatment Services (see also Page 26)

Women face unique challenges. This program is especially geared to the needs of women who are concerned about their use of substances or their involvement with gambling. Participants explore what it means to make health lifestyle choices that contribute to improved health and well-being.

Capital Region Main Sites

Central Information and Referral Line

Your call will be directed appropriately.

(902) 424-8866

1-866-340-6700 (toll free)

CHOICES Program - operated by IWK Health Centre

(For adolescents aged 13-19 with substance abuse and /or gambling issues)

Contact:

(902) 470-6300 (in HRM)

1-888-830-9595 (toll free)

Note: Outside HRM, you must call nearest Addiction Service office to be referred to CHOICES.

Northern Region

- **Cumberland Health Authority (Springhill, Amherst)**
- **Colchester East Hants Health Authority (Truro, Elmsdale)**
- **Pictou County Health Authority (New Glasgow, Pictou)**

Addiction Services in the Northern Region provide a variety of programs including: inpatient services, withdrawal management (detoxification), and prevention and community education services. Referrals can be made directly by phone by the individual, or any concerned person.

Northern Region Addiction Services Offices:

East Hants Resource Centre

(902) 883-0295

Truro Office

(902) 893-5900

Amherst Office
(902) 667-7094

Cobequid (Springhill) Office
(902) 597-2156

New Glasgow Office
(902) 755-7017

Pictou Office
(902) 485-4335

Help is available 24 hours a day through the following sites:

Pictou Site
(902) 485-4335
Website: <http://www.addictionservices.ns.ca>

Cobequid Site (Springhill)
(902) 597-8647

Women's Services (see also page 25)

Women in Recovery from Addiction Program (WRAP) is named because recovery is a gift someone gives themselves. Addiction Services in the Northern Region offers two 5-day programs as either a residential or a day-program for women only. WRAP is designed to assist women in recovery from addiction including problem gambling, to better understand their path to recovery, and to plan the steps and supports they need on the journey. WRAP I is for women with 1-4 weeks of recovery, and WRAP II is a follow-up program for women with at least 4 weeks of recovery. Women leave feeling supported, inspired, and more confident about their ability to care for themselves. In 2009, the program is being offered at the Tatamagouche Centre.

(902) 657-2231

Toll Free: 1-800-218-2220

Visit the Tatamagouche Centre's website at: <http://www.tatacentre.ca>

Eastern Region

- **Cape Breton District Health Authority (Sydney, Baddeck, Cheticamp, Glace Bay, Ingonish, Inverness, New Waterford, North Sydney)**
- **Guysborough Antigonish Strait Health Authority (Antigonish, Guysborough, Port Hawkesbury, Richmond County)**

Primary Care Treatment Programs:

Primary care treatment programs at the Cape Breton Regional Hospital and Strait Richmond Hospital for clients who have substance abuse and/or gambling problems include primary care units and daytox.

Daytox is for clients who are harmfully involved with substance abuse or gambling, but do not require inpatient detoxification. Daytox is a structured, two-week program which offers individual and group support, as well as withdrawal management for clients in mild to moderate withdrawal, who have a relatively stable environment and supportive social network.

Community-Based Services

Community-based services provide a comprehensive range of assessment, intervention, consultation and treatment services including gambling treatment programs in both Districts as determined by community needs. Referrals may be made by family members, professionals, or members of self-help groups. Self-referrals are also accepted.

Women's Services (See also Women's Section page 25)

Women's Services are for women with addictions and/or those who are affected by another's addiction. Along with specific programs, they also offer individual, couple, and family counseling. They are also available for consultation regarding women and their particular needs to other agencies, education facilities, and employers. Group topics include: Socialization, Self-Esteem, Stress Management, Employability, Understanding

Anger, Communication/Assertiveness, Women in Relation, Relapse Prevention, Women in Recovery and Women Survivors of Childhood Sexual Abuse.

(902) 563-2010

Toll Free: 1-888-291-3535

Eastern Region Main Sites:

Sydney

(902) 563-2590

Toll Free: 1-888-291-3535

Primary Care Unit (Detox)

Cape Breton Regional Hospital

(902) 563-2040

Antigonish

(902) 863-5393

Toll Free: 1-888-291-3535

Primary Care Unit (Detox)

Strait Richmond Hospital

(902) 625-3230

Daytox: (902) 563-2422

Eastern Region Addiction Services Offices:

Cape Breton:

Community Based Services

Sydney (902) 563-2590

Baddeck (902) 295-2112

Cheticamp (902) 224-4042

Glace Bay (902) 842-4066

Ingonish (902) 336-2404

Inverness (902) 258-3300

New Waterford (902) 862-2945

North Sydney (902) 794-7631

Gambling Treatment Program

(902) 563-2590

Adolescent Services

(902) 563-2050

Nicotine Treatment Program

(902) 563-2010

Structured Treatment Program

(902) 563-2063 or (902) 563-2111

Women's Services

(902) 563-2010

Prevention & Community Education

(902) 563-2052

Guysborough / Antigonish / Strait:

