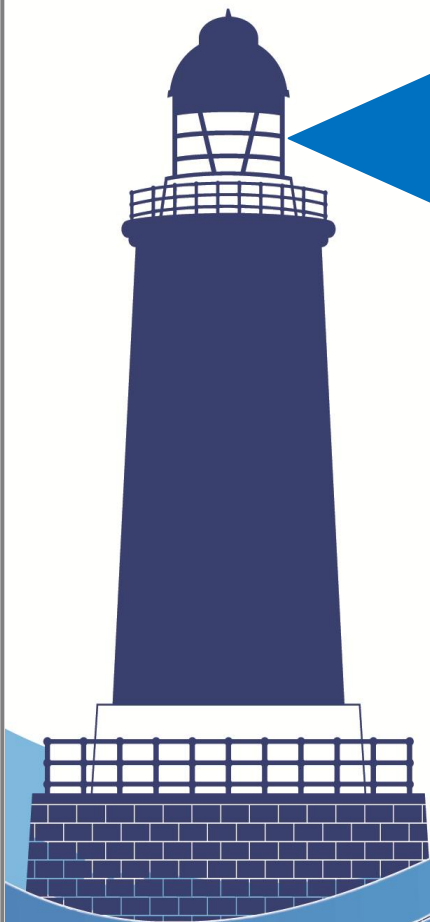


Self  
Help  
Connection



**2016**

**Directory of  
Self-Help Groups  
in Nova Scotia**



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Revised January 19, 2016

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**Please Note:**

The listing of a self-help group in this directory does not signify endorsement of that group by the Self-Help Connection, nor does omission of a group signify a lack of endorsement or disapproval of that group. The Self-Help Connection is not responsible for the views and activities of any self-help group in Nova Scotia. Each group is responsible for its own activities and listing. If you know about any new or existing groups that you think should be included in the next edition of the directory, or have comments and suggestions as to how the directory may be improved, please contact us to let us know.

**ABUSE & VIOLENCE- Halifax County**

---

**ABUSE & VIOLENCE**

Group Type: Self-Help Group  
 Group Name: **ManTalk - Halifax**  
 Address: Halifax, NS  
 Objectives: Provide emotional support and practical help to men over the age of 19, who have been sexually abused.  
 Activities: Group meetings, guest speakers.  
 Meetings: Meetings are held the first and third Wednesday of each month. Please contact for more information.  
 Contact: Phone: 902-499-7383  
 E-mail: [wrightrs@ns.sympatico.ca](mailto:wrightrs@ns.sympatico.ca)  
 Website: [www.robertswright.ca](http://www.robertswright.ca)

**ABUSE & VIOLENCE- Annapolis County**

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**ABUSE & VIOLENCE**

Group Type: Community Resource  
 Group Name: **S.O.A.R – Survivors of Abuse Recovering**  
 Address: PO Box 105, Kentville, NS, B4N 3V9  
 Objectives: Provide peer counselling services for male and female survivors of childhood sexual abuse in West Hants, Kings and Annapolis counties.  
 Activities: Peer counselling and support groups for adult survivors of childhood sexual abuse, and public education on these issues.  
 Meetings: Please call or e-mail for more information.  
 Contact: Staff Phone: 902-679-7337 Toll-Free: 1-877-679-SOAR (7627)  
 E-mail: [info@survivorsofabuserrecovering.ca](mailto:info@survivorsofabuserrecovering.ca)  
 Website: [www.survivorsofabuserrecovering.ca](http://www.survivorsofabuserrecovering.ca)

**ABUSE & VIOLENCE- Cumberland County**

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**ABUSE & VIOLENCE**

Group Type: Support Group  
 Group Name: **New Directions – Amherst**  
 Address: PO Box 1141, Cumberland County Transition House, Amherst, NS, B4H 4L2  
 Objectives: Provide support to men to stop their abusive behaviors against women and to learn healthy ways to express themselves.  
 Activities: Movies, exercises, group discussions on abusive behaviors and new ways of communicating.  
 Meetings: Closed groups and individual support. Please call for more information.  
 Contact: Ruth Currie Phone: 902-667-4500  
 Contact: Caroline Foster Phone: 902-667-4500 E-mail: [newdir@ns.aliantzinc.ca](mailto:newdir@ns.aliantzinc.ca)

## ADDICTIONS- Halifax County

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### **ADDICTIONS**

Group Type: Support Group  
Group Name: **Choices – Halifax**  
Address: IWK Health Centre, 5850/5980 University Ave., Halifax, NS, B3K 6R8  
Objectives: Provide treatment services for adolescents harmfully involved with alcohol/drugs and parent/family groups.  
Activities: Out-client, day and resident programs.  
Meetings: Please call for more information.  
Contact: Reception Phone: 902-470-6300 or 902-464-8110  
Website: [www.iwk.nshealth.ca](http://www.iwk.nshealth.ca)

## ADDICTIONS – ALCOHOL – Provincial

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### **ADDICTIONS – ALCOHOL**

Group Type: Self-Help Group  
Group Name: **Alcoholics Anonymous – NS**  
Address: Various locations, NS  
Objectives: Provide support and information to people with alcohol addictions and their families.  
Activities: Group meetings which follow the 12-step model.  
Meetings: Please call for more information.  
Contact: AA Phone: 902-461-1119  
Website: [www.area82aa.org](http://www.area82aa.org)

## ADDICTIONS – FAMILY SUPPORT – Provincial

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### **ADDICTIONS – FAMILY SUPPORT**

Group Type: Self-Help Group  
Group Name: **Gam-Anon -NS**  
Address: Various locations, NS  
Objectives: Provide support and information to people living with a gambling addiction.  
Activities: Group meetings, online support.  
Meetings: Please visit the website using the meeting directory to times and locations in your area.  
Contact: 24 Hour Hotline Phone: 1-866-484-6664 or 902-252-3132  
Website: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## **ADDICTIONS – FAMILY SUPPORT**

Group Type: Self-Help Group  
Group Name: **Al-Anon Family Groups - NS**  
Address: Various locations, NS  
Objectives: Provide support and information to the families of people living with an alcohol addiction.  
Activities: Group meetings.  
Meetings: Please visit the website using the meeting directory to find times and locations in your area.  
Contact: Phone: 1-888-425-2666 E-mail:  
Website: Al-Anon Maritimes  
[www.freewebs.com/alanonmaritimes/contactinformation.htm](http://www.freewebs.com/alanonmaritimes/contactinformation.htm)

## **ADDICTIONS – FAMILY SUPPORT – Halifax County**

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### **ADDICTIONS – FAMILY SUPPORT**

Group Type: Self-Help Group  
Group Name: **Adult Children of Alcoholics – Halifax**  
Address: Halifax, NS  
Objectives: Provide support and information to adult children of alcoholics and dysfunctional families.  
Activities: Group meetings, 12-step format.  
Meetings: Meetings are held on Thursdays 7:30 pm at Calvin Presbyterian Church, Ashburn Avenue. **PLEASE NOTE THERE IS A YOUTH GROUP THAT USES THE SPACE BEFORE US, THEREFORE PLEASE DO NOT SHOW UP UNTIL AFTER 7:15pm.**  
Thank you for your understanding in this manner.  
Contact: Ann at:  
[asweeney343@gmail.com](mailto:asweeney343@gmail.com)

## **ADDICTIONS – FAMILY SUPPORT – Kings County**

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### **ADDICTIONS – FAMILY SUPPORT**

Group Type: Support Group  
Group Name: **AL-ANON – Centreville**  
Address: Centreville, NS  
Objectives: Provide support for families and friends whose lives have been affected by someone else's drinking, drug use, etc.  
Activities: Group meetings.  
Meetings: Meetings are held at the 1st Baptists Church every Tuesday at 10:00 am in Centreville. Please contact for more information.  
Contact: Beverly Phone: 902-678-4798



**ADDICTIONS – GAMBLING – Lunenburg County**

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**ADDICTIONS – GAMBLING**

Group Type: Support Group  
 Group Name: **Second Story Women's Centre – Lunenburg**  
 Address: 18 Dufferin Street, Lunenburg, NS  
 Objectives: Provide support to women who gamble.  
 Activities: Facilitated support group for women who gamble.  
 Meetings: Please call for more information.  
 Contact: Sally Hutchinson Phone: 902-543-1315 or 902-640-3044 ext. 17  
 E-mail: [secstorygaming@eastlink.ca](mailto:secstorygaming@eastlink.ca)  
 Website: [www.secstory.com](http://www.secstory.com)

**ADHD – Halifax County**

---

**ADHD**

Group Type: Self-Help Group  
 Group Name: **Nova Scotia ADHD Action Group - Dartmouth**  
 Address: Eastern Passage, Nova Scotia  
 Objectives: This group is open to adults/spouses and youth/parents who have been diagnosed with AD/HD or who are interested in finding out more about it and how it affects your life or those around you.  
 Activities: Group meetings.  
 Meetings: Adult/spouses and youth/parents support group is held on the THIRD Wednesday of each month from 6:30 to 8:00pm in room B210 at 21 Woodlawn Rd (NSCC Akerley Campus), Dartmouth. This group is interactive in nature; meetings include an educational component followed by a round-table member driven discussion. **Please contact for details.**  
 Contact: Keith Gelhorn Phone: 902-580-2343 or 902-580-ADHD  
 E-mail: [keithgelhorn@gmail.com](mailto:keithgelhorn@gmail.com) Website: <http://nsADHD.com>

**ADHD**

Group Type: Self-Help Group  
 Group Name: **Excalibur ADHD Association – Halifax/Dartmouth**  
 Address: 32 Dundas St, Dartmouth, NS B2Y 2T9  
 Meetings: Meetings in Halifax, Dartmouth and Lower Sackville. Please call for more information  
 Contact: Maya Warnock Phone: 902-461-1761  
 E-mail: [supportchair@excaliburadhd.org](mailto:supportchair@excaliburadhd.org)

Website: [www.excaliburadhd.org](http://www.excaliburadhd.org)

### ALZHEIMER- Annapolis County

---

**ALZHEIMER**

Group Type: Support Group  
Group Name: **Alzheimer Support Group – Bridgetown**  
Address: Bridgetown, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Share information and common problems in a confidential and informal atmosphere.  
Meetings: Meetings are held on the third Monday of each month from 1:30 pm to 3:00 pm at Croskill Court, Church St. Please call for more information.  
Contact: Joan Steadman Phone: 902-584-3370  
Contact: Art Jones Phone: 902-532-0784

### ALZHEIMER- Antigonish County

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**ALZHEIMER**

Group Type: Support Group  
Group Name: **Alzheimer Family Support and Education – Antigonish**  
Address: Antigonish, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Group meetings.  
Meetings: Meetings are held on the third Wednesday of each month at 5:30 pm at the Antigonish Library, Health Connections Boardroom.  
Contact: Aaron or Marianna Padolsky Phone: 902-328-2040

### ALZHEIMER- Cape Breton County

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**ALZHEIMER**

Group Type: Support Group  
Group Name: **Alzheimer Family Support and Education – Glace Bay**  
Address: Glace Bay, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Share information and common problems in a confidential and informal atmosphere.

