





THROUGH Our Eyes

Supporting Youth Independence

INTRODUCTION:

Hey You!

We're writing this because we want you to know what our experience has been putting this guide together. As youth, we've each had our share of troubles. Some troubles we shared and some were different for each of us, but all our troubles relate to what we've done here.

There have been times when each of us had been exhausted, mentally and physically. There have been times when we were frustrated, or bummed out, and times when we just rocked out and had fun.

While doing interviews in Lunenburg and Queens County, we got to meet some people who may support you one day. We learned how these folks help youth every day in their work. This has been an amazing and, at times, tough experience.

You'll find information on education, health and finance in this guide. We hope these contacts, tips and resources helps you become a more independent youth!

We thank each other, Brian, Adrianna, Isabelle, Jason, Danielle and our wonderful cook Selah (and her helper Marie-Grace), for organizing, feeding and bringing us together.

Cheers,
The Lunenburg/Queens County Youth Team
Fall 2008

PS- this is a "for youth and by youth" created document. If there are any omissions or inaccurate information, please contact the Department of Community Services at 902- 543-5527. You can also contact them to get more copies of this booklet!

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Do not follow where the path may lead. Go instead where there is no path and leave a trail. (Harold R. McAlindon)

EDUCATION



Education is not just about sitting down in a classroom or reading a textbook. It's anything at all that shows you something new, whether that is by playing a game, going to university, college or traveling.

POST-SECONDARY INSTITUTIONS IN NOVA SCOTIA

Thinking about what's next in your life after high school? Want to continue learning in a school setting? Check out these post-secondary institutions, located right here in your very own province!

Acadia Divinity College: Wolfville, NS

About: One of Canada's top seminary schools.

Apply: http://adc.acadiau.ca/prospective_students/how_to_apply/

Phone: (902) 585-2210

Fax: (902) 585-2233

Email: adcinfo@acadiau.ca

Acadia University: Wolfville, NS

About: Acadia's average class-size is only 26 students, which creates an intimate learning environment.

Apply: <https://acadia4u.acadiau.ca/acadia/apply/index.do>

Phone: (902) 585-2201

When a child dreams, it's just a dream. When we all dream it will become our reality! (Unknown)



Atlantic School of Theology: Halifax, NS

About: An ecumenical school of theology and Christian ministry.
Apply: <http://astheology.ns.ca/futureASTApplicationForms.html>
Phone: (902) 423-5592
Fax: (902) 492-4048
Email: <http://astheology.ns.ca/forms/contactform.php?whoto=Academic%20Office>

Cape Breton University: Sydney, NS

About: Ranked highest in student satisfaction in Canada in 2006.
Apply: http://www.cbu.ca/cbu/_main/default_main.asp?topic=others&menu=future_students&id=apply
Phone: (902) 563-1136
Fax: (902) 563-1941
Email: welcome@cbu.ca

Dalhousie University: Halifax, NS

About: Has a wide range of academic studies available with internationally known faculty.
Apply: https://dalonline.dal.ca/PROD/bwskalog.P_DisplLoginNon
Phone: (902) 494-2450
Fax: (902) 494-1630
Email: Admissions@Dal.Ca

Mount St. Vincent University: Halifax, NS

About: A small university with a global outlook.
Apply: <http://www.msvu.ca/apply/applyonline/index.asp>
Phone: (902) 457-6117
Email: admissions@msvu.ca

Nova Scotia Agricultural College: Truro, NS

About: Internationally respected teaching and research institution.
Apply: <http://nsac.ca/reg/>

*Never doubt
that a small group
of thoughtful,
committed citizens
can change the
world. Indeed,
it is the only thing
that
ever has.
(Margaret Mead)*

*What matters
most is how you
see yourself.
(Unknown)*



how_to_apply.asp
Phone: (902) 893-6600
Email: webmaster@nsac.ca

Nova Scotia Community College: across NS

About: Training ground for skilled workers and trades.
Apply: http://www.nsccl.ca/Admissions/How_To_Apply.asp
Phone: (902) 491-4911
Fax: (902) 491-3514
Email: admissions@nsccl.ca

Check It Out: Women's Unlimited Program, an introduction to women in trades and technology. Visit www.weesociety.ca, call 1-877-527-1053 or email at jeannie.eisnor@nsccl.ca.

NSCAD University: Halifax, NS

(formerly Nova Scotia College of Art and Design)
About: One of Canada's oldest independent cultural institutions.
Apply: <http://www.nscad.ns.ca/study/index.php>
Phone: (902) 444 9600
Fax: (902) 425 2420
Email: registrar@nscad.ca or admissions@nscad.ca

St. Mary's University: Halifax, NS

About: Offers a student centred learning environment.
Apply: http://www.smu.ca/web_applications/
Phone: (902) 420-5400
Email: public.affairs@smu.ca

Université Sainte-Anne: Pointe-de-l'Église, NS

About: Nova Scotia's francophone university.
Apply: <http://www.usainteanne.ca/>
Phone: 1-888-338-8337
Email: admission@usainteanne.ca

University of King's College: Halifax, NS

About: Journalism school associated with Dalhousie.
Apply: http://www.ukings.ca/kings_2916.html
Email: http://www.ukings.ca/kings_3556.html



St. Francis Xavier University: Antigonish, NS

About: Mainly undergraduate school.