Community Based Services

Antigonish (902) 863-5393
Guysborough (902) 533-2598
Port Hawkesbury (902) 625-2363
Richmond County (902) 625-4366

Structured Treatment Program

(902) 563-2063 or (902) 563-2111

Gambling Treatment Program

(902) 625-4368

Adolescent Services

(902) 863-5393

Nicotine Treatment Program

(902) 625-4787

Women's Services

(902) 863-5393

Prevention & Community Education

(902) 863-5393

Western Region

- **South Shore Health (Lunenburg, Bridgewater, Liverpool)**
- **South West Health (Yarmouth, Lunenburg, Shelburne, Digby, Church Point, Barrington Passage)**
- **Annapolis Valley Health (Middleton, Kentville, Berwick)**

Addiction Services in the Western Region provide a variety of programs including: community-based programs and counseling, prevention and health promotion, withdrawal management, addictions education, a structured treatment program, and women specific services.

Prevention and Health Promotion

This program works to prevent use, and delay onset of use by younger children, and to prevent harms related to drug use and gambling by adolescents and adults.

Addictions Education Program

(Service provided at main sites: Middleton, Lunenburg, & Yarmouth)

This short-term program (provided both on an in-patient and day basis) helps individuals better understand the nature of substance misuse, relapse signs, and symptoms, and early coping strategies to avoid harmful involvement with alcohol, drugs or gambling.

Structured Treatment Program

This residential treatment program is designed for those individuals who are experiencing more severe and chronic substance misuse and gambling problems. Education, opportunities for personal reflection, and recovery planning are offered over a three-week period, in a professionally facilitated group setting. (Referral and assessment required).

Women's Services (See also Women's Section page 25)

Women's Services are for women with addictions and/or those who are affected by another's addiction. Along with specific programs, they also offer individual, couple, and family counseling. They are also available for consultation regarding women and their particular needs to other agencies, education facilities, and employers. Group topics include: Socialization, Self-Esteem, Stress Management, Employability, Understanding

Anger, Communication/Assertiveness, Women in Relation, Relapse Prevention, Women in Recovery and Women Survivors of Childhood Sexual Abuse.

Yarmouth (902) 742-2406

Kentville (902) 679-2412

Lunenburg (902) 543-5077

Western Regional Main Sites:

Middleton

Soldiers Memorial Hospital

(902) 825-6828

Lunenburg

Fisherman's Memorial Hospital

(902) 634-7325

Detox – Middleton

(902) 825-1341

24 hours a day, seven days a week

Yarmouth

Yarmouth Regional Hospital

(902) 742-2406

Western Regional Satellite Offices:

Barrington

(902) 637-1432

Berwick

(902) 538-3648

Liverpool

(902) 354-3422

Bridgewater

(902) 543-7882

Church Point

(902) 769-3419

Digby

(902) 245-5888

Kentville

(902) 679-2392

Wolfville

(902) 678-7381

Shelburne

(902) 875-3906 or

(902) 875-8645

MENTAL HEALTH SERVICES

Western Region

- **South Shore Health (Lunenburg, Bridgewater, Liverpool)**
- **South West Health (Yarmouth, Lunenburg, Shelburne, Digby, Church Point, Barrington Passage)**
- **Annapolis Valley Health (Middleton, Kentville, Berwick)**

South Shore Health

The South Shore Mental Health Program offers free services across Lunenburg and Queens County, Nova Scotia. They offer free individual, family and group services on an Outpatient, Inpatient, and Community basis. Services are provided by licensed professional staff. All appropriate requests for services receive an assessment to determine what assistance is needed.

Outpatient Services:

Bridgewater	Liverpool	Chester
(902) 527-5228	(902) 354-2721	(902) 275-2373

Inpatient Services:

South Shore Regional Hospital
(902)527-5208

Emergencies:

8:30am - 4:30pm Monday to Friday call: (902) 527-5228
(Listen to the message and press # 1)

South West Health

Yarmouth	Digby	Shelburne
(902) 742-4222	(902) 245-4709	(902) 875-4200

Emergencies:

Contact the Mental Health Centre office or go to the nearest Emergency Department. If the centre is closed, contact your family doctor or go to the nearest Emergency Department.

Inpatient Services

The Yarmouth Regional Hospital has an acute care Psychiatry Inpatient Unit that serves the District.