Meetings: Meetings are held on the last Thursday of each month at 7:00 pm at Sea View Manor. Please call for more information.  
 Contact: Martha Cameron Phone: 902-849-7843  
 Contact: Johanna Nearing Phone: 902-849-9717

**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Support Group – North Sydney**  
 Address: North Sydney, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.  
 Meetings: Meetings are held on the second Thursday of each month from 7:00 pm to 9:00 pm at North Side Community Guest Home. Phone first to confirm. No summer Meetings.  
 Contact: Joanne MacNeil Phone: 902-794-4733  
 Contact: Fred Chezenko Phone: 902-794-4733 (work)  
 902-567-2933 (home)

**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Support Group – Sydney**  
 Address: Sydney, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.  
 Meetings: Meetings are held on the last Monday of each month at 7:00 pm at Harbourstone Enhanced Care, Kimberly Hall, 2<sup>nd</sup> floor Chapel. No meetings in December, July or August.  
 Contact: Paula Greer Phone: 902-564-6041  
 Contact: Deanna Harvey-Green Phone: 902-539-7271

**ALZHEIMER- Colchester County**

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Support Group – Tatamagouche**  
 Address: Tatamagouche, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held at Willow Lodge, on the second Thursday of each month at 1:30 pm. Please call for more information.

Contact: Dianne Ardern Phone: 902-667-6469

Contact: Inez Gibbard-Daye Phone: 902-657-9336

**ALZHEIMER**

Group Type: Support Group

Group Name: **Alzheimer Support Group – Truro**

Address: Truro

Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the third Wednesday of each month at 7:00 pm at Cedarstone Enhanced Care. Please call for more information.

Contact: Sally Jo Janes Phone: 902-893-6177(w) or 902-843-2737(h)

E-mail: janessj@gov.ns.ca

Contact: Ruth Slack Phone: 902-893-5554 ext. 42341

**ALZHEIMER- Cumberland County**

---

**ALZHEIMER**

Group Type: Support Group

Group Name: **Alzheimer Support Group – Amherst**

Address: Amherst, NS

Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the last Thursday of each month from 7:00 pm to 9:00 pm at the Continuing Care Office, 71 Victoria Street, Amherst. Please call for more information.

Contact: Jack Hilchey Phone: 902-667-7084

Contact: Alzheimer Society of Nova Scotia Phone: 1-800-611-6345

**ALZHEIMER**

Group Type: Support Group

Group Name: **Alzheimer Support Group – Parrsboro**

Address: Parrsboro, NS

Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held at the South Cumberland Community Care Centre in the evenings, **dates vary**. Please call for more information.

Contact: Sherry Johnson Phone: 902-254-2540 (w) or 902-254-3714 (h)

Contact: Alzheimer Society of Nova Scotia Phone: 1-800-611-6345

## ALZHEIMER – Digby County

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### **ALZHEIMER**

Group Type: VON Support Group

Group Name: **Alzheimer Caregivers Support Group – Digby**

Address: Digby, NS

Objectives: Provide support to caregivers living with people facing the challenges brought by Alzheimer's disease.

Activities: Group meetings.

Meetings: Meetings are held on the first Wednesday of each month at the Digby Superstore from 1:00pm to 3:00pm.

## ALZHEIMER – Halifax County

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### **ALZHEIMER**

Group Type: Self-Help Group

Group Name: **Alzheimer Caregivers Support Group – Dartmouth**

Address: Dartmouth, NS

Objectives: Provide support to caregivers living with people facing the challenges brought by Alzheimer's disease.

Activities: Occasional guest speakers. Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the last Monday of each month at Oakwood Terrace, 10 Mount Hope Ave. from 10:00 am to 12:00 noon.

## ALZHEIMER – Halifax County

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### **ALZHEIMER**

Group Type: Self-Help Group

Group Name: **Alzheimer Caregivers Support Group – Dartmouth**

Address: Dartmouth, NS

Objectives: Provide support to caregivers living with people facing the challenges brought by Alzheimer's disease.

Activities: Occasional guest speakers. Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the last Monday of each month at Oakwood Terrace, 10 Mount Hope Ave. from 10:00 am to 12:00 noon.

Contact: Janet Rowe Phone: 902-469-0554 E-mail: jjrowe@ns.sympatico.ca  
 Contact: Kay MacCaull Phone: 902-463-2161

**ALZHEIMER**

Group Type: Self-Help Group  
 Group Name: **Alzheimer Support Group – Halifax**  
 Address: 1 Castle Hill Drive, Halifax, NS, B3M 3A2  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held the first Thursday of the month at 7:00 pm Room 1613B Veterans Memorial Building. Also offer telephone support. No meetings during January/July/August. Please call for more information.

Contact: Barbara Mulrooney Phone: 902-443-1312  
 E-mail: barbmulrooney@hfx.eastlink.ca  
 Contact: Alzheimer Society of Nova Scotia Phone: 1-800-611-6345

**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Support Group – Musquodobit Harbour**  
 Address: Musquodobit Harbour, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the third Thursday of each month at 7:30 pm at the Twin Oaks Hospital Boardroom.

Contact: Deirdre Dwyer E-mail: dandhans@ns.sympatico.ca  
 Contact: Cathy Snell E-mail: cmsnell@eastlink.ca  
 Contact: Alzheimer Society of Nova Scotia Phone: 1-800-611-6345

**ALZHEIMER**

Group Type: Self-Help Group  
 Group Name: **Alzheimer Support Group – Sackville**  
 Address: Sackville, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held the first Tuesday of the month from 7:00 pm to 8:30 pm at the Sackville Sports Arena. No meetings in January, July or August. Please call for more information.

Contact: Barbara Mulrooney Phone: 902-443-1312  
 E-mail: barbmulrooney@hfx.eastlink.ca

## ALZHEIMER- Hants County

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### **ALZHEIMER**

Group Type: Self-Help Group  
 Group Name: **Alzheimer Caregivers Support Group – Windsor**  
 Address: Windsor, NS  
 Objectives: Provide support to people taking care of those facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the last Wednesday of the month from 7:00 pm to 9:00 pm at the Windsor Elms Village, Falmouth. Please call for more details.

Contact: Pat Miller Phone: 902-472-3663 (w) or 902-798-4074 (h)  
 Contact: Susan Lowthers Phone: 902-792-2067 (w) or 902-798-3041 (h)

## ALZHEIMER- Inverness County

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### **ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Support Group – Port Hawkesbury**  
 Address: Port Hawkesbury, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.

Activities: Share information and common problems in a confidential and informal atmosphere of support meetings. Families and caregivers realize they are not alone.

Meetings: Meetings are held on the second Wednesday of each month from 2:00 pm to 4:00 pm at the Strait Richmond Hospital Boardroom. Please call for more information.

Contact: Elizabeth Henry 902-345-2231 (h)  
 Contact: Nancy Cameron 902-625-7211 (w)

## ALZHEIMER- Kings County

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – Wolfville**  
 Address: Wolfville, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Share information and common problems in confidential and informal setting.  
 Meetings: Meetings are held on the second Wednesday of each month from 7:00 pm to 8:30 pm at the Eastern Kings Memorial Community Health Centre. No meetings in July/August. Please call for more information.  
 Contact: Tracie Sarsfield-Turner Phone: 902-538-3103 ext. 171(weekdays)  
 Contact: Shelley Kingston Phone: 902-679-6306

**ALZHEIMER- Lunenburg County**

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – Lunenburg**  
 Address: Lunenburg, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Group meetings and telephone support.  
 Meetings: Meetings are held on the third Wednesday of each month from 7:00 pm to 9:00 pm at Harbour View Haven.  
 Contact: Judy Miller Phone: 902-640-2257  
 Contact: Lois Morin Phone: 902-634-9244 E-mail: loismor61@yahoo.ca

**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – New Ross**  
 Address: New Ross Family Resource Centre, NS  
 Objectives: Support for people facing the challenges surrounding Alzheimer's disease.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the second Wednesday of each month from 1:00 pm to 3:00 pm at New Ross Family Resource Centre.  
 Contact: Diane Webber Phone: 902-689-2414 (work)  
 Contact: Susan Larder E-mail: susanlarder123@gmail.com

**ALZHEIMER- Pictou County**

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – New Glasgow**



Address: New Glasgow, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Share information and common problems in confidential and informal setting.  
Meetings: Meetings are held on the first Wednesday of each month from 7:00 pm to 8:30 pm at High-Crest Place. Please call for more information. No meetings in July/August.  
Contact: Mary MacLellan Phone: 902-755-1123  
Contact: Sheila Bunn Phone: 902-752-0336

## ALZHEIMER- Queens County

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### **ALZHEIMER**

Group Type: Support Group  
Group Name: **Alzheimer Caregivers Support Group – Liverpool**  
Address: Liverpool, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Group meetings  
Meetings: Meetings are held on the first Friday of each month from 2:00 pm to 3:30 pm at Queens Manor. Please call for more information.  
Contact: Crystal Stewart-Smith Phone: 902-354-3451 ext.7  
Contact: Daphne Ackerman Phone: 902-683-2684  
E-mail: queensmanor\_dayprogram@hotmail.com

## ALZHEIMER- Richmond County

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### **ALZHEIMER**

Group Type: Support Group  
Group Name: **Alzheimer Caregivers Support Group – Arichat**  
Address: Arichat, NS  
Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
Activities: Group meetings  
Meetings: Meetings are held on the last Tuesday of each month from 6:00 pm to 8:00 pm at New Horizon Building. Please call for more information.  
Contact: Nancy Kehoe Phone: 902-226-9726 (home) 902-227-8792 (cell)

## ALZHEIMER- Victoria County

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – Cheticamp**  
 Address: Cheticamp, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the first Wednesday of each month at 7pm at Foyer Pere Fiset Nursing Home (in the old activity room). Please call for more information.  
 Contact: Denise Bourgeois Phone: 902-224-2087 (w) or 902-224-7954 (c)