Apply: <http://www.stfx.ca/prospective/apply/>

Phone: (902) 867-2219

Fax: (902) 867-2329

Email: admit@stfx.ca

➔ Free Tip: You should plan ahead when thinking of applying to a college or university! Most universities and colleges request that you apply almost **a year** before your program starts.

LOCAL ALTERNATE EDUCATION PROGRAMS:

Not sure if university or college is for you, but you still want to learn some new things? Check out these local, national and international alternate education programs, where you get to learn new things outside the classroom.

Cadets

For youth 12-18 years. The programs are free.

Visit: www.cadets.ca

Phone: (902) 543-9247

4-H

A nation wide program dedicated to the development of young people to help them become responsible members of society.

Phone: (902) 543-1751 Hill n' Dale 4-H Club

Phone: (902)543-0616 Lunenburg County 4-H Council

Duke of Edinburgh's Award

Young Canadians Challenge for young people 14-25 years

Visit: www.dukeofed.org

Phone: (902) 425-5454 or (902) 237-4103

Girl Guides of Canada

South Shore Guiding Community

Visit: www.girlguides.ns.ca

Phone: (902) 543-6244 or 1-800-565- 8111

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HeartWood Centre for Community Youth Development

Visit: www.heartwood.ns.ca

Phone: (902) 444-5885



Junior Achievement of Nova Scotia

Visit: www.janovascotia.org

Phone: (902) 454-4564

Nova Scotia Sea School

Most of their programs are for youth between the ages of 14 to 18

Visit: www.seaschool.org

Phone: (902) 423-7284

Nova Scotia Outdoor Leadership Development program

This program is for people who enjoy the outdoors, for ages 17 and up.

Visit: www.gov.ns.ca/ohp/physicalactivity/nsold.asp

Phone: (902) 424-7589

Email: conradjo@gov.ns.ca

Nova Scotia Secondary Schools Association

A youth-led student association that organizes regional and provincial leadership events.

Visit: www.nsssa.ca

Scouts Canada - Lunenburg Area

Visit: www.scouts.ca

Phone: (902) 624-9537 or 1-888-SCOUTS-NOW

South Shore Work Activity program

Service for people having difficulty finding employment. This is a 12-month program for 18 years old and older.

Visit: www.sswap.ca

Phone: (902) 275-5585

Email: info@sswap.ca

Windhorse Farm: Organic Farming programs

Visit: www.windhorsefarm.org

Phone: (902) 543-6955

Email: jim@windhorsefarm.org

We're all a little weird, and life's a little weird.

*When we find someone, we join up in mutual
weirdness and call it love.*

(Unknown)

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Still want to finish high school, but don't enjoy a large school setting? Check out these alternatives:

Bridgewater Family Support Centre

Provides program for literacy and upgrading.

Phone: (902) 543-1301

*Whether or
not money
should rule
our world is
irrelevant;
it's the
things
money
doesn't rule
which are
relevant.
(Unknown)*

Lunenburg County Adult Learning

A safe and friendly environment to begin your academic upgrading. Program is for adults 19 and older who have been out of school for at least 1 year.

Phone: (902) 543-0488

Email: lcaln@eastlink.ca

South Shore Alternate School

Located in Bridgewater & Liverpool.

Email: ssas@ssrsb.ca

General Education Development (GED):

High School Equivalency Certificate.

Visit: <http://www.gonssal.ca/Adult-Learner/Write-My-GED/index.shtml>

Phone: (902) 424-4227

NATIONAL AND INTERNATIONAL ALTERNATE EDUCATION PROGRAMS:

AFS Intercultural Canada

Quality exchange programs for youth and adults

Visit: www.afscanada.org

AIESEC

World's largest student-run organization.

Visit: www.aiesec.ca

Canada World Youth

International education program. A 7-month program.

Cost: \$2000.00 for 17 to 24 year-olds

Apply: www.cwy-jcm.org

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Live life as the days come. (Unknown)



Canadian Crossroads International

Volunteer cooperative placements and internships

Visit: www.cciorg.ca

Cross-Cultural Solutions

Work side by side with local people and experience another culture.

Visit: www.crossculturalsolutions.org

Engineers Without Borders:

Helping people in developing countries access technologies that will help them improve their lives.

Visit: www.ewb.ca

Global Vision International

Conservation trips and Teaching English as a Foreign Language Courses overseas.

Visit: www.gvi.co.uk/index.asp

Horizon Cosmopolite

Offers international education programs

Visit: www.horizoncosmopolite.com

International Youth Internship Program – CIDA

An employment program for young Canadian post-secondary graduates 19-30 years old.

Visit: www.acdi-cida.gc.ca

Katimavik

Canada's Youth Volunteer Service Program. A 9-month program.