Annapolis Valley Health

Kentville

Adult Program: (902) 679-2870	Child and Youth Program: (902) 679-2873
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Satellite Services:

Wolfville

EKM Community Health Centre

Kentville

Valley Regional Hospital

Berwick
WKM Health Centre

Middleton
Soldier's Memorial Hospital
(902) 825-4825

Annapolis Royal
Annapolis Royal Community Health Ctr
(902) 825-4825

Emergencies:

Contact your family physician or go to the nearest Emergency Department.

Northern Region

- **Cumberland Health Authority (Springhill, Amherst)**
- **Colchester East Hants Health Authority (Truro, Elmsdale)**
- **Pictou County Health Authority (New Glasgow, Pictou)**

Truro
(902) 897-4357

Amherst
(902) 667-3879

New Glasgow
(902) 755-1137

Eastern Region

- **Cape Breton District Health Authority (Sydney, Baddeck, Cheticamp, Glace Bay, Ingonish, Inverness, New Waterford, North Sydney)**
- **Guysborough Antigonish Strait Health Authority (Antigonish, Guysborough, Port Hawkesbury, Richmond County)**

Cape Breton Health Authority

Mental Health Services is a district-wide program that offers a broad range of general and specialized inpatient, outpatient and community-based mental health services to residents of all ages. The services provided are organized into three categories, Emergency and Acute Outpatient Services, Inpatient Services and Rehabilitation Services.

Emergency and Acute Outpatient Services:

Emergency Crisis Prog.
(902) 567-7767

Adult Mental Health Clinics
(902) 567-7730

Seniors Mental Health
(902) 567-1729

Child and Adolescent Services
(902) 567-7731

Inpatient Services:
(902) 567-7975

Rehabilitation Services:

(902) 567-7913

Crossroads:

(902) 567-7961

Community Rehabilitation Program

This service provides community and hospital-based programs and supports for adults with persistent mental illness. Support is provided in relation to managing mental illness,

Sydney Clinic

(902) 567-7730

New Waterford Clinic

(902) 862-7195

Glace Bay Clinic

(902) 849-4413

North Sydney Clinic

(902) 794-8551

Inverness Clinic

(902) 258-1911

Sydney Seniors' Mental Health Program

(902) 567-1729

Child and Adolescent Services

(902) 567-7731

Baddeck

(902) 567-7731

Neil's Harbour

(902) 567-7731

Capital Region

(Halifax, Dartmouth, Sackville, Spryfield, Sheet Harbour, Musquodoboit Harbour, Middle Musquodoboit, Windsor)

The Mental Health Program, together with the Dalhousie Department of Psychiatry, provides crisis, emergency, inpatient and community mental health support in the Capital District. The majority of services are available to adults; however, some are available to youth. They work with clients, families and other providers.

If you are looking for help with a mental health issue or illness, you are encouraged to:

1. Contact your family physician; or
2. Contact the Mental Health Primary Community; or
3. Contact the Mental Health Mobile Crisis Team (902) 429-8167; or
4. Go to the nearest emergency room; or
5. Call 911

Services and supports are available to people who live in communities from Windsor to Sheet Harbour, and range from crisis intervention to recovery and integration services. Some of the programs have a provincial mandate and therefore are available to people across Nova Scotia.

Emergency Psychiatric Assessment Service:

Nova Scotia Hospital
(902) 464-3111

QEII – Halifax Infirmary Site
(902) 473-2043

Mental Health Services:

Halifax
(902) 454-1400 or (902)454-1440

Bedford-Sackville
(902) 865-3663

Dartmouth
(902) 466-1830

Cole Harbour / Eastern HRM
(902) 434-3263

Hants Community
(902) 792-2042

Mental Health Day Program

The Mental Health Day Treatment Program is an intensive, six-week, group therapy program for adults with mental health problems which provides rehabilitation to people with a variety of acute and chronic psychiatric diagnoses.

Connections Clubhouse

Connections Clubhouse is committed to improving the lives of adults with a serious and recurring mental illness.
(902) 473-8692

IWK Health Centre

Mental Health In-patient Services

Children and Youth are admitted through the Emergency Department or through Central Referral.
Central Referral (902) 464-4110

Mental Health Nurse Advocate
(902) 470-6755

Canadian Mental Health Association Locations

The Nova Scotia Division of the Canadian Mental Health Association is part of a nation-wide organization that promotes the mental health of all and supports the resilience and recovery of those experiencing mental illness. The Mission: *to promote the mental health of all Nova Scotians, recognizing cultural diversity.*

CMHA Nova Scotia Division works closely with the eight local branches to provide the following services. For more information, contact your local branch of the CMHA or visit their website at: <http://www.novascotia.cmha.ca>