**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Alzheimer Caregivers Support Group – Neil's Harbour**  
 Address: Neil's Harbour, NS  
 Objectives: Provide support to people facing the challenges brought by Alzheimer's disease.  
 Activities: Group meetings.  
 Meetings: Please call for more information.  
 Contact: Rosemary Algar Phone: 902-383-2874 (home)  
 Contact: Stephen Dunphy Phone: 902-285-2051 (home)

**ALZHEIMER- Yarmouth County**

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**ALZHEIMER**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Yarmouth**  
 Address: Yarmouth, NS  
 Objectives: To provide support and education to those who care for a family member or loved one in their homes. The group is facilitated by VON & South West Health.  
 Activities: Group meetings.  
 Meetings: Meetings are held the second Monday of the month from 1:00 pm to 3:00 pm. Meetings take place at the VON office, 55 Starrs Rd. Please contact for more information.  
 Contact: Derrick Babin Phone: 902-742-4512  
 E-mail: derrick.babin@von.ca

**ANXIETY – Halifax County**

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**ANXIETY**

Group Type: Self-Help Group  
 Group Name: **Emotions Anonymous – Dartmouth**  
 Address: Caring & Sharing Group of EA, Box 9 Site 14 RR #2, Mount Uniacke, NS, B0N 1Z0  
 Objectives: Provide peer support in dealing with depression, anxiety and anger, as well as anyone experiencing suicidal thoughts and tendency. Help people find peace of mind coping with everyday life.  
 Activities: Group meetings, annual round up with other 12-step groups.  
 Meetings: Meetings are held in the Board Room #1608 of the Dartmouth General Hospital, 325 Pleasant Street, and every Saturday from 10:00 am to 12 noon from April to November and 1:00 pm to 3:00 pm from December to March.  
 Contact: Barb L Phone: 902-866-2523  
 Website: [www.emotionsanonymous.org](http://www.emotionsanonymous.org) (ONLINE SUPPORT)

**ANXIETY**

Group Type: Self-Help Group  
 Group Name: **Upstairs Kitchen Club – Halifax**  
 Address: 7071 Bayers Road, room 105, Halifax, NS  
 Objectives: To provide peer support for people experiencing depression, or anxiety and depression, and to share new ways of coping.  
 Activities: Group meetings, guest speakers.  
 Meetings: Meetings are held every Tuesday from 7:00 pm to 9:00 pm at Community Mental Health at Bayers Road in Halifax.  
 Contact: Jim Malone Phone: 902-471-1422  
 E-mail: [jmalone@eastlink.ca](mailto:jmalone@eastlink.ca)

**ARTHRITIS – Provincial**

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**ARTHRITIS**

Group Type: Support Group  
 Group Name: **Arthritis Self-Management Program – Nova Scotia**  
 Address: Various locations, NS  
 Objectives: Provide information and support to individuals with arthritis.  
 Activities: Discuss pain management, coping strategies, medications, healthy eating, exercise, etc.  
 Meetings: Meetings: are not held all year round. Holds 6 week courses, please call for more information.  
 Contact: Programs and Services Coordinator Phone: 1-800-321-1433  
 Website: [www.arthritis.ca/novascotia](http://www.arthritis.ca/novascotia)

**BEREAVEMENT – Annapolis County**

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**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Friends in Bereavement – Berwick**  
 Address: Berwick, NS  
 Objectives: Provide support for those who have experienced the loss of a loved one.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first and third Tuesday of each month between 10:00 am to 12:00 pm at the Western Kings Memorial Health Centre.  
 Contact: Jennifer Longley Phone: 902-681-8239

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Friends in Bereavement – Bridgetown**  
 Address: Bridgetown, NS  
 Objectives: Provide support for those who have experienced the loss of a loved one.  
 Activities: Group meetings.  
 Meetings: Meetings are held the second and fourth Tuesday of each month between 2:00 pm to 4:00 pm at the Baptist Church (back door).  
 Contact: Jennifer Longley Phone: 902-681-8239

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Friends in Bereavement – Kentville**  
 Address: Kentville, NS  
 Objectives: Provide support for those who have experienced the loss of a loved one.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first and third Tuesday of each month between 2:00 pm to 4:00 pm at the Kentville Baptist Church, Downstairs Parlor.  
 Contact: Jennifer Longley Phone: 902-681-8239

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Moms of Children Passed – Kentville**  
 Address: Kentville, NS  
 Objectives: Provide support for mothers whom have lost a child or children to death by any means.  
 Activities: Groups Meetings.  
 Meetings: Please call for more information.  
 Contact: Sherry Bigelow Phone: 902-365-5210

**BEREAVEMENT – Cape Breton County**

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**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereaved Families of Cape Breton – Glace Bay**  
 Address: Glace Bay, NS  
 Objectives: Provides support and information for those who are bereaved.  
 Activities: Resource Centre, monthly Support and Share groups offering peer support, structured support groups and more.  
 Meetings: Meetings are held on the fourth Wednesday of every month at Town House, 150 Commercial Street, from 7:00 pm to 9:00 pm  
 Contact: Lorraine McNeil Phone: 902-564-6795  
 E-mail: infobf@seaside.ns.ca  
 Website: www.cbhelp.ca

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereaved Families of Cape Breton – New Waterford**  
 Address: New Waterford, NS  
 Objectives: Provides support and information for those who are bereaved.  
 Activities: Resource centre, monthly Support and Share groups offering peer support, structured support groups and more.  
 Meetings: Meetings are held on the third Wednesday of every month from 7:00 pm to 9:00 pm at Saint Leonard’s Pastoral Centre, 5310 Union Highway, River Ryan.  
 Contact: Lorraine McNeil Phone: 902-564-6795  
 E-mail: infobf@seaside.ns.ca  
 Website: www.cbhelp.ca

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Mothers of Angels – New Waterford**

Address: New Waterford, NS  
 Objectives: Provide support for mothers who have lost a child or children to death by any means.  
 Activities: Group meetings  
 Meetings: Meetings are held on the second Wednesday of every month from 6:30 pm to 8:00 pm at the New Waterford Library on Plummer Avenue.  
 Contact: Shirley Kelly Phone: 902-862-8460  
 E-mail: capeislander48@hotmail.com  
 Website: www.motherofangels.ca

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereaved Families of Cape Breton – Sydney**  
 Address: Sydney, NS  
 Objectives: Provides support and information for those who are bereaved.  
 Activities: Resource Centre, monthly Support and Share groups offering peer support, structured support groups and more.  
 Meetings: Meetings are held on the second Tuesday of every month from 7:00 pm to 9:00 pm, 188 George Street, Sydney.  
 Contact: Lorraine McNeil Phone: 902-564-6795  
 E-mail: infobf@seaside.ns.ca  
 Website: www.cbhelp.ca

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereaved Families of Cape Breton – Sydney Mines**  
 Address: Sydney Mines, NS  
 Objectives: Provides support and information for those who are bereaved.  
 Activities: Resource Centre, monthly Support and Share groups offering peer support, structured support groups and more.  
 Meetings: Meetings are held on the first Thursday of every month from 7:00 pm to 9:00 pm at Miners' Memorial Manor, 16 Lorne Street.  
 Contact: Lorraine McNeil Phone: 902-564-6795  
 E-mail: infobf@seaside.ns.ca  
 Website: www.cbhelp.ca

**BEREAVEMENT – Cumberland County**

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**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Healing and Hope**  
 Address: Cumberland County, NS  
 Objectives: Please call for more information.  
 Activities: 7 week sessions with 6-10 participants.  
 Meetings: Spring & Fall sessions are run twice a year in parts of Cumberland County, specifically Amherst, Springhill, Pugwash, Parrsboro and Tatagamouche.  
 Contact: Terry Lynn Smith (Social Worker) Phone: 902-667-5400 (Ext. 6428)  
 Contact: Sharon Skinner Phone: 902-667-5400 (Ext. 6344)

**BEREAVEMENT – Halifax County**

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**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Alex’s Safe Harbour - Lawrencetown**  
 Address: c/o Wyndenfog Lane, E. Lawrencetown, NS B2Z 1P7  
 Objectives: To provide peer led grief support groups to children, teens, adults and families, who have experienced the death of a loved one, family or friend. We also provide a bereaved parent support group.  
 Activities: Group meetings  
 Meetings: Registration must be completed before attending the groups. Family centered groups are held each Thursday and the bereaved parent group meets twice a month. Please contact for more information.  
 Contact: Trish Dominie Phone: 902-448-8396  
 E-mail: trishdominie@alexssafeharbour.com  
 Website: www.alexssafeharbour.com

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Hospice Society of Greater Halifax– Bedford**  
 Address: 9 Spring Street (Hospice Society of Greater Halifax), Bedford, NS  
 Objectives: To have a residential hospice built in HRM. To help people in the community know more about hospice and end of life care.  
 Activities: Group meetings, Living Room Program (Day Hospice)  
 Meetings: To become a member please call for more information.  
 Contact: Doreen Cordeiro Phone: 902-446-0929  
 E-mail: care@@hospicehalifax.org  
 Website: www.hospicehalifax.com

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereavement Support Group – Dartmouth**

Address: Dartmouth, NS  
 Objectives: Provide Support to anyone who has lost a loved one within a year of their passing.  
 Activities: Group meetings.  
 Meetings: Meetings consist of 8 sessions held twice a year. Pre-registration is required. Please call for more information.  
 Contact: Patricia O'Halloran Phone: 902-465-8472

**BEREAVEMENT**

Group Type: Self-Help Group  
 Group Name: **Heaven's Angels Support Group – Dartmouth**  
 Address: Dartmouth, NS  
 Objectives: Provide peer and emotional support (one-on-one or through meetings), hope and comfort to parents who have lost their child from still birth to the age of two.  
 Activities: Group meetings, guest speakers, resources.  
 Meetings: Please call for more information.  
 Contact: Nathalie Brun-Keogan Phone: 902-404-8866  
 E-mail: nbrun04@netzero.com

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Saint Andrew's Bereavement Support Group – Eastern Passage**  
 Address: Eastern Passage, NS  
 Objectives: Provide support to those grieving the loss of a loved one.  
 Activities: Group meetings.  
 Meetings: Two sessions per year, 8 weeks per session. Please call for more information.  
 Contact: Susan Duggan Phone: 902-446-9599

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Mothers of Angels – Fall River**  
 Address: 36 Lockview Rd., Fall River, NS  
 Objectives: Provide support for mothers whom have lost a child or children to death by any means.  
 Activities: Group meetings.  
 Meetings: Meetings are held every second Saturday at Fall River Baptist Church from 10:30 am to 12:00 pm. Please call for more information.  
 Contact: Nancy Weatherhead Phone: 902-632-2539  
 E-mail: nancywhitehead@hotmail.com  
 Website: www.mothersofangels.ca