Cost: free, for 17-21 year-olds

Apply: www.katimavik.org

Phone: (902) 492-4321

Email: info@katimavik-atl.org

Netcorps

Four-to-six month overseas internship.

Visit: www.netcorps-cyberjeunes.org

One World Global Education

Experiential learning program.

Visit: www.oneworlded.com

Right to Play

Athlete-driven international humanitarian organization.

Visit: www.righttoplay.com

**DID YOU
KNOW**

Giraffes
have
purple
tongues!

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Uniterra

An international cooperation program to reduce world poverty.

Visit: www.uniterra.org

Volunteer Abroad

Connects motivated people with not-for-profit organizations, communities and government agencies needing assistance around the world.

Visit: www.volunteerabroad.ca

VSO Canada

International development agency that works through volunteers.

Visit: www.vsocan.org

World University Service Canada

Students without borders.

Visit: www.wusc.ca

World Wide Opportunities On Organic Farms:

(WWOOF) There is a small fee that helps maintain the WWOOF organization.

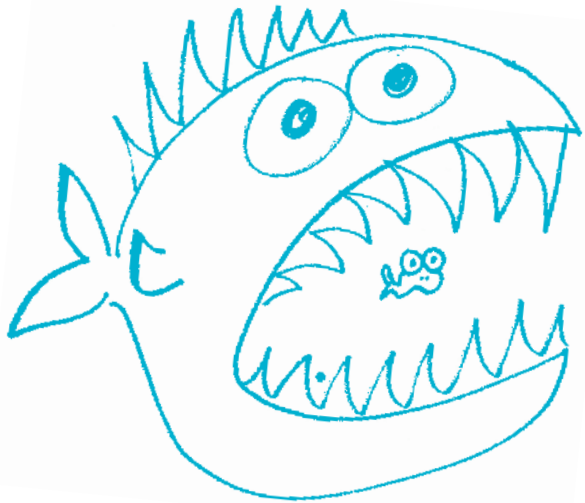
Visit: www.wwof.org

Youth Challenge International

Builds skills and confidence in young people to make positive change.

Visit: www.yci.org

Email: generalinfo@yci.org



SCHOLARSHIPS



→ Free tip: Ask the admissions office of the university or college where you want to attend about scholarships and bursaries they offer and see if any are for you!

Definitions:

- Scholarship: a sum of money granted to a student because of merit.
- Bursary: a sum of money granted to a student in need.
- Tuition: a charge or fee for instructions at a private school, college or university.

Specific government scholarships or websites to check out:

Website database to find scholarships, student awards, bursaries and grants:

Visit: www.scholarshipscanada.com

Canada Access Grant for Students from Low-Income Families – awarded to first-time students from a low-income family in their first year of post-secondary studies.

Visit: http://www.servicecanada.gc.ca/en/goc/access_grant_low_income.shtml

Millennium Scholarship - provides students with opportunities to pursue a post-secondary education.

Visit: www.millenniumscholarships.ca.



Service Canada - services for youth and students.

Visit: www.servicecanada.gc.ca/en/audiences/youth/index.shtml

For African Nova Scotians, check out Nova Scotia's Department of Education African Canadian services at: acs.ednet.ns.ca/scholarships/scholarships-grants

Check out the Black Educators Association at: www.thebea.ns.ca/programs.html

For aboriginal youth living off reserve, you are eligible to apply or receive scholarships and awards. Contact the Director of Education, Spencer Wilmot, at 1-800-565-4372, or email him at: Wilmot@eastlink.ca. For aboriginal youth living on reserve, contact your local band council.

STUDENT LOANS

A student loan is a loan for students attending college or university courses. It covers necessary basics for schooling and living expenses.

Student Assistance Office, NS

Phone: 1-800-565-8420

Visit: ww.studentloans.ednet.ns.ca

RESOURCES FOR HIGH SCHOOL STUDENTS:

Still in high school and want to find out what resources are available? Here are some services available for students:



Gay-Strait Alliance

Lesbian, Gay and Bisexual Youth Project
2281 Brunswick St.
Halifax, NS B3K 2Y9
Phone: (902) 429-5429
Fax: (902) 423-7735
Email: youthproject@youthproject.ns.ca

Guidance Counsellors

Tutoring - Addictions - Conflict Mediation - Advice

Educational support for African Nova Scotians

Offered by the Black Educators Association
Visit: www.thebea.ns.ca

Encounters with Canada

The country's largest youth forum for students
14-17 years old
Visit: www.encounters-rencontres.ca

Skills Trades Explorations Program (STEP)

Check it out at your local high school!

International Baccalaureate Diploma program

(offered at the Parkview Education Center in
Bridgewater)

Alternative Programs for Youth and Families Inc

Providing tutoring in any academic area for children
from primary to Grade 12. Fees apply.
Phone: 1-888-543-1727
Email: apfyf@ns.sympatico.ca

Mariposa Reading Achievement Centre Ltd.