Nova Scotia Division

(902) 466-6600

Annapolis County Branch

(902) 665-4801

Cape Breton Branch

(902) 567-7905

Colchester/East Hants County Branch

(902) 895-4211

Dartmouth Site

(902) 463-2187

Halifax – Dartmouth Branch

(902) 455-7858

Kings County Branch

(902) 679-7464

Lunenburg/Queens Branch

(902) 543-7082

Pictou Branch

(902) 752-5578

Yarmouth, Digby, Shelburne Branch

(902) 742-0222

Voluntary Self Exclusion Program at Casino Nova Scotia

Nova Scotia Casino offers a voluntary self-exclusion program at both the Halifax and Sydney locations. The person struggling with problem gambling would first identify themselves to someone at the Responsible Gambling Resource Centres located at the casinos or to a casino employee. They would then meet with a member of staff who has been trained to handle requests for exclusion. The individual would have to complete a form requesting the self-exclusion and agree to have their photo taken. They would then be banned from entering the Casino Nova Scotia locations.

The ban lasts until the individual completes an “Application for Reinstatement of Access to the Casinos” form which is available at the Alcohol and Gaming Authority office or through the following link:

<http://www.gov.ns.ca/enla/agd/docs/VoluntaryExclusionReInstatement.pdf> The Utility and Review Board would then hold a hearing to determine whether or not to grant the reinstatement. A further investigation might be requested by the Utility and Review Board.

More information on the Self Exclusion Program is available through the Responsible Gambling Resource Centres at the casinos.

Responsible Gambling Resource Centres are located at:

Responsible Gambling Resource Centre
Casino Nova Scotia, Halifax
1983 Upper Water Street
Halifax, Nova Scotia
Hours: 11:00 am – 2:00 am
(902) 424-8663

Responsible Gambling Resource Centre
Casino Nova Scotia, Sydney
525 George Street
Sydney, Nova Scotia
Hours: 1:00 pm – 1:00 am
(902) 563-3797

GAMBLERS ANONYMOUS

Capital Region

Dartmouth

Kinsmen Resource Centre
30 Caledonia Road
Thursday 7:30 pm
Sunday 10:00 am

Halifax

Lutheran Church
2096 Windsor Street (Corner of Windsor
and Allan Street)
Tuesday 7:30 pm
(902) 475-1604 (Ed Sisk)

Sackville

Knox United Church
567 Sackville Drive (Entrance at back of
church)
Monday 7:30 pm
(902) 864-2114 (evening) or
(902) 456-5773 (daytime)

Musquodoboit Harbour

7580 Club
East Petpeswick Road (Rear entrance)
Monday 7:00 pm

Sheet Harbour

St. Peter's Church Hall
Monday 2:00 pm

Eastern Region

Antigonish

Recovery House
23 Bay Street
Nursing Residence/ St. Claire Auditorium
Wednesday 8:30 pm

Guysborough

(902) 533-2899

Port Hawkesbury

No active meeting
(902) 625-5567

Cheticamp

(902) 224-1116

Sydney

(See also Women's Section page 27)
Every Woman's Centre (for women only)
102 Townsend Street
Wednesday 7:30 pm

No active meeting for men
(902) 562-8839 or (902) 578-0452

Northern Region

Amherst

Campbell's Funeral Home (Upstairs)
98 Church Street
Wednesday 7:00 pm
(902) 667-1143

Pictou

North Shore GA
Detox Centre
199 Elliot Street
Thursday 7:30 pm

Truro

Boys and Girls Club (Next to fire hall)
Victoria Street, Truro
Tuesday 7:00 pm

Western Region

Annapolis Royal

Addiction Discussion Group
Annapolis Community Health Clinic
Education Room (In the basement, follow
the signs at front entrance)
Friday 1:00-2:30 pm

Coldbrook

Addiction Discussion Group
15 Chipman Place
Monday and Wednesday 10:30 am – 12 pm

Kentville

No active meeting

New Minas

Co-ed Group
Crosbie House
113 Cornwallis Ave
Sundays 8:00 – 9:00 pm
(902) 670-1271

Wolfville

No active meeting

Other Support Groups

Elizabeth Fry Society of Mainland NS (See also Women's Section page 27)

In addition to their usual services, in 2009 the Elizabeth Fry Society will be undertaking a project to identify and address the needs of women involved in or at risk of becoming involved in negative behaviours associated with gambling. The project includes providing one-on-one counseling and educational group sessions for women.

1 Tulip Street

(902) 454-5041

Toll Free: 1-877-619-1354

Visit their website at: <http://www.efrynovascotia.com/>

Second Story Women's Centre (See also Women's Section page 27)

The Centre offers a support group for women only recovering from, or still struggling with, a gambling addiction.