**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Bereavement Drop In Support Group – Halifax**  
 Address: 9 Spring Street (Hospice Society of Greater Halifax), Bedford, NS  
 Objectives: This group is for any adult who has experienced the death of a loved one and wishes to explore their grief in a safe and supportive environment.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first, second and third Saturday of each month, 10:00a.m. to 11:30a.m. at 9 Spring Street, Bedford. Please call for more information.  
 Contact: Erin Phone: 902-446-0929

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **IWK Health Centre – Halifax**  
 Address: IWK 5850/5980 University Avenue, Halifax, NS B3K 6R8  
 Objectives: The IWK Health Centre seeks to support children, teens and families who are grieving the death of a loved one.  
 Activities: Connecting children, teens and families with helpful community, online and literary resources. As well, periodic grief groups for children, teens and parents are offered.  
 Meetings: Please contact for more information.  
 Contact: Sarah King, RN Phone: 902-470-8942  
 E-mail: sarah.king@iwk.nshealth.ca  
 Contact: IWK Pediatric Palliative Care Service Phone: 902-470-7262

**BEREAVEMENT**

Group Type: Support Group  
 Group Name: **Palliative Care Bereavement Support Group – VG Site – Capital Health – Halifax**  
 Address: Halifax, NS  
 Objectives: Please call for more information.  
 Activities: This group is specifically for Palliative Care families but at times takes grievers from outside the program.  
 Meetings: The group runs three times a year (Fall, Winter, Spring).  
 Contact: Roy Ellis Phone: 902-473-1622

**BEREAVEMENT**

Group Type: Self-Help Group  
 Group Name: **Widowed in Self-Help "WISH" – Halifax**  
 Address: Halifax, NS

**Objectives:** A self-help group for men and women of all ages and for any stage in their grief recovery. Please note it is not intended for widowed persons who are seeking social connections.

**Activities:** Group meetings, mutual support, information and reference material.

**Meetings:** Meetings are held on the first and third Saturday of every month at the Sobeys Community Room at the West End Mall in Mumford from 10 am to 12 pm. This is an open meeting and all are welcome. No elevator.

**Contact:** Mary Holland Phone: 902-443-1486

## **BEREAVEMENT**

**Group Type:** Support Group

**Group Name:** **Bereavement Support Group – Sackville**

**Address:** Sackville, NS

**Objectives:** Provide comfort and emotional support to those persons who have lost a loved one.

**Activities:** Please call for more information.

**Meetings:** Meetings are held at the Sackville Community Centre. Please call for more information.

**Contact:** Charlene Phone: 902-864-5591

## **BEREAVEMENT**

**Group Type:** Support Group

**Group Name:** **Grief Support Group – Sackville**

**Address:** Sackville, NS

**Objectives:** Provide support to anyone who has lost a loved one.

**Activities:** Group meetings.

**Meetings:** Meetings are held on the third Wednesday of every month from 7:30 pm to 8:30 pm at Saint John Vianney Church in Sackville. Please call for information.

**Contact:** Judy Fraser Phone: 902-864-2778

**E-mail:** judith.fraser@ns.sympatico.ca

**Website:** www.hospicehalifax.com

## **BEREAVEMENT – Kings County**

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## **BEREAVEMENT**

**Group Type:** Support Group

**Group Name:** **Friends in Bereavement – Berwick**

**Address:** Berwick, NS

**Objectives:** Provide support for those who have experienced the loss of a loved one.

Activities: Group meetings.  
Meetings: Meetings are held the first and third Tuesday of each month from 10 am to 12 pm at the WKM Health Centre in the VON room.  
Contact: Jennifer Longley Phone: 902-681-8239  
Contact: Carol Ward (VON) Phone: 902-665-4804

## BEREAVEMENT – Lunenburg County

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### **BEREAVEMENT**

Group Type: Support Group  
Group Name: **Mothers of Angels**  
Address: 421 King Street, Bridgewater, NS  
Objectives: Provide support for mothers who have lost a child or children to death by any means.  
Activities: Group meetings.  
Meetings: Meetings are held 2:00 pm to 3:00 pm every first Sunday at the Bridgewater United Baptist Church Annex. Please call for more information.  
Contact: Patty Morrow Phone: (902)543-4230  
Website: [www.mothersofangels.ca](http://www.mothersofangels.ca) Email: [morrrows@eastlink.ca](mailto:morrrows@eastlink.ca)

## BIPOLAR DISORDER – Colchester County

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### **BIPOLAR DISORDER**

Group Type: Self-Help Group  
Group Name: **Depression & Bipolar Disorder Self-Help Group – Truro**  
Address: 25 Revere Street, Truro, NS, B2N 5V2 (Canadian Mental Health Association)  
Objectives: To provide support to people living with depression or bipolar disorder.  
Activities: Group meetings.  
Meetings: Wednesdays at 7:00 pm to 8:00 pm (Participants are urged to show up on time).  
Contact: Susan Henderson, Canadian Mental Health Association  
Phone: 902-895-4211 Email: [susanmha@eastlink.ca](mailto:susanmha@eastlink.ca)

**BIPOLAR DISORDER – Halifax County**

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**BIPOLAR DISORDER**

Group Type: Self-Help Group  
 Group Name: **Nova Scotia Bipolar Peer Support Alliance (NSBPSA) – Halifax**  
 Address: Room 4029 Abbie J Lane Building, 5909 Veterans Memorial Lane, Halifax  
 Objectives: Provide peer support and education for those persons living with Bipolar Disorder.  
 Activities: Group meetings and guest speakers.  
 Meetings: Meets every Monday evening, 6:30pm – 8:30pm at the Abbie J Lane Building, room 4029, 5909 Veterans Memorial Lane. Please e-mail for more information.  
 Contact: Susan Kilbride Roper E-mail: [susanroper@eastlink.ca](mailto:susanroper@eastlink.ca)

**BORDERLINE PERSONALITY DISORDER – Online Support**

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**BORDERLINE PERSONALITY DISORDER**

Group Type: Online Support Group, Help/Information Line, Resource  
 Group Name: **Borderline, Living Together**  
 Address: Support is through phone and email.  
 Objectives: Offers individual and family support in dealing with Borderline Personality Disorder through email, phone or in person.  
 Contact: Taffara Murray E-mail: [murrayblt@gmail.com](mailto:murrayblt@gmail.com)  
 Phone: 902-221-4242

**BRAIN INJURIES – Cape Breton County**

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**BRAIN INJURIES**

Group Type: Self-Help Group  
 Group Name: **Family Support Meetings: – Sydney**  
 Address: 37 Third Street, Howie Centre, Sydney, NS, B1L 1C9  
 Objectives: Provide support for survivors, families and friends.  
 Activities: Monthly Meetings to provide an opportunity to learn and share concerns.  
 Meetings: Meetings vary month to month. Please call for more information.  
 Contact: Murdock Moore Phone: 902-539-1804

**BRAIN INJURIES – Kings County**

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**BRAIN INJURIES**

Group Type: Self-Help Group  
Group Name: **Family Support – Kentville**  
Address: Kentville, NS  
Objectives: Provide support and information to family and friends, as well as those living with a brain injury.  
Activities: Group meetings, socials, information sessions.  
Meetings: Please call for more information.  
Contact: Connie Benjamin Phone: 902-681-3670

**BRAIN INJURIES – Lunenburg County**

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**BRAIN INJURIES**

Group Type: Self-Help Group  
Group Name: **Brain Injury Association of Nova Scotia – Bridgewater**  
Address: Bridgewater, NS  
Objectives: Provide peer support for survivors of brain injury and those with epilepsy, their families, friends, and caregivers.  
Activities: Monthly Meetings: to provide an opportunity to learn and share concerns.  
Meetings: Meetings are held on the last Monday of each month at South Shore Regional Hospital in the Dawson Room.  
Contact: Chris Wentzell Phone: 902-624-8117

**CANCER – Halifax County**

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**CANCER**

Group Type: Support Group  
Group Name: **Living With Cancer – Halifax**  
Address: The Lodge That Gives, 5826 South Street #1, Halifax, NS, B3H 1S6  
Objectives: Provide support and information to people living with cancer, their families and friends.  
Activities: Information and support program.  
Meetings: Meetings are held on the first Wednesday of each month at 7:00 pm Please call for more information.  
Contact: Mary Beth Clark Phone: 902-423-3942

**CANCER – BREAST CANCER – Antigonish County**

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**CANCER – BREAST CANCER**

Group Type: Support Group  
 Group Name: **Women Alike 2 – Antigonish**  
 Address: Antigonish, NS  
 Objectives: Provide support to women with breast cancer in the area.  
 Activities: Peer support, guest speakers.  
 Meetings: Meetings are held on the first Tuesday of every month at the CACL Building on Kirk Street in Antigonish. The group typically does not meet from January to March due to weather. Please call for more information.  
 Contact: Sharleen Porter Phone: 902-867-4500 Ext. 4436

**CANCER – BREAST CANCER – Hants County**

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**CANCER – BREAST CANCER**

Group Type: Self-Help Group  
 Group Name: **Breast Quest – Windsor**  
 Address: Windsor, NS,  
 Objectives: Provide support to women with breast cancer.  
 Activities: Support and information.  
 Meetings: Meetings are held on the first Monday of each month. Please call for more information.  
 Contact: Delores Smiley Phone: 902-792-2683  
 E-mail: [irvinganddelores@gmail.com](mailto:irvinganddelores@gmail.com)

**CANCER – Kings County**

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**CANCER**

Group Type: Self-Help Group  
 Group Name: **Living with Cancer Support Group – Kingston/Greenwood**  
 Address: Kingston/Greenwood, NS, BOP 1R0  
 Objectives: Provide support to people in the area living with cancer. This group is affiliated with the Canadian Cancer Society.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the third Monday of every month, except July and August, from 7:00 pm to 9:00 pm at Saint Marks Chapel Annex – 14 Wing Greenwood.  
 Contact: Lloyd Graham Phone: 902-765-6133  
 Contact: Linda Pierce Phone: 902-765-3055

**CANCER – BREAST CANCER – Pictou County**

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**CANCER – BREAST CANCER**

Group Type: Self-Help Group  
 Group Name: **Women Alike – New Glasgow**  
 Address: New Glasgow  
 Objectives: Provide support and education to women with breast cancer in the area.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the second Monday of the month at Glenhaven Manor on East River Road, near the Aberdeen Hospital. These are open meetings that commence at 7:00 pm.  
 Contact: Joanne Cumminger Phone: 902-752-7600 Ext. 4922