Provides reading programs for youth. Fees apply.
Phone: (902) 543-6243
Visit: www.mariposa-reading.com

South Shore Big Brothers Big Sisters

In-school mentoring, linking adult volunteers with a child
in a school environment. Located at 93 Dufferin St,
Bridgewater.

Visit: www.bigbrothers.bigsisters.ca/southshore
Phone: (902) 543-4435 or (902) 354-5517

DID YOU KNOW

There are approximately 36 million people in the state of California and the population of Canada is approximately 33 million



FINANCES



Finances means money, and money means lots of things. Overall money is a tool and when used right it can bring great success and happiness. However when used wrong, not so much. So, here it is, from us to you, a few tips on how to use money right.

STARTING YOUR OWN BUSINESS

Do what you want, you only live once. (Unknown)

When starting your own business, there are a few steps you have to take. The first step is finding someone to fund your idea! That means they will lend you money for the start-up costs of your business. You will have to pay them back once you're making money. Starting a business is hard but rewarding work. Don't stop if it gets hard.

For students, loans are available at: www.studentsinbusiness.ca

A great place to start is your local employment or business centre.

Check out the one located nearest you:

Acadia Centre for Social & Business Entrepreneurship
Resource Centre (ACSBE)
Suite 108, 215 Dominion St., Bridgewater Nova Scotia
Phone: (902) 543-1067 or 1-877-23-ACSBE
Fax: (902) 543-7042
Website: www.acsbe.com





Black Business Initiative

1575 Brunswick St, Halifax, Nova Scotia, B3J 2G1
Phone: 1-800-668-1010
Email: bbi@bbi.ns.ca
Website: www.bbi.ns.ca

Employment Solutions Society

Gateway Plaza
215 Dominion St, Suite 110, Bridgewater Nova Scotia
Phone: (902) 543-2479
Fax: (902) 543- 0284
Toll free: 1-866-711-0411 (Liverpool location)
Website: www.empsolutions.ca

South Shore Opportunities

Queens County
220 North Street, Economic Centre, Bridgewater Nova Scotia
Phone: (902) 354-2616
Website: www.southshoreops.com

Atlantic Canada Opportunities Agency (ACOA)

220 North St, Bridgewater Nova Scotia
Phone: (902) 541-5543
Website: www.acoa.ca

Chester Grant Career Resource Centre

847 Hwy 12, Chester Grant, Forest Heights Community School
Phone: (902) 275-2708
Email: chestercrc@hotmail.com

BUDGETING

Open a bank account first, if you don't already have one, because it will cost you less to cash a cheque and you won't have to carry a bunch of money.

Free Tip: when shopping around for a bank, make sure you find out about service fees and other charges.



There are four basic ways to buy things: cash, cheque, bankcard (debit) or credit card. If you use a credit card like Visa/Mastercard, you are promising to pay later therefore you pay interest. You are not charged interest if you use cash or a bankcard but some places charge service fees each time you use a card or a cheque.

Some basic budget tips:

1. Pay for the essentials first like rent, utilities and food.
2. Distinguish the difference between wants and needs.
3. Allow for unexpected expenses – save a little extra just in case.
4. To avoid debt, pay with cash or bankcard.
5. Have only one major credit card.
6. If you have debt, arrange to pay it off at an affordable rate every week or so.
7. If you have debt and would like to have someone help you figure out how to pay it off, you can contact Credit Counseling of Atlantic Canada at 1-888-753-2227.

BANKING

Looking for a bank? Do you have other banking needs?

Provincial banks are great but they are standardized. This means that negotiation and small changes don't happen. However Credit Union's are partially owned by the members. This means that you have a say in how things work and you have some control over your personal banking, therefore more flexibility. Your loans and credit needs can be assessed at any bank or at a local credit union. The following two credit unions exist in Lunenburg and Queens County:

LaHave River Credit Union - 29 North Street,
Bridgewater, NS B4V 2V7

New Ross Credit Union - 50 Highway #12, PO Box
69, Chester Basin, NS, B0J 1K0



GETTING A JOB

Looking for a job? Feeling like you have nowhere to turn? This section will help!!

The first thing you need to do to get a job is identify your past skills and experience, and write this up in a cover letter and resume. Here is what should be included in your cover letter:

COVER LETTER

The date
Your name
Address

Employers name
Manager
Company name
Address

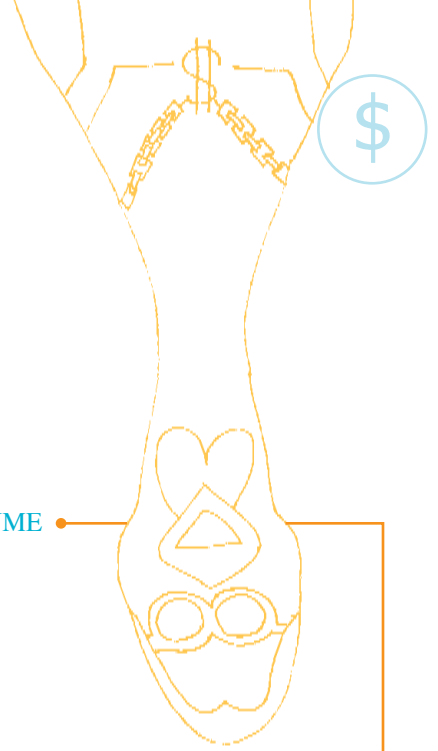
Dear: Employers Name

I am interested in applying for the position of salesperson at the “ ” which was advertised “ on such date”. I am excited by the opportunity because...