22 King St, Lunenburg

Tuesdays 6:30 – 7:30 pm

www.secstory.com

(902) 543-1315

Self-Help Connection

The Self-Help Connection is a Self-Help Resource Centre or Clearinghouse for hundreds of groups in Nova Scotia, including support groups for abuse, anxiety, stress, depression, manic depression, addictions, bereavement, eating disorders, parenting, caregiving, heart and stroke, cancer and divorce. Self-Help Connection maintains a comprehensive list of self-help groups across Nova Scotia.

63 King Street

Dartmouth, NS B2Y 2R7

<http://www.selfhelpconnection.ca>

(902) 466-2011

Toll Free: 1-866-765-6639

Safe Bet Society

The Safe Bet Society is an independent, not for profit organization committed to the promotion of responsible gaming and to offering preventative measures to those individuals in danger of crossing that invisible line into problem gambling.

Ken Hanna

170 Townsend Street

Sydney, NS B1P 5E2

(647) 284-0743

Ken_hanna@hotmail.com

Residential Programs

Marguerite Centre (See also Women's Section page 27)

The Marguerite Centre is a 12 bed, long-term residential facility for women in recovery from addictions and abuse. The Marguerite Centre believes in the right for women to recover from their addictions in a safe residential setting where their unique needs will be met, their issues addressed and their voices heard. The Centre is located in the Halifax Regional Municipality.

(902) 876-0006

Visit their website at: www.margueritecentre.ns.ca

Alcare Place

Alcare Place can facilitate 13 clients and is supervised 24-hours a day. They are open to people with addiction issues aged 19 and over who are looking for a fresh start in life. As recovery from addiction is a multi-faceted, long-term process, only those who show a commitment to recovery will be considered to attend the program.

www.alcareplace.com

(902) 423-9565

Freedom Foundation of Nova Scotia

The home offers an interim foundation on which the residents can commence rebuilding a clean, sober, meaningful life. They help show residents where to find the tools to use to return as a productive, independent member of society. The program features three phases: introductory, treatment and education. For more information visit their website at: www.freedomfoundation.ca.

(902) 466- 0299

Recovery House

Operating a 28 day residential treatment centre with its origins in Antigonish town and county, the agency currently offers treatment for 12 persons, male and female. The program addresses chemical dependency and problem gambling by encouraging people suffering from addiction to begin working a program for recovery.

<http://recoveryhouse.ca>

(902) 863-5661

Talbot House

Talbot House has been guiding the addiction recovery and rehabilitation of men from across Nova Scotia. The only requirement for application to their program is a sincere desire to enter into a healthy recovery from addiction. Clients are, for the most part, chronic addicts who, because of their addiction, find themselves homeless, involved with the court system and isolated from their families.

www.talbot-house.com

1-877-582-5268

Crosbie House

Crosbie House is a private 28-day residential program for treatment of drug, alcohol and gambling addictions. Men and women are treated with respect and understanding by experienced and dedicated staff in a serene setting. Attention to food, comfort and personal needs allows one to focus on healing. Complementing the residential component are programs for families, employers and those in active recovery.

www.crosbiehousesociety.com

1-866-681-0613

Ledgehill Treatment and Recovery Centre

Ledgehill Recovery & Treatment Centre is a private residential program for treatment of from drug, gambling and alcohol addiction. Through a program of abstinence and a change in lifestyle, people and families have the capacity to recover from addiction. They are committed to best practices and feel this can only be done through evidence based research. The residential treatment program for drug, alcohol and gambling addictions, provides an opportunity for those suffering with addictions to immerse themselves in an intensive therapeutic and supportive environment.

www.ledgehillrecovery.com

1-800-676-3393

Salvation Army

The Salvation Army Booth Center located on Gottingen Street in Halifax, has Addiction and Rehabilitation Services available that offer instruction on lifestyle choices that can lead to the freedom from addiction abuse. Group therapy, individual counseling and classes in life skills and relapse prevention are some of the programs available. The Anchorage Program is a 6 month residential program, with primary focus on disease management, structured on a half-day model using the 12 step model approach. There are 19 beds available at the Centre.

Salvation Army - Halifax Booth Centre

2044 Gottingen Street

(902) 422-2363

FINANCIAL COUNSELING

Debtor Assistance Program

The Debtor Assistance Program is designed to offer counseling to those facing financial difficulty. Counselors may offer assistance in preparing a family budget, or assist clients who qualify to present a consumer proposal. Staff will be pleased to review all program options through the Debtor Assistance Program. This program is administered by Service Nova Scotia and Municipal Relations.