**CANCER – PROSTATE CANCER – Halifax County**

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**CANCER – PROSTATE CANCER**

Group Type: Self-Help Group  
 Group Name: **Prostate Cancer Canada Network – Halifax**  
 Address: Halifax, NS  
 Objectives: Provide support to men diagnosed with prostate cancer, and their families.  
 Activities: Guest speakers and small group discussions.  
 Meetings: Meetings are held on the third Thursday of the month (except July and August) at 7:00 pm at the Offices of Prostate Cancer Atlantic Regional Office - 5121 Sackville Street Suite 101, Halifax, NS. The meetings are open to men diagnosed with prostate cancer, survivors, friends and family.  
 Contact: Peter MacDonald Phone: 902-865-5155  
 E-mail: peterclaire@eastlink.ca  
 Contact: Prostate Cancer Canada – Atlantic Regional Office Phone: 902-420-1444

**CANCER – PROSTATE CANCER**

Group Type: Support Group  
 Group Name: **Prostate Cancer Canada Network Blacks in Nova Scotia – Halifax**  
 Address: Upper Hammonds Plains Community Centre, 711 Pockwock Road, Upper Hammonds Plains, NS  
 Objectives: Provide support to men living with prostate cancer and their families.  
 Activities: Group meetings, walkathon fundraisers, family days.  
 Meetings: Meetings are held the last Wednesday of the month at 7:00pm. Please call for more information.  
 Contact: Elwood Marsman Phone: 902-869-1180  
 E-mail: pccnbins@gmail.com  
 Contact: Wendell Skeir Phone: 902-453-5054

**CAREGIVING – Antigonish County**

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**CAREGIVING**

Group Type: Support Group  
Group Name: **Caregiver Support Group – Antigonish**  
Address: Health Connections Room at The People’s Place Library  
283 Main Street, Antigonish  
Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
Activities: Group meetings.  
Meetings: Meetings are held the second Tuesday of every month from 1:30pm to 3:30pm at the People’s Place Library. Please call for more information.  
Contact: Cindy Smith Phone: 902-324-2273  
Website: [www.caregiversns.org](http://www.caregiversns.org)

**CAREGIVING – Cape Breton County**

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**CAREGIVING**

Group Type: Support Group  
Group Name: **Caregiver Support Group – Glace Bay**  
Address: Sobeys Community Room  
144 Reserve Street, Glace Bay  
Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
Activities: Group meetings.  
Meetings: Meetings are held the third Tuesday of every month from 2:00pm to 4:00pm at the Sobeys Community Room. Please call for more information.  
Contact: Maggie Road-Ganaway Phone: 902-371-3883  
Website: [www.caregiversns.org](http://www.caregiversns.org)



**CAREGIVING**

Group Type: Support Group  
Group Name: **Caregiver Support Group – Sydney**  
Address: Sobeys Community Room  
272 Prince Street, Sydney  
Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
Activities: Group meetings.  
Meetings: Meetings are held the third Wednesday of every month from 1:00pm to 3:00pm at the Sobeys Community Room. Please call for more information.  
Contact: Maggie Road-Ganaway Phone: 902-371-3883  
Website: www.caregiversns.org

**CAREGIVING – Colchester County**

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**CAREGIVING**

Group Type: Support Group  
Group Name: **Caregiver Support Group – Stewiacke**  
Address: Stewiacke United Church Hall  
46 Main Street, East  
Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
Activities: Group meetings.  
Meetings: Meetings are held the first Thursday of every month from 2:00pm to 4:00pm at the Stewiacke United Church Hall. Please call for more information.  
Contact: Cindy Smity Phone: 902-324-2273  
Website: www.caregiversns.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Truro**  
 Address: Canadian Red Cross office  
 139 Truro Heights Road, Truro Heights  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first Thursday of every month from 6:30pm to 8:30pm at the Canadian Red Cross offices. Please call for more information.  
 Contact: Cindy Smity Phone: 902-324-2273  
 Website: www.caregiversns.org

**CAREGIVING – Cumberland County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Amherst**  
 Address: Christ Church Parish Hall  
 5 Lawrence Street, Amherst (elevator at back entrance, lower level)  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first Wednesday of every month from 1:30pm to 3:30pm at the Christ Church Parish Hall. Please call for more information.  
 Contact: Cindy Smith Phone: 902-324-2273  
 Website: www.caregiversns.org

**CAREGIVING – Digby County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Clare**  
 Address: Clare, NS  
 Objectives: To provide support and education to those who care for a family member or loved one in their homes. The group is facilitated by VON & South West Health.  
 Activities: Group meetings.  
 Meetings: Meetings are held the second Wednesday of every month from 1:30 pm to 3:30 pm at the Clare Community Health Centre.  
 Contact: Derrick Babin Phone: 902-742-4512 E-mail: derrick.babin@von.ca

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Digby**  
 Address: Digby, NS  
 Objectives: To provide support and education to those who care for a family member or loved one in their homes. The group is facilitated by VON & South West Health.  
 Activities: Group meetings.  
 Meetings: Meetings are held the first Wednesday of the month from 1:00 pm to 3:00 pm at the Digby Superstore Community Room.  
 Contact: Derrick Babin Phone: 902-742-4512 E-mail: derrick.babin@von.ca

**CAREGIVING – Halifax County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Bedford**  
 Address: Ivany Place, 123 Gary Martin Drive, Bedford  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the last Wednesday of every month from 6:30 pm to 8:00 pm at Ivany Place. Please call for more information.  
 Contact: Lynn Butler Phone: 902-421-7390  
 Website: www.caregiversns.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Dartmouth**  
 Address: East Dartmouth Community Centre, 50 Caledonia Road, Dartmouth  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: There are two meetings offered in Dartmouth.  
 (1) Held on the first Wednesday of every month from 1:00pm to 3:00pm.  
 (2) Held on the third Wednesday of each month from 1:00p.m. to 3:00pm.  
 Contact: Lynn Butler Phone: 902-421-7390  
 Website: www.caregiversns.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Halifax**  
 Address: St. Andrew’s Community Centre, 3380 Barnstead Lane (off Bayers Rd), Halifax  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the second Wednesday of every month from 1:00 pm to 2:30 pm at Saint Andrews Community Centre. Please call for more information.  
 Contact: Lynn Butler Phone: 902-421-7390  
 Website: www.caregiversNS.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Halifax**  
 Address: Caregivers Nova Scotia office (Hummingbird House)  
 3433 Dutch Village Road, second floor, Halifax  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Held on the second Tuesday of every month from 10:30 am to 12:00 pm at Caregivers Nova Scotia office. Please call for more information.  
 Contact: Brenda Sangster Phone: 902-421-7390  
 Website: www.caregiversns.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Spryfield**  
 Address: Spryfield Wellness Centre, Room 183, 16 Dentith Rd, Spryfield  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the third Tuesday of every month from 1:00 am to 3:00 pm at the Spryfield Wellness Centre. Please call for more information.  
 Contact: Brenda Sangster Phone: 902-421-7390  
 Website: www.caregiversns.org

**CAREGIVING – Kings County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Kingston**  
 Address: Sobeyes Community Room  
 720 Central Ave, Kingston (Greenwood Location)  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the first Thursday of every month from 1:00 pm to 3:00pm at the Sobeyes Community Room. Please call for more information.  
 Contact: Jennifer Briand Phone: 902-521-5592  
 Website: www.caregiversns.org

**CAREGIVING**

Group Type: Self-Help Group  
 Group Name: **Caregiver Support Group – New Minas**  
 Address: New Minas Civic Centre, New Minas, NS  
 Objectives: Provide support to caregivers in the Greater New Minas area.  
 Activities: Support and information, guest speakers.  
 Meetings: Meetings are held on the fourth Wednesday of each month from 9:30 am to 11:30 am at New Minas Civic Centre. Please call for more information.  
 Contact: Doris Davidson Phone: 902-542-1503 E-mail: dadavidson@eastlink.ca  
 Contact: Brenda Griffin Phone: 902-678-4111 E-mail: brenda\_g59@hotmail.com

**CAREGIVING – Lunenburg County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Bridgewater**  
 Address: Drumlin Hills  
 558 Glen Allan, Bridgewater  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the second Thursday of every month from 1:30 pm to 3:30pm at Drumlin Hills. Please call for more information.  
 Contact: Jennifer Briand Phone: 902-521-5592  
 Website: www.caregiversns.org

**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Hubbards**  
 Address: Aspotogan Heritage Trust  
 10 Pte/. Richard Green Lane, Hubbards  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the first Wednesday of every month from 1:30 pm to 3:30pm at Aspotogan Heritage Trust. Please call for more information.  
 Contact: Jennifer Briand Phone: 902-521-5592  
 Website: www.caregiversns.org

**CAREGIVING – Queens County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group - Liverpool**  
 Address: Community Room at Queen’s Place Emera Centre  
 50 Queen’s Place Drive, Liverpool (Exit 19)  
 Objectives: Provide support to anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the second Thursday of every month from 1:00 pm to 3:00pm at the Queen’s Place Emera Centre. Please call for more information.  
 Contact: Jennifer Briand Phone: 902-521-5592  
 Website: www.caregiversns.org

**CAREGIVING – Yarmouth County**

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**CAREGIVING**

Group Type: Support Group  
 Group Name: **Caregiver Support Group – Yarmouth**  
 Address: Yarmouth, NS  
 Objectives: To provide support and education to those who care for a family member or loved one in their homes. The group is facilitated by VON & South West Health.  
 Activities: Group meetings.  
 Meetings: Meetings are held the second Monday of the month from 1:00 pm to 3:00 pm. Meetings take place at the VON office. Please Contact: for more information.  
 Contact: Derrick Babin Phone: 902-742-4512 E-mail: derrick.babin@von.ca

**CELIAC – Halifax County**

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**CELIAC**

Group Type: Self-Help Group  
 Group Name: **Canadian Celiac Association – Halifax**  
 Address: 50 Tacoma Dr., Suite 14, Dartmouth, NS, B2W 3E6  
 Objectives: Increase awareness and provide support relating to celiac disease and dermatitis herpetiformis. For people allergic to gluten in wheat, rye, and barley oats.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the third Thursday of each month at 7:30 pm, Camp Hill Hospital. Open to invited guests and interested persons. No Meetings: in the summer.  
 Contact: Janice Newhook Phone: 902-252-5539 (h)  
 E-mail: celiac.halifax@ns.sympatico.ca  
 Website: www3.ns.sympatico.ca/celiac.halifax