I am qualified for this job because...Tell them about yourself and what experiences you have had that have prepared you to do this work. This can include other work experience, volunteer work, education, hobbies, if you are a student etc.

I would enjoy to being a part of your company (or organization), and look forward to discussing the position further. I am available for an interview at any time. I can be reached by telephone at (give them you contact numbers).

Sincerely,
(Sign your name)



Your resume should include the following:

RESUME

Your Name and Last Name
Address
City and town
Postal code
Phone number
Email Address

EMPLOYMENT GOAL:

To gain valuable work experience (add something specific that you hope to gain from this particular job).

RELATED SKILLS AND PERSONAL ATTRIBUTES:

EDUCATION:

INTERESTS:

VOLUNTEER EXPERIENCE:

REFERENCES:

If you never did you should. These things are fun and fun is good. (Dr. Seuss)



WHERE TO FIND A JOB

Here are some useful resources for you!

Visit the job bank at www.jobbank.gc.ca.

Find out about all the government youth employment programs at www.youth.gc.ca.

Or, drop in to visit the Service Canada Youth Service Office at:

77 Dufferin St. Bridgewater NS
Open from May until mid-August.
Phone: (902) 527-5518
Toll Free: 1-800-935-5555

It exists to support your job search!

➔ Free Tip: If you are having trouble with finding employment, don't give up. There is always a way of getting what you want if you want it bad enough.

For aboriginal youth, drop by the Native Council of Nova Scotia and ask about their Aboriginal Peoples Training & Employment Commission (APTEC).

NCNS Liverpool Office
29 Market St, P.O Box 2028,
Liverpool, NS, B0T 1K0
Phone: (902) 354-2751
Website: www.ncns.ca



EXTRA FINANCIAL SUPPORT

Nova Scotia's Employment Support and Income Assistance Program (ESIA) - everyone needs help sometimes. Check it out at www.gov.ns.ca/coms or call at 1-877-424-1177.

GOVERNMENT SERVICES

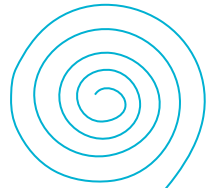
Service Canada offers many services and resources. This is a place where you can find information on social insurance numbers, passports, grants, and other useful tools. Check their website online at www.servicecanada.gc.ca or drop by for a visit at 77 Dufferin St. in Bridgewater.

Helpful hints...

- Lost your health card?
Call MSI at 496-7008 or 1-800-563-8880
- Lost your birth certificate?
Call vital statistics 424-4381 or 1-877-848-2578
- Lost your social insurance card?
Call 1-800-206-7218
- Interested in saving for the future?
Look into Canada savings bonds on www.csb.gc.ca

*When words fail, music speaks.
(Hans Christian Anderson)*





HEALTH

Health is a personal responsibility that includes your financial, physical and mental well-being. All are equally important because...

Health enables education,
Education enables finances,
And finances enables good health.

PERSONAL HEALTH

In this section you can find information about addiction, sexuality, family planning, shelter, mental health, disability support, physical health, and recreation.

If you don't find anything in here that you think applies to you, but you want to talk to someone who can tell you where to go/who to see, visit the Public Health office at 215 Dominion St., Suite 109, Bridgewater, or call them at (902) 543-0850 or (902) 354-1301. If you're not ready to talk, visit one of the South Shore Regional Library locations or their website (www.ssrlibrary.ca) to use their search engine. You can search for books on the topic you need. You can also click on the health link on their homepage to find suggestions for other useful services.





Free Tip: "Don't be afraid to ask questions."
–Karen Grandy, Public Health Nurse

ADDICTION

Addiction Services provides prevention and treatment services to individuals, families and communities.

The Addiction Services team works with youth who are harmfully involved with alcohol, tobacco, other drugs or gambling, as well as youth who are affected by someone else's use of alcohol, other drugs or gambling. The team also works with other people who are affected by youth substance use or involvement in gambling.

Counselling is offered at the following locations;

Bridgewater

197 Dufferin Street, Suite 200
(The Dawson Centre)

Lunenburg

Fishermen's Memorial Hospital
14 High Street

Liverpool

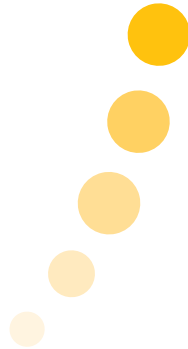
Queens General Hospital
179 School Street

Chester

#3762 Highway #3

Caledonia

North Queens Medical Centre



You can call (902) 634-7325 to book an appointment at any one of these locations.