For further information, contact:

Halifax: (902) 424-5200

Toll Free: 1-800-670-4357

Or visit their website for office locations. <http://www.accessns.ca/consumer/debtor>

LEGAL SERVICES/COUNSELING

Elizabeth Fry Society of Mainland Nova Scotia (See also Women's Section page 27)

The Elizabeth Fry Society offers services to women in general, not only those involved with legal issues. It also provides support to women who are experiencing physical, emotional or financial difficulties that may be the result of addictive behaviors or living in abusive situations. They offer a variety of workshops centered around, but not limited to social development skills, self help & improvement, and community outreach for women in the community. They also offer a full range of services for incarcerated women including: counseling, developing community support networks, advocacy, and working towards reintegration into society.

Elizabeth Fry Society of Mainland NS

1 Tulip Street, Dartmouth
Telephone: (902) 454-5041
Toll Free: 1-877-619-1354
Visit their website at: <http://www.efrynovascotia.com/>

Elizabeth Fry Society of Cape Breton

106 Townsend Street, Sydney
Telephone: (902) 539-6165
Toll Free: 1-888-796-2999

John Howard Society of Nova Scotia

The John Howard Society's mandate includes: 1) Providing for effective integration into the community for those in conflict with the law and to encourage others to provide services to those in contact with, or affected by, the Criminal Justice System; 2) Promoting changes in the law and the administration of justice; and 3) Promoting citizen awareness of an acceptance of responsibility for the problems of crime and the Criminal Justice System, and to ensure that citizens become involved in the delivery and management of justice related programs. They are also involved in providing services such as aftercare, parole supervision, and community assessments, and more.

Halifax

220 - 1657 Barrington Street
Telephone: (902) 422-2640

Westville

Unit 4 – 2042 Queen St
(902) 396-1999

Nova Scotia Legal Aid

The Commission delivers most of its services via a network of 16 community-based law offices. The offices are staffed by salaried lawyers and, in certain situations, supplemented by lawyers in private practice on a fee-for service basis.

Put very simply, Legal Aid may provide a lawyer to someone who could not otherwise afford one. To be eligible for the service in Nova Scotia, an applicant must be receiving Social Assistance Benefits or be in an equivalent financial position. It must also be determined that there is some merit in the case and that the applicant will receive some benefit if service is provided. Legal services are provided mainly in the areas of family and criminal law.

Annapolis County/Digby
(902) 532-2311
Toll Free: 1-866-532-2311

Antigonish County
(902) 863-3350
Toll Free: 1-866-439-1544

Cape Breton
(902) 563-2295
Toll Free: 1-877-563-2295

Colchester County
(902) 893-5920
Toll Free: 1-877-777-5920

Cumberland County
(902) 667-7544
Toll Free: 1-866-999-7544

Dartmouth
(902) 420-8815 (Family)
(902) 420-8818 (Criminal)
Toll Free: 1-877-420-8818

Halifax – South
(902) 420-6583
Toll Free: 1-877-777-6583

Halifax – North
(902) 420-3450
Toll Free: 1-866-420-3450

Kentville
(902) 679-6110
Toll Free: 1-866-679-6110

Lunenburg Co./South Shore
(902) 543-4658
Toll Free: 1-866-543-4658

Pictou County
(902) 755-7020
Toll Free: 1-877-755-7020

Port Hawkesbury
(902) 625-4047
Toll Free: 1-888-817-0116

Southwestern Shore
(902) 742-7827
Toll Free: 1-866-742-3300

Sydney Duty Counsel
(902) 539-7026

Windsor/Hants County
(902) 798-8397
Toll Free: 1-866-798-8397

**Youth and Duty Counsel
Halifax**
(902) 420-7800

**Supreme Court Family
Division Duty Counsel -
CBRM**
(902) 563-2200

**Supreme Court Family
Division Duty Counsel –
HRM**
(902) 424-5616

Women Specific Resources

Addiction Services

Women's Services are for women with addictions and/or those who are affected by another's addiction. Along with specific programs, they also offer individual, couple, and family counseling. They are also available for consultation regarding women and their particular needs to other agencies, education facilities, and employers. Group topics include: Socialization, Self-Esteem, Stress Management, Employability, Understanding Anger, Communication/Assertiveness, Women in Relation, Relapse Prevention, Women in Recovery and Women Survivors of Childhood Sexual Abuse.

Eastern Region (See also page 9)

(902) 563-2010

Toll Free: 1-888-291-3535

Northern Region

Women in Recovery from Addiction Program (see also page 8)

Women in Recovery from Addiction Program (WRAP) is named because recovery is a gift someone gives themselves. Addiction Services in the Northern Region offers two 5-day programs as either a residential or a day-program for women only. WRAP is designed to assist women in recovery from addiction including problem gambling, to better understand their path to recovery, and to plan the steps and supports they need on the journey. WRAP I is for women with 1-4 weeks of recovery, and WRAP II is a follow-up program for women with at least 4 weeks of recovery. Women leave feeling supported, inspired, and more confident about their ability to care for themselves. In 2009, the program is being offered at the Tatamagouche Centre.