**CHRONIC FATIGUE – Pictou County**

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**CHRONIC FATIGUE**

Group Type: Self-Help Group  
 Group Name: **Fibromyalgia/ Chronic Pain/ Chronic Fatigue Syndrome Pain Support Group – Stellarton**  
 Address: C/O Megan Mackay, 58 Warren Street, New Glasgow, NS B2H 1P2  
 Objectives: Provide support to those affected by any type of chronic pain.  
 Activities: Group meetings.  
 Meetings: Meetings are held on the fourth Wednesday of each month. Please call for more information.  
 Contact: Megan MacKay Phone: 902-755-2337 or 902-759-1082  
 E-mail: megan.m@ns.sympatico.ca

**CHRONIC PAIN – Halifax County**

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**CHRONIC PAIN**

Group Type: Self-Help Group  
 Group Name: **Halifax Chronic Pain Support Group – Halifax**  
 Address: 3601 Joseph Howe Drive, Halifax, NS B3L 4H8  
 Objectives: Provide support to people with chronic pain.  
 Activities: Group meetings.  
 Meetings: Meetings are held the last Monday of the month, at the Atlantic SuperStore Community Room on Joseph Howe Drive from 7:00 pm to 9:00 pm. No membership fees. No scents. All welcome. Please call for more information.  
 Contact #1: Terry Bremner Phone: 902-449-7246 E-mail: tmbremner@eastlink.ca  
 Contact #2: Lauren Devine Email: halifaxpain@gmail.com

**DEPRESSION – Colchester County**

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**DEPRESSION**

Group Type: Self-Help Group  
 Group Name: **Depression & Bipolar Disorder Self-Help Group – Truro**  
 Address: 25 Revere Street, Truro, NS, B2N 5V2 (Canadian Mental health Association)  
 Objectives: To provide support to people living with depression or bipolar disorder.  
 Activities: Group meetings.  
 Meetings: Every Wednesday at 7:00 pm to 8:00 pm (participants are urged to show up on time).  
 Contact: Susan Henderson (CMHA) Phone: 902-895-4211

**DEPRESSION – Halifax County**

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**DEPRESSION**

Group Type: Support Group  
 Group Name: **Laing House Family Support Group – Halifax**  
 Address: 1225 Barrington Street, Halifax, NS,  
 Objectives: Provide peer support and education to family/friends of adolescents and adults who have a mental illness.  
 Activities: Group meetings, guest speakers and education sessions as determined by the needs of the group.  
 Meetings: Meetings are held on the first Monday of each month at 7:00 pm at Laing House, 1225 Barrington Street Halifax.  
 Contact: Dani Himmelman Phone: 902-826-2241  
 E-mail: dhimmelman@eastlink.ca

**DEPRESSION**

Group Type: Self-Help Group  
 Group Name: **Emotions Anonymous – Dartmouth**  
 Objectives: Provide peer support in dealing with depression, anxiety and anger, as well as anyone experiencing suicidal thoughts and tendency. Help people find peace of mind coping with everyday life.  
 Activities: Group meetings, annual round up with other 12-step groups.  
 Meetings: Meetings are held in the Board Room of the Dartmouth General Hospital, 325 Pleasant Street, and every Saturday from 10:00am to 12:00 pm from April to November and 1:00 pm to 3:00 pm from December to March.



Contact: Barb L Phone: 902-866-2523  
 Website: www.emotionsanonymous.org

**DEPRESSION**

Group Type: Self-Help Group  
 Group Name: **Upstairs Kitchen Club – Halifax**  
 Address: 7071 Bayers Road, room 105, Halifax, NS  
 Objectives: To provide peer support for people experiencing depression, or anxiety and depression, and to share new ways of coping.  
 Activities: Group meetings, guest speakers.  
 Meetings: Meetings are held every Tuesday from 7:00 to 9:00 pm at Community Mental Health at Bayers Road in Halifax.  
 Contact: Jim Malone Phone: 902-471-1422  
 E-mail: jmalone@eastlink.ca

**DISABILITIES – Colchester County**

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**DISABILITIES**

Group Type: Support Group  
 Group Name: **Disabled Consumers Society – Able Transit – Truro**  
 Address: PO Box 1794, Truro, NS, B2N 5Z5  
 Objectives: Provide advocacy and transportation to persons with disabilities.  
 Activities: Group meetings.  
 Meetings: Meetings are held the third Wednesday of each month at 1:30 pm at 773 Prince Street. Please call for more information.  
 Contact: Staff Phone: 902-895-2110

**DISABILITIES – Pictou County**

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**DISABILITIES**

Group Type: Support Group  
 Group Name: **Pictou County Injured Workers Association – New Glasgow**  
 Address: 142 Provo Street, New Glasgow, NS, B2H 2P7  
 Objectives: Change the current system of administrative abuse, and to advocate for legislation to recognize traditional principles. To ensure no unnecessary suffering on the part of the already injured worker.  
 Activities: Meetings, advocating and supporting injured workers.  
 Meetings: Meetings are held the first Tuesday of each month at 7:30 pm at Saint John Parish Hall in New Glasgow. Note: Winter meetings start at 7:00pm.

Contact: Mary Lloyd Phone: 902-695-7249  
Contact: Larry Maloney Phone: 902-695-7249  
E-mail: pciwa@eastlink.ca

## DIVORCE/SEPARATION/WIDOWED – Halifax County

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### **DIVORCE/SEPARATION**

Group Type: Support Group  
Group Name: Divorce Care  
Address: St. Timothy's Church, 2320 Prospect Road, Hatchet Lake, NS  
Objectives: Provide information and support to those experiencing difficulty following a divorce or separation. Help members find hope, help and healing.  
Activities: Weekly seminars and support group meetings  
Meetings: Meetings are held every Tuesday at 7-9 pm, at St Timothy's Church, Hatchet Lake.  
Contact: Phone: 902-852-4580

## DOWN SYNDROME – Cape Breton County

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### **DOWN SYNDROME**

Group Type: Support Group  
Group Name: **Down Syndrome Society – Sydney**  
Address: 29 Gunn Street, Sydney, NS, B1N 2L2  
Objectives: Provide support to members, promote public awareness, education for the community.  
Activities: Group meetings.  
Meetings: Meetings are held on the first Wednesday of the month at 7:00 pm at Sobeys Community Room on Prince Street. No Meetings: in January, July, or August. Please call for more information.  
Contact: lynnlevatte@bellaliant.net  
Website: www.cdss.ca

## EATING DISORDERS – Halifax County

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### **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Overeaters Anonymous – Hammonds Plains**  
Address: Cornerstone Wesleyan Church, 1215 Hammonds Plains Road.  
Objectives: Provide support for people who experience compulsive eating.

Activities: Groups meetings.  
Meetings: Meetings are held every Tuesday at 10:00am. Please call for more information.  
Contact: Vivian Phone: 902-240-1241  
Website: www.oa.org  
E-mail: vivkore@gmail.com

## **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Overeaters Anonymous – Dartmouth**  
Address: 2 Circassion Dr., Anglican Church of Saint Andrew, Cole Harbour, NS  
Objectives: Support those who overeat.  
Activities: Weekly Meetings.  
Meetings: Meetings are held every Monday at 7:00 pm. Please call for more information.  
Contact: Dianna Gravel Phone: 902-462-5241 (h) or 902-225-6012 (c)  
E-mail: diannagravel@yahoo.ca

## **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Family Support for Eating Disorders – Halifax**  
Address: Halifax, NS  
Objectives: Provide support to parents of children who have an eating disorder.  
Activities: Monthly meetings.  
Meetings: Meetings are held at the Sobeys on Windsor Street, on the last Monday of each month at 6:30 pm. Please call for more information.  
Contact: Kelly Peckham Phone: 902-488-5008

## **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Overeaters Anonymous – Halifax**  
Address: 2668 Joseph Howe Drive Saint James Church Hall (Armdale Rotary), Halifax  
Objectives: Provide support for people who experience compulsive eating.  
Activities: Groups meetings.  
Meetings: Meetings are held every Thursday at 7:00 pm. Please call for more information.  
Contact: Tobi Phone: 902-405-0968  
Website: www.oa.org

## **EATING DISORDERS – Kings County**

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## **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Overeaters Anonymous – Wolfville**  
Address: Wolfville United Baptist Church, 487 Main Street & Highland Avenue  
Objectives: Provide support for people who experience compulsive eating.  
Activities: Groups meetings.  
Meetings: Meetings are held every Friday at 10:30am. Please call for more information  
Please call for more information.  
Contact: Pete Phone: 902-542-9710  
Website: [www.aa.org](http://www.aa.org)

## EATING DISORDERS – Yarmouth County

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### **EATING DISORDERS**

Group Type: Self-Help Group  
Group Name: **Overeaters Anonymous – Yarmouth**  
Address: 25 Beacon Street  
Objectives: Provide support for people who experience compulsive overeating.  
Activities: Group meetings.  
Meetings: Meetings are held on Mondays at 7:00 pm at Beacon United Church.  
Contact: Sandra Phone: 902-648-0462 Website: [www.aa.org](http://www.aa.org)

## EHLERS-DANLOS SYNDROME – Halifax County

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### **EHLERS-DANLOS SYNDROME**

Group Type: Self-Help Group  
Group Name: **Atlantic Ehlers-Danlos Syndrome Society**  
Address: Halifax, NS  
Objectives: Atlantic Ehlers-Danlos Syndrome Society is a peer-based support group located in Halifax serving Nova Scotians living with Ehlers-Danlos Syndrome.  
Activities: Monthly peer support meetings.  
Meetings: Once per month on Saturdays at the IWK Health Centre. Please email for more information.  
Contact: Nicki Himmelman or Tanya Brown E-mail: [atlanticedssociety@hotmail.com](mailto:atlanticedssociety@hotmail.com)  
Website: [www.atlanticedssociety.ca/](http://www.atlanticedssociety.ca/)

## ENVIRONMENTAL ILLNESS – Halifax County

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### **ENVIRONMENTAL ILLNESS**

Group Type: Support Group  
Group Name: **(C.U.S.P.) Community for Ultra Sensitive People – Halifax**  
Address: Planet Organic, 6485 Quinpool Rd., Halifax

Objectives: To offer support for those of us dealing with an invisible disability and the myriad of issues involved.

Activities: To be announced

Meetings: Meetings are presently being held upstairs at Planet Organic on Quinpool Road from 7pm to 8:30 pm on the third Wednesday of each month. Please email for more information.

Contact: Mickie Burton Phone: 902-543-0207 E-mail: micki37@hotmail.com

## FAMILY & PARENTING – Antigonish County

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### **FAMILY & PARENTING**

Group Type: Support Group

Group Name: **Antigonish Guysborough Early Childhood Intervention Program – Antigonish**

Address: 25 Bay Street, Antigonish, NS, B2G 2G5

Objectives: Provide early intervention for children from birth to school age who are developmentally delayed or at risk of becoming developmentally delayed, and support to their families.