* One-on-one counseling with youth concerned with their own, or someone else's substance use or gambling is also provided from September to the end of June in every Lunenburg and Queen's junior and senior high schools.

ALL SERVICES ARE CONFIDENTIAL

NO FEES!

A young person can contact us directly or be referred by a parent, guidance counselor, principle, teacher, social worker or any other agency.

"I've learned that I can't choose how I feel, but I can choose what I do about it..."

- Addiction Services pamphlet

"The amount of alcohol it takes for you to pass out is dangerously close to the amount it takes to kill you."

- Addiction Services pamphlet

Community organizations other than Addiction Services that offer support;

Narcotics Anonymous:

1-800-205-8402

Alcoholic's Anonymous:

Alcoholic's Anonymous is an independent support group that helps others stay sober, and that does not endorse or oppose any causes.

district10@area82aa.org

A.A. toll free: 1-888-853-7222

Bridgewater: (902) 543-8298

Mahone Bay: (902) 627-1296

Lunenburg: (902) 634-4413

Liverpool: (902) 354-5714

NO FEES!

Live, laugh, love! (Clay Walker)





Al-Anon

Support for family members of alcoholics.

Phone: 1-884-ANON

Alateen

Support for teens of alcoholic family members

Phone: 1-800-442-4525

Related Websites:

Addiction Services

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

Gambling

www.yellowflag.ca

Centre for Mental Health & Addiction

<http://www.camh.net/>

Smoker's Helpline

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



Free Tip: If you need help, look for someone for help (like a guidance counsellor).

SEXUALITY

Homosexuality/Bisexuality-

The main thing to remember is that everyone is a person, no matter who they are attracted to. We all deserve to be treated like a person. Whatever your beliefs, homophobia is not ok - become anti-hate!



and transgendered youth. Learn more at www.youthproject.ns.ca (in Halifax) or email them at youthproject@youthproject.ns.ca.

Head and Hands (A Deux Mains), a national not-for-profit organization, envisions a society where all youth are participants and are inspired to the endless possibilities available to them. Learn more at www.headandhands.ca.

FIND OUT ABOUT A GAY-STRAIGHT ALLIANCE (usually in school) IN YOUR AREA! GET INVOLVED!

FAMILY PLANNING

Second Story Women's Centre

22 King Street, PO Box 821, Lunenburg, NS B0J 2C0
Phone: (902) 543-1315 (902)640.3044 (collect calls always accepted!)
Email: secstory@eastlink.ca
Website: <http://www.secstory.com/>



The Family Support Centre

Building Stronger, Healthier Families
Programs for young parents (mothers and fathers) as well as an outreach centre, sexuality training and clothing exchange for youth over 12 years old.
156 York St, Bridgewater, NS
Phone: (902) 543-1301

Sexual Health Centre - Lunenburg County

A place to go for information, counselling, referrals or free resources (e.g. condoms, lubricant, pregnancy tests) Serious information with a few not so serious twists!
4 Hillcrest St. Unit 8 (Hillcrest Corner; on Hillcrest & Dufferin)
Bridgewater, NS B4V 1S9
Phone: (902) 527-2868
Email: lunco@nssexualhealth.ca
Website: www.lunco.cfsh.info





Acadia First Nation- Gold River Health Centre

P.O. Box 235, 311 Beechville Road, Chester Basin, NS, B0J 1K0

Phone: (902) 627-1245

Fax: (902) 627-1361

Email: goldriverhealth@acadiafirstnation.ca

Chester Area Family Resources Centre

8 Tremont Street, PO Box 99 Chester, NS, B0J 1J0

Phone: (902) 275-4347

Fax: (902) 275-2013

Email: cafrc@ns.aliantzinc.ca

Website: www.chesterfamilycentre.ca

Lunenburg Family Support Centre

PO Box 1961, Lunenburg, Nova Scotia, B0J 2C0

Phone: (902) 634-7170

New Ross Family Resources Centre

4689 Highway 12, PO Box 106, New Ross, NS, B0J 2M0

Phone: (902) 689-2414

Fax: (902) 689-2092

Email: nrfrc@ns.sympatico.ca

SHELTER

Empire House - South Shore Youth Shelter

For youth between 16-21 years old, enrolled in an Education Program & willing to Abide by Acceptance Conditions.