(902) 657-2231

Toll Free: 1-800-218-2220

Visit the Tatamagouche Centre's website at: <http://www.tatacentre.ca>

Western Region (See also page 10)

Yarmouth (902) 742-2406

Kentville (902) 679-2412

Bridgewater (902) 543-7882

South Shore Health

For women of all ages, priority is offered to women who are pregnant, wanting to become pregnant, or to those who are new mothers. At any age or stage in life, exploring or questioning substance use and/or gambling can be difficult. They offer a wide variety of woman-centred services that focus on valuing women, recognizing individual needs, identifying difficulties, and, acknowledging life situations, capabilities, and strengths.

Programs include:

Women's Life Issues Group: The Women's Life Issues Group is for women in recovery from harmful involvement with alcohol, other drugs or gambling. The group is open to all women who believe their use of substances and/or gambling is causing problems in their lives. No registration required.

Every Thursday from 9:30am to 12:00pm
197 Dufferin Street, Suite 200, Bridgewater
Group Room, first door on your left

Women's Life Enhancement Program: This five-day program, offered twice a year, is aimed at exploring one's use of substances and/or gambling in a small group setting. Registration is required.

One-on-One Counselling: This service allows women to access information and treatment privately, with a clinical therapist in Lunenburg and Queens Counties. Appointments are required.

Women-Only Meeting Space: This space is available to women who are currently participating in Withdrawal Management (Detox) located at Fishermen's Memorial Hospital. This space provides a comfortable place for women to gather and support one another

Women's Services Coordinator
197 Dufferin Street, Bridgewater
(902) 543-7882

Addiction Services
(902) 634-7325

Central Region

Women's Treatment Services (see also Page 7)

Women face unique challenges. This program is especially geared to the needs of women who are concerned about their use of substances or their involvement with gambling. Participants explore what it means to make health lifestyle choices that contribute to improved health and well-being.

Central Information and Referral Line

Your call will be directed appropriately.
(902) 424-8866
1-866-340-6700 (toll free)

SUPPORT FOR WOMEN AFFECTED BY GAMBLING

Elizabeth Fry Society of Mainland Nova Scotia (See also Legal Services page 23)

In addition to their usual services, in 2009 the Elizabeth Fry Society will be undertaking a project to identify and address the needs of women involved in or at risk of becoming involved in negative behaviours associated with gambling. The project includes providing one-on-one counseling and educational group sessions for women.

The Elizabeth Fry Society offers services to women in general, not only those involved with legal issues. It also provides support to women who are experiencing physical, emotional or financial difficulties that may be the result of addictive behaviors or living in abusive situations. They offer a variety of workshops centered around, but not limited to social development skills, self help & improvement, and community outreach for women in the community. They also offer a full range of services for incarcerated women including: counseling, developing community support networks, advocacy, and working towards reintegration into society.

Elizabeth Fry Society of Mainland NS

1 Tulip Street, Dartmouth
Telephone: (902) 454-5041
Toll Free: 1-877-619-1354
Visit their website at: <http://www.efrynovascotia.com/>

Elizabeth Fry Society of Cape Breton

106 Townsend Street, Sydney
Telephone: (902) 539-6165
Toll Free: 1-888-796-2999

Every Woman's Centre (See also Gambling Anonymous Section page 18)

Every Woman's Centre hosts a Women only Gambling Anonymous group on Wednesdays at 7:30 pm.
102 Townsend Street, Sydney
(902) 567-1212

Marguerite Centre (See also Residential Programs page 21)

The Marguerite Centre is a 12 bed, long-term residential facility for women in recovery from addictions and abuse. The Marguerite Centre believes in the right for women to recover from their addictions in a safe residential setting where their unique needs will be met, their issues addressed and their voices heard. The Centre is located in the Halifax Regional Municipality.

(902) 876-0006

Visit their website at: www.margueritecentre.ns.ca

Second Story Women's Centre (See also Other Support Groups page 20)

The Centre offers a support group for women-only recovering from, or still struggling with, a gambling addiction. Tuesdays 6:30 – 7:30 pm

22 King St, Lunenburg
(902) 543-1315

Visit their website at: www.secstory.com

Tatamagouche Centre

Path and a Promise

The Tatamagouche Centre offers a variety of programs including: *Path and a Promise*, in partnership with Addictions Services. A three-day residential program for women in recovery from addiction, during this program they chart their own roadmap for recovery using storytelling, body work, art therapy, small group discussions, guided meditations, and time for personal reflection. The program is designed to support understanding of how the cycle of addiction affects body, mind and spirit, to nourish hope and healthy choices on the path to recovery. In 2009, the program will be offered in May and November. The program costs are fully subsidized and child-care and travel support are available.