Activities: “The Parenting Journey” supports families facing children and youth behavioural challenges, ages 3-18. Home visits, toys and resource materials, parent support sessions, play groups.

Meetings: Please call for more information.

Contact: Barb Shea Phone: 902-863-2298 E-mail: info@agecip.ca

Website: [www.nsnet.org/antigonish](http://www.nsnet.org/antigonish)

## FAMILY & PARENTING – Digby County

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### **FAMILY & PARENTING**

Group Type: Self-Help Group

Group Name: **Digby County Family Resource Centre – Digby**

Address: Digby, NS

Objectives: To offer supports and services for children in Digby County.

Activities: School readiness program (ages 3-5) in Tri-County schools. Africentric school readiness program, pre- and post- natal nutrition, parenting education, support and advocacy for participants.

Meetings: Mothers United Parents Group- fathers welcome. Older mothers act as “buddies” to younger mothers. Meetings are held at Little River Baptist Church on Thursday, from 10am to 12pm and at the Digby County Family Resource Centre on Fridays from 10am to 12pm.

Contact: Patricia Ryan Phone: 902-245-6464 E-mail: dcfrc@ns.sympatico.ca

## FAMILY & PARENTING – Halifax County

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**FAMILY & PARENTING**

Group Type: Support Group  
 Group Name: **Laing House Family Support Group – Halifax**  
 Address: 1225 Barrington Street, Halifax, NS,  
 Objectives: Provide peer support and education to family/friends of adolescents and adults who have a mental illness.  
 Activities: Group meetings, guest speakers and education sessions as determined by the needs of the group.  
 Meetings: Meetings are held on the first Monday of each month at 7:00 pm at Laing House, 1225 Barrington Street Halifax.  
 Contact: Dani Himmelman Phone: 902-826-2241  
 E-mail: dhimmelman@eastlink.ca

**HEART & STROKE – Halifax County**

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**HEART & STROKE**

Group Type: Self-Help Group  
 Group Name: **Dartmouth Stroke Support Club – Dartmouth**  
 Address: Findlay Community Centre, Dartmouth, NS  
 Objectives: Provide support for anyone who has had a stroke or anyone with a disability.  
 Activities: Fellowship, Physiotherapy and active participation.  
 Meetings: Meetings are held on Wednesdays 1:00 pm to 3:30 pm from September to June (\$20.00 a year, no age limit or range.)  
 Contact: Tony Dubois Phone: 902-435-6407

**HEART & STROKE – Pictou County**

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**HEART & STROKE**

Group Type: Support Group  
 Group Name: **Cardiac Rehabilitation Group**  
 Address: Pictou County, NS  
 Objectives: 12 week medically supervised exercise program for survivors of heart disease.  
 Meetings: Meetings are held at the New Glasgow YMCA on Tuesdays and Thursdays. Referral is required.  
 Contact: ICU Ward Clerk Phone: 902-752-7600 (Ext. 2150)

**HEART & STROKE**

Group Type: Support Group

Group Name: **Cardiac Support Group**  
Address: Pictou County, NS  
Objectives: Provide support and education to survivors and their partners living with heart disease. Focus on education and optimizing cardiac health.  
Activities: Group meetings, information sharing.  
Meetings: Meetings are held on the second Thursday at 7:00 pm at the UCT Building. Please call for more information.  
Contact: ICU Clerk Phone: 902-752-7600 (Ext. 2150)

## HEART & STROKE – Victoria County

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### HEART & STROKE

Group Type: Self-Help Group  
Group Name: **Cheticamp Heart Support Group – Cheticamp**  
Address: PO Box 425, Cheticamp, NS, B0E 1H0  
Objectives: Provide peer support for persons who have had a heart attack or have heart disease.  
Activities: Provide social support, fellowship, education and exercise with doctors and dieticians. Visit patients in hospital or home.  
Meetings: Meetings are held on the second Wednesday of each month at the Sacred Heart Hospital from 10:30am to 1:00 pm. No meetings are held during the months of January, February and March due to weather.  
Contact: Marie Adele MacPhee Phone: 902-224-3838

## MENTAL HEALTH – Annapolis County

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### MENTAL HEALTH

Group Type: Support Group  
Group Name: **Annapolis County Canadian Mental Health Association Mental Health Support Group – Bridgetown**  
Address: Bridgetown, NS  
Objectives: Provide support to those living with a mental health issue and their friends and family.  
Activities: Group meetings.  
Meetings: Meetings are every Wednesday morning at 10 am. Please Contact: Dawn for more information.  
Contact: Orris Orlando Phone: 902-665-2405 E-mail: orris.orlando@eastlink.ca

## MENTAL HEALTH – Cape Breton County

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**MENTAL HEALTH**

Group Type: Self-Help Group  
 Group Name: **Town House Community Friends – Glace Bay**  
 Address: 150 Commercial Street, Glace Bay, NS, B1A 3C1  
 Objectives: Community Friends is a social group of people who may have limited opportunities for social Activities: due to emotional or other illnesses.  
 Activities: The group meets weekly throughout the year for Activities: such as bowling, darts, crafts, music and guest speakers.  
 Meetings: Meetings are held on Mondays at 1:30 pm, not running in July and August. Please call for more information.  
 Contact: Office Phone: 902-849-2449  
 Website: www.townhousegb.ca

**MENTAL HEALTH – Halifax County**

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**MENTAL HEALTH**

Group Type: Self-Help Group  
 Group Name: **Recovery to Discovery Peer Support Group Meetings – Halifax**  
 Address: The Superstore Community Room, 1075 Barrington Street, Halifax, Nova Scotia  
 Objectives: The From Recovery to Discovery Peer Support Group is open to anyone affected by mental illness, either directly or indirectly.  
 Activities: Meeting involves an interactive presentation on topics of interest to the group in the first hour, and a group discussion during the second hour. Please call for more information.  
 Meetings: Every Thursday Evening from 6:30 pm to 8:30 pm. Meetings are held at The Superstore Community Room, 1075 Barrington Street, Halifax, Nova Scotia  
 Contact: Schizophrenia Society of Nova Scotia  
 Phone: 902-465-2601 or 1-800-465-2601  
 E-mail: ssns@ns.sympatico.ca  
 Website: www.ssns.ca  
 Contact: Healthy Minds Cooperative Phone: 404-3504  
 E-Mail: healthyminds@eastlink.ca



Website: [www.healthyminds.ca](http://www.healthyminds.ca)

## MENTAL HEALTH – Lunenburg County

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### **MENTAL HEALTH**

Group Type: Support Group  
Group Name: **Changing Rhythms for Mental Health Association – Bridgewater**  
Address: Bridgewater, NS  
Objectives: A Drop-In for persons living with Mental Health issues  
Activities: Movie day, open group, community outings, education sessions.  
Meetings: Every Monday 3pm-5pm, 2nd floor, 197 Dufferin Street, Dawson Centre, Bridgewater, NS  
Contact: Shane Brown Phone: 902-543-4604 Ext. 2322

## MENTAL HEALTH – FAMILY SUPPORT – Halifax County

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### **MENTAL HEALTH – FAMILY SUPPORT**

Group Type: Support Group  
Group Name: **Laing House Family Support Group – Halifax**  
Address: 1225 Barrington Street, Halifax, NS, B3J 1Y2  
Objectives: To provide peer support and education to family/friends of adolescents and young adults up to the age of 30 who have a mental illness.  
Activities: Group meetings, guest- speakers and education sessions as determined by the needs of the group.  
Meetings: Meetings are held on the first Monday evening of each month (not running in July and August) at 7:00 pm at Laing House, 1225 Barrington Street Halifax.  
Contact: Dani-Sue Himmelman, Parent Facilitator Phone: 902-826-2241  
E-mail: [dhimmelman@eastlink.ca](mailto:dhimmelman@eastlink.ca)

## MENTAL HEALTH – FAMILY SUPPORT – Kings County

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## **MENTAL HEALTH – FAMILY SUPPORT**

Group Type: Self-Help Group  
Group Name: **Schizophrenia Society of Nova Scotia: Support for Family & Friends of Persons Living With a Serious Mental Illness**  
Address: Evangeline Club 130 Commercial Street, Berwick, Nova Scotia  
Objectives: Support families and friends of persons living with a serious mental illness.  
Activities: Group meetings.  
Meetings: Meetings held on the second Monday of each month from 7:00 pm to 9:00 pm, except statutory holidays. Meetings are not held during July and August.  
Contact: Schizophrenia Society of Nova Scotia Phone: 1-800-465-2601  
Contact: Dr. Roger Cann Phone: 902-681-2448 E-Mail: rcann@eastlink.ca  
Website: <http://ssnsc.blogspot.ca/p/new-minas-support-for-family-and.html>

## **MULTIPLE SCLEROSIS – Cape Breton County**

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### **MULTIPLE SCLEROSIS**

Group Type: Self-Help Group  
Group Name: **“Multiple Sclerosis Self-Help Group” - Sydney**  
Address: Bethel Presbyterian Church, 73 French Street, Sydney, NS, B1N 1Y6  
Objectives: To provide a casual atmosphere to share and receive support based on experiences, thoughts, and feelings on a variety of topics of importance, all directed toward an improved quality of life.  
Activities: Group discussion for anyone with MS, or those awaiting diagnosis, along with their family and friends.  
Meetings: The first or second Thursday of each month from 7:00pm to 8:00pm. Please call for more information. No meetings in July & August.  
Contact: David C MacKinnon Phone: 902-562-5546  
E-mail: davidcmackinnon@hotmail.com  
Contact: Janet MacDonald Phone: 902-270-5341

**MULTIPLE SCLEROSIS – Halifax County**

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**MULTIPLE SCLEROSIS**

Group Type: Self-Help Group  
 Group Name: **“Dartmouth Breakfast Club” – Dartmouth**  
 Address: Steak and Stein, 620 Portland Street, Dartmouth  
 Objectives: To provide an opportunity for persons with MS, or those awaiting a diagnoses, along with their family and friends, to meet in an atmosphere of fun and collegiality, to engage in casual conversation, and provide support for one another.  
 Activities: As well as the monthly breakfast, Mary Beth occasionally coordinates outings to the movies.  
 Meetings: The group meets the last Tuesday of every month at 10:00am for approximately two hours. Please call for more information.  
 Contact: Mary Beth Fall Phone: 464-1376 E-mail: lisa\_fall@hotmail.com