Phone: (902) 527-1327

Email: EmpireHouse@gov.ns.ca

Harbour House - Women's Shelter

Phone: 1-888-543-3999 (Toll Free 24-Hour Support)

Phone: (902) 543-9970 (Outreach Worker & Child/Teen Counsellor)

Email: harbourhouse@ns.sympatico.ca



MENTAL HEALTH

Mental Health Services,
South Shore Health
Dawson Centre, level 2,
197 Dufferin St., Bridgewater NS, B4V 2G9
Phone: (902) 527-5228

Lunenburg
Fisherman's Memorial Hospital
Phone: (902) 634-8801

Chester
Nauss House
Phone: (902) 275-2373

For more information, check out
the following website: www.mentailhealthsouthshore.ca

Bipolar and Depression Support Group
Canadian Mental Health Association/Association
Canadienne Pour
La Sante Mentale. For information,
Phone: (902) 527-1893 or (902) 543-7082

Teen Place
Teen Place was created by youth for youth to provide a safe atmosphere to talk about whatever (a youth facilitator is present three times a week for counseling sessions), and get you answers and information you can understand. They can put you in contact with whoever can best answer your questions or solve your issue. You can also contact them to let them know of any ideas you may have, or if you want to get involved with volunteering.
5284 Highway #10, New Germany, NS
Phone: (902) 644-3430
Email: newgermanyarea@ns.aliantzinc.ca

(SOON TO COME—HOPEFULLY...LIVERPOOL SOUTH
QUEENS YOUTH HEALTH INITIATIVE)

Friendship is a single soul dwelling in two bodies.
(Aristotle)

DID YOU KNOW

Some bats
can eat
more than
their own
body weight
in one
night.



DISABILITY SUPPORT

Action Council for People with Disabilities

215 Dominion St, Suite 110, Bridgewater, NS

Phone: (902) 543-2479/ 543-1537

Fax: (902) 543-0284

Email: mmatthews@l-qactioncouncil.ca

Bonny Lea Farm

Bonny Lea Farm is committed to empowering special needs individuals, providing opportunities to experience faith, self-respect, love one for another, dignity, integrity, productivity, and responsible community living.

P. O. Box 560, Chester, NS B0J 1J0

Administration/Day Program

Phone: (902) 275-5622

Queens Association for Support Living

QASL is made up of a dedicated team of over 79 employees and numerous volunteers who are trying to make a difference in the lives of persons with disabilities in Queens County. Located in Liverpool Nova Scotia this dynamic organization strives to meet the constant challenges that need to be met with challenged individuals.

Phone: (902) 354-2723

Fax: (902) 354-2262

Email: info@qasl.ca

Assistive Technology Centre

Offers technology solutions for people living with disabilities.

12 Knickle Road, Lunenburg, NS,

Phone: (902) 634-2237

Email: bwelsford@ssrsb.ca

Residential Rehabilitation Assistance Program for Persons with Disabilities (EAPD)

Helps homeowners and landlords make homes more accessible and safe for children or adults of low income who have disabilities.

Phone: 1-800-668-2642

Website: http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm.



HEALTH PROMOTION & RECREATION



Food is important! To find out if you have a balanced diet, check out the Canada's Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

Don't have extra cash to pay your grocery bill? Check out the following food banks:



Bridgewater Interchurch Food Bank

150 Church Street

Hours of operation: Monday, Wednesday and Friday, 1:30pm to 3:30pm.

Phone: (902) 543-1915

Chester Lighthouse Food Bank

Central Street

Hours of operation: Wednesday, 11:30am to 12:30pm.

Phone: (902) 275-5304

Mahone Bay Food Bank

45 School Street

Phone: (902) 531-3025

Lunenburg Food Bank

Lincoln Street at Central United Church

Hours of operation: Tuesday and Thursday, 10:00am to 12:00pm

Phone: (902) 634-4035

New Germany Food Bank

Route 10, Basement of Sears and Pins and Needles Craft Shop

Hours of Operation: Wednesday, 10:00am to 12:00pm

Phone: (902) 644-2232

Micmac Benevolent Society Food Bank

serves all off-reserve aboriginal people in the region

Native Council of NS, Liverpool

Phone: (902) 354-2751

Queens County Food Bank

Hours of operation: Monday, 1pm-3pm

Phone: (902) 354-4894



Want to stay active and fit, and get involved in community recreation programs? Check out what recreations programs are available in your community by visiting your town website.

Also check out: www.sportsnovascotia.ca or www.kidsports.ca.

Town of Lunenburg Recreation

Phone: (902) 634-4006
Fax: (902) 634-4416
Email: lunenburg.recreation@ns.sympatico.ca
Post: P.O. box 129, Lunenburg, NS B0J 2C0

Town of Bridgewater Parks, Recreation & Culture Department



Phone: (902) 543-2274
Fax: (902) 543-6876
Email: recreation@bridgewater.ca
Post: 60 Pleasant St, Bridgewater, NS, B4V 3X9

Queens Municipality- Recreation

Phone: (902) 354-5741
Fax: (902) 354-7473
Email: namirault@regionofqueens.com

PERSONAL/FAMILY FINANCIAL AID

Department of Community Services- Information and forms available on transportation reimbursement, childcare claims, and family support centre policy.

Youth Case Worker for Income Assistance- contact your local guidance counsellor or check out the contact information below.



Tel: 902-543-4554 (MON-FRI; 8:30am-4:30pm)
Queens District Office
123 Henry Henesey Drive, Liverpool, NS
Tel: 902-354-3525 (MON-FRI; 8:30am-4:30pm)

Child Protection:

If you or a brother, sister or friend is being hurt or not taken care of by an adult, you can call 902-543-4554 (Lunenburg County) or 902-354-3525 (Queens County), or after hours please contact the Emergency Duty at 1-866-922-2434.