Women in Recovery from Addiction Program

Women in Recovery from Addiction Program (WRAP) is named because recovery is a gift someone gives themselves. Addiction Services in the Northern Region offers two 5-day programs as either a residential or a day-program for women only. WRAP is designed to assist women in recovery from addiction including problem gambling, to better understand their path to recovery, and to plan the steps and supports they need on the journey. WRAP I is for women with 1-4 weeks of recovery, and WRAP II is a follow-up program for women with at least 4 weeks of recovery. Women leave feeling supported, inspired, and more confident about their ability to care for themselves. In 2009, the program is being offered at the Tatamagouche Centre.

(902) 657-2231

Toll Free: 1-800-218-2220

Visit their website at: <http://www.tatacentre.ca>

WOMEN'S RESOURCE CENTRES

Nova Scotia currently has eight women's resource centres which offer a variety of programs and services. Their staff can help link women with services or provide support.

Antigonish Women's Resource Centre

The programs offered at the Antigonish Women's Resource Centre are based on what women from the community identify as their needs, through their conversations with the Centre staff individually or in groups. Their programs are free of charge and respectful of women's confidentiality.

204 Kirk Place, 219 Main Street, Antigonish

(902) 863-6221

Visit their website at: <http://www.antigonishwomenscentre.com/index.html>

Central Nova Women's Resource Centre

535 Prince Street, Truro
(902) 895-4295

Every Woman's Centre (see also page 18)

In addition to the other programs they offer, Every Woman's Centre hosts a Women only Gambling Anonymous group on Wednesdays at 7:30 pm.

102 Townsend Street, Sydney
(902) 567-1212

LEA Place Women's Resource Centre

22709 Highway #7, Sheet Harbour
(902) 885-2668

Pictou County Women's Centre

503 South Frederick Street, New Glasgow
(902) 755-4647

Second Story Women's Centre (see also page 20)

The Centre offers a support group for women-only recovering from, or still struggling with, a gambling addiction.

22 King St, Lunenburg
Tuesdays 6:30 – 7:30 pm
(902) 543-1315

Visit their website at: www.secstory.com

The Woman's Place

83 Queen Street, Bridgetown
(902) 665-5166

Visit their website at: <http://www.womensplaceresourcecenter.com/>

Tri-County Women's Centre

238 A Main Street, Yarmouth
(902) 742-0085

Visit their website at: <http://tricitywomenscentre.org.previewyoursite.com/>

TRANSITION HOUSING and MORE

The resources listed in this section offer a variety of programs and services and their staff can also help link women with needed services and support.

Adsum Centre

Adsum Centre provides a temporary second stage supportive/independent housing program for women with or without children.

158 Greenhead Rd, Lakeside (902) 876-5011

Adsum House

Adsum House is an emergency shelter for women who are homeless and their children.
2421 Brunswick St.
Halifax, NS B3K 2Z4
(902) 423-4443 or Crisis Line: (902) 429-4443

Alice Housing

Alice Housing provides second-stage non-profit housing for women with or without children. They offer a safe environment for women leaving abusive relationships who have identified their own need for ongoing support and counseling. They also offer third-stage housing for women who have met the second-stage criteria and identify the need for ongoing support. Women may stay for an extended period. With 16 second-stage housing units and 3 third-stage units located throughout the Halifax Regional Municipality, Alice Housing is the largest organization of its kind in Atlantic Canada.

Their programs are developed to provide the most benefit to current and past tenants and are designed to meet their on-going needs and those of their children. Alice Housing offers a continuum of care and support which exists long after families leave the housing program. In keeping with the philosophy of living a life free of violence and abuse, the programs of Alice Housing are not designed for women trying to reconcile with their partners.

84 Ochterloney St, Dartmouth

(902) 466-8459

Visit their website at: <http://www.alicehousing.ca>

Bryony House

Bryony House provides services for women who have experienced intimate partner abuse: including physical, emotional, verbal, mental, economic or sexual abuse, in a current or previous situation. Bryony House also offers **Outreach Services** for women who are currently in an abusive relationship or those who have been in an abusive relationship in the past; and follow up for women who have stayed in the shelter. This includes: counseling, safety planning, crisis intervention, support, court accompaniment, advocacy, information, referrals, programs and workshops related to intimate partner abuse and its effects, emergency 911 cell phones, and public education.

Bryony House operates a **24 bed Emergency Shelter** for women and their children, who are leaving an abusive relationship. Women and their children are offered counseling, support, programming, information, referrals and advocacy during their stay.

3399 Novalea Dr, Halifax

Distress Line: **(902) 422-7650** (24 hours per day)

Outreach: **(902) 429-9008** or outreach@bryonyhouse.ca

Shelter: **(902) 423-7183**

Visit their website at: www.bryonyhouse.ca