**MULTIPLE SCLEROSIS**

Group Type: Self-Help Group  
 Group Name: **“Peer Support” – Dartmouth**  
 Address: East Dartmouth Community Health Team, 58 Tacoma Drive, Dartmouth  
 Objectives: To provide a causal atmosphere for helping each other navigate a world having many challenges from living with MS, while also providing an opportunity for some fun and laughter, all directed toward an improved quality of life.  
 Activities: Group discussion for anyone with MS, or those awaiting diagnoses, along with their friends and family. Everybody is invited to share their experiences, ask questions, and communicate new information. Sometimes there are treats!  
 Meetings: The third Friday of each month from 1:00 pm to 3:00 pm. Please call for more information.  
 Contact: Dorothyanne Brown Phone: 431- 5546 E-mail: dorothyanneb@gmail.com  
 Contact: Paul Martin Phone: 462-1783 E-mail: paulmms@eastlink.ca  
 Website: [www.mssociety.ca/atlantic/default.htm](http://www.mssociety.ca/atlantic/default.htm)

**MULTIPLE SCLEROSIS**

Group Type: Self-Help Group

Group Name: **“Hopeful” Solutions – Halifax**  
 Address: Saint Vincent's Nursing Home, Windsor Room, 2080 Windsor Street, Halifax, NS  
 Objectives: Informal gathering of all adult persons confirmed as having MS or are waiting for a diagnosis with respect to MS. Sharing strengths, skills, insights, hopes & successes, solutions to challenges and concerns. Opportunity to experience success and hope for a happy productive future & an improved quality of life, living with Multiple Sclerosis.  
 Activities: Group discussions, group dinners 3<sup>rd</sup> Tuesdays in June & December, massage therapy clinic days.  
 Meetings: This is an open group, adult persons – family, spouses, partners, friends all welcome. Meetings take place the first and third Tuesdays of the month (except in July and August) at Saint Vincent's Nursing Home, 2080 Windsor Street Halifax 7:00 pm to 9:00 pm, in the Windsor Room.  
 Contact: Theresa Denham Phone: 902-883-3749  
 E-mail: tdenham@ns.sympatico.ca  
 Website: www.mssociety.ca/atlantic/default.htm

**MULTIPLE SCLEROSIS – Lunenburg County**

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**MULTIPLE SCLEROSIS**

Group Type: Self-Help Group  
 Group Name: **Multiple Sclerosis Self-Help Group – Bridgewater**  
 Address: Bridgewater, NS  
 Objectives: Provide support and information to individuals living with Multiple Sclerosis.  
 Activities: Group meetings, guest speakers.  
 Meetings: Meetings are held at 11 am the third Thursday of every month except in December, July and August at Open Bible Church, 310 Jubilee Rd., Bridgewater, NS, B4V 2A8. Please call for more information.  
 Contact: Sharyn Hennigar Phone: 902-543-2083  
 E-mail: mshennigar@eastlink.ca  
 Contact: Lisa Williams Phone: 902-543-9708  
 E-mail: lisawilliams@eastlink.ca  
 Website: www.mssociety.ca/atlantic/default.htm

**MUSCULAR DYSTROPHY – Pictou County**

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**MUSCULAR DYSTROPHY**

Group Type: Support Group  
 Group Name: **Sunrise Trail Chapter – New Glasgow**  
 Address: 3161 Shore Road, Lower Barneys River, Pictou County, New Glasgow, NS  
 Objectives: Provide mutual support for people living with Muscular Dystrophy from Amherst to Guysborough.  
 Activities: One-on-one support, social activities.  
 Meetings: Please call for more information.  
 Contact: Jim McNeil Phone: 902-926-2007  
 E-mail: jj.m@bellaliant.net  
 Contact: Fred Popowich Phone: 902-752-8897

**OSTOMY – Cape Breton County**

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**OSTOMY**

Group Type: Support Group  
 Group Name: **Ostomy Association of Cape Breton – Sydney**  
 Address: Sydney, NS  
 Objectives: Provide information and support to people living with ostomies, and their families, to live full and productive lives.  
 Activities: Monthly meetings and speakers, round table discussions, social evening after each meeting. In-services at various hospitals and panels, 3-4 meetings with second year students and nurses. Also annual Awareness Day for Ostomates. Travel outside Cape Breton.  
 Meetings: Meetings are held on the second Wednesday of each month at hospitals in Sydney, New Waterford, Glace Bay and North Sydney. Membership fee \$25 per year. Please call for more information.  
 Contact: Katherine MacIntyre Phone: 902-849-4700

**OSTOMY – Halifax County**

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**OSTOMY**

Group Type: Self-Help Group  
Group Name: **Ostomy Halifax**  
Address: PO Box 876, Halifax, NS, B3K 5M2  
Objectives: Provide information and support to people living with ostomies (diversion of the bowel or bladder) and their families, to live full and productive lives.  
Activities: Group meetings, guest speakers, hospital visits, conferences, monthly newsletter, website, magazine subscription, member discounts for supplies.  
Meetings: Meetings are held on the first Sunday of each month August.  
Contact: Ed Tummers Phone: 902-473-0414 E-mail: [ostomyhalifax@bellaliant.net](mailto:ostomyhalifax@bellaliant.net)  
Website: [www.ostomycanada.ca](http://www.ostomycanada.ca)

## PARKINSON – Cape Breton County

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### **PARKINSON**

Group Type: Self-Help Group  
Group Name: **Parkinson Foundation Support Group – Sydney**  
Address: 61 Macguire Drive, Sydney, NS, B1P 3E2  
Objectives: Provide support and information to people with the disease and their families and caregivers.  
Activities: Monthly meetings, speakers, socials.  
Meetings: No Meetings in January and February. Please call for more information.  
Contact: Mary Langlois Phone: 902-539-8592

## PROSTITUTION – Halifax County

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### **PROSTITUTION**

Group Type: Self-Help Group  
Group Name: **Freedom and Empowerment for Women – Halifax**  
Address: 5511 Cornwallis Street, Halifax, NS  
Objectives: Provide support to women who have been involved in prostitution and would like to change their lifestyle.  
Activities: Group meetings and peer support.  
Meetings: Meetings are held every Tuesday from 10:00am to 11:00am at Mainline Needle Exchange in Halifax. Please call for more information.  
Contact: Kathy Boudreau Phone: 902-423-9991 or 902-877-2959

## SCHIZOPHRENIA – Halifax County

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**SCHIZOPHRENIA**

Group Type: Self-Help Group  
 Group Name: **Recovery to Discovery Peer Support Group Meetings – Halifax**  
 Address: The Superstore Community Room, 1075 Barrington Street, Halifax, Nova Scotia  
 Objectives: The From Recovery to Discovery Peer Support Group is open to anyone affected by mental illness, either directly or indirectly.  
 Activities: Meeting involves an interactive presentation on topics of interest to the group in the first hour, and a group discussion during the second hour. Please call for more information.  
 Meetings: Every Thursday Evening from 6:30 pm to 8:30 pm.  
 Contact: Schizophrenia Society of Nova Scotia  
 Phone: 902-465-2601 Toll-Free: 1-800-465-2601  
 E-mail: [ssns@ns.sympatico.ca](mailto:ssns@ns.sympatico.ca) Website: [www.ssns.ca](http://www.ssns.ca)  
 Contact: Healthy Minds Cooperative Phone: 404-3504  
 E-mail: [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca) Website: [www.healthyminds.ca](http://www.healthyminds.ca)

**SCHIZOPHRENIA – Pictou County**

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**SCHIZOPHRENIA**

Group Type: Support Group  
 Group Name: **Pictou County Support & Education Group Meeting – Pictou**  
 Address: Nova Scotia Community College, Stellarton  
 Objectives: Our mission is to improve the quality of life for those affected by Schizophrenia and psychosis through education, support programs, public policy, and research.  
 Activities: A new Support and Education Group for those affected by Schizophrenia or another serious mental disorder. Family members, caregivers, friends and those with lived experience of mental illness are welcome to attend.  
 Meetings: Meets on the second Tuesday of every month (except July & August) at the Nova Scotia Community College in Stellarton. Room B120 (back entrance) 39 Acadia Avenue, Stellarton, Nova Scotia  
 Contact: Schizophrenia Society of Nova Scotia  
 Phone: 1-800-465-2601  
 E-mail: [ssns@ns.sympatico.ca](mailto:ssns@ns.sympatico.ca) Website: [www.ssns.ca](http://www.ssns.ca)

**SCLERODERMA – Halifax County**

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**SCLERODERMA**

Group Type: Self-Help Group  
Group Name: **Scleroderma Support Group of Nova Scotia – Halifax**  
Address: Halifax Arthritis Society, Suite 210, 3770 Kempt Road, Halifax, NS, B3K 4X8  
Objectives: Provide emotional support and education on the disease to people affected, family members, care-givers, friends, health care students and health care professionals.  
Activities: Peer-led group meetings, social and special activities, guest speakers, mind, body, spirit and environmental health focus of disease management. Lupus patients and their family and friends are also welcome to attend our patient support group meetings and participate in our various activities.  
Meetings: Please call for more information.  
Contact: Mary Beth Clark Phone: 902-423-3942  
Contact: Halifax Arthritis Society Phone: 902-429-7025  
E-mail: maryelizabethclark@yahoo.ca  
Website: www.scleroderma.ca



**SUICIDE – Halifax County**

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**SUICIDE**

Group Type: Support Group  
Group Name: **Survivors of Suicide (SOS) – Halifax**  
Address: 57 Cannon Crescent, Eastern Passage, NS, B3G 1E9  
Objectives: Support for survivors of suicide loss.  
Activities: Group meetings, open discussions regarding the loss of a loved one.  
Meetings: Meetings on the second Wednesday of each month at Saint Andrew’s Church Hall on the corner of Coburg and Robie Streets (6036 Coburg Road) in Halifax. Meeting time 7:30 pm until 9:00pm.  
Contact: George Tomie Phone: 902-445-0860 E-mail: george.tomie@yahoo.ca  
Contact: Margaret Tousigmant Phone: 902-826-2658  
Website: www.sos-novascotia.com Fax: 902-835-8603

**WEIGHT LOSS – Halifax County**

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**WEIGHT LOSS**

Group Type: Support Group  
Group Name: **Weight Loss Support Group of Nova Scotia – Halifax**  
Address: Halifax, NS  
Objectives: Support people who have received, or are waiting to receive, bariatric surgery.  
Meetings: Contact directly or referral by Bariatric Program.  
Contact: Erin Desmond Phone: 902-229-5237 (call or text)  
E-mail: erincxdesmond@gmail.com