Recreation Activities:

Want to play sports or do recreation activities but don't have the cash for it? Don't worry, check out these programs:



Town of Bridgewater- Youth Subsidy Program

Phone: (902) 543-2274
Email: recreation@bridgewater.ca

Town of Lunenburg- Youth Subsidy Program

Phone: (902) 541-1343
Email: recreation@modl.ca

KidsSport Lunenburg County.

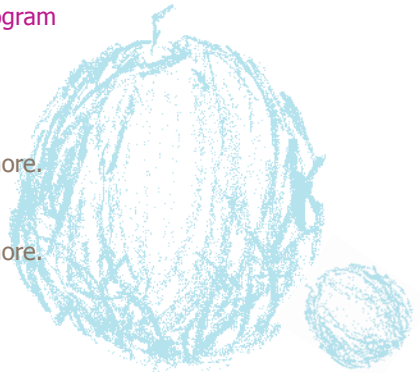
Phone: (902) 530-6140 to find out more.

Canadian Tire Jump Start Program.

Phone: (902) 543-2274 to find out more.

Active Healthy Kids Canada

Website: www.activehealthykids.ca



HEALTHCARE

In this section you can find information on the finances of healthcare in general, (hospitals, doctors and dentists)



PharmaCare and MSI information, locations and hours for Healthcare Centres.

MSI

Medical Services and Insurance is Nova Scotia's health plan. It's simple - everyone who has a health card is covered by MSI, which includes general trips to the doctor and to the hospital. To learn more call toll-free at 1-800-563-8880.

PharmaCare

PharmaCare is assistance that helps pay for prescription medications and supplies. It is provided to residents who have low incomes. Anyone can apply. Persons under 18 years usually apply with their parents. To learn more call toll-free at 1-877-330-0523 or visit www.gov.ns.ca/health/Pharmacare.

Dental

Visit www.nsdental.org to learn more about dental care (click on patient resources). The average cost of a single visit can be between \$79-313.

Health Centres

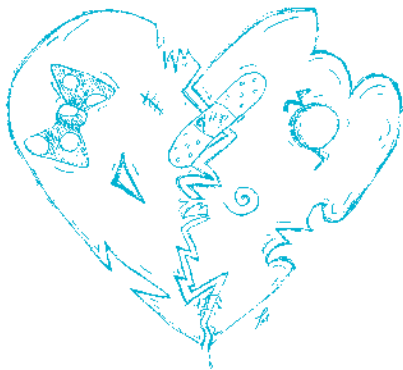
There are health centres (hospitals, clinics and dental) all over Lunenburg and Queens counties. Here's where you'll find them:

South Shore Regional Hospital

90 Glen Allan Dr., Bridgewater B4V 2G9
Phone: (902) 543-4603

Queens General Hospital

75 School Street, Liverpool, NS B0T 1K0



MISCELLANEOUS

Children's Ombudsman

"If you are not happy with what happened, talk to us and it's confidential." You have the right to excellent government service. If you don't get it, call 1-888-839-6884, or visit www.gov.ns.ca/ombu/Child_Ombud/default.asp to learn more.

Youth Help Line

Peer Counselling, 6-10pm nightly
Phone: 1-800-420-TEEN.



Kids Help Phone

Provides short-term crisis intervention and counselling to youth,
24hrs/day, 7 days/week.
Phone: 1-800-668-6868
Website: www.kidshelpphone.ca

Child abuse hotline

Phone: 1.800.387.KIDS (5437)

Bully Hotline

Phone: 490-SAVE (7283)

Community Youth Outreach Program

Supporting families to minimize the
need for out of home placements
Phone: (902) 527-1295
Email: mailmaj@gov.ns.ca

Nova Scotia Child Benefit

(Canada Customs and
Revenue Agency)
Phone: 1-800-387-1193
Website: gov.ns.ca/coms

Be Well Connected

Lunenburg County Community Health Board
Free confidential telephone information service. It's not an emergency
service, but a resource for youth, families and community agencies.
Toll Free: 1-877-777-9550
Website: www.atlanticdirectories.ca (click the Be Well Connected Link)

South Shore Community Justice Society

Restorative justice program for Lunenburg & Queens County
Serving youth age 12-17 that are referred to this program from the
Criminal Justice System. For more information:
Phone: (902) 543-1841

Teens Now Talk Magazine

Written by teens, for teens
Phone: (902) 492-2474
Website: www.teensnowtalk.com

Say Magazine (for aboriginal youth)

Phone: 1-866-485-2380
Website: www.saymag.com

*You have brains in your head,
You have feet in your shoes,
You can steer yourself any
direction you choose.*

*You're on your own,
And you know what you know.
And You are the guy who'll
decide where to go.*

-Dr. Seuss

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NOW YOU'VE SEEN
Through Our Eyes



