



Halifax Region Children's Aid Foundation: Resources

211 Nova Scotia

- Helps find services and programs offered by local community groups, non-profits and government departments
- <https://ns.211.ca/>

4Cs Foundation

- Provides grants, education and other opportunities for community art projects that inspire, empower, and connect children and their communities
- <http://www.4csfoundation.com/>

Aberdeen Health Foundation – Pat Lord Award

- Post-secondary education award for Pictou County Adoptees
- <https://aberdeenhealthfoundation.ca/patlordaward/>

Aboriginal Children's Health + Healing Initiative

- Working with communities and clinicians to bridge the gap in our understanding of Indigenous children's pain and hurt and improve healthcare experiences
- <https://achh.ca/>

Action Canada for Sexual Health & Rights

- Committed to advancing and upholding sexual and reproductive health and rights in Canada and globally
- <https://www.actioncanadashr.org/>

Adsum for Women and Children

- Provides a safe place and support to women and families who are homeless and without resources
- <https://adsumforwomen.org/>

Alice House

- Provides safe second-stage housing and supportive counselling for women and children in Nova Scotia
- <https://alicehouse.ca/>

Amanda's Gift Bursary

- HRCAF bursary program to provide financial assistance to former youth in care in NS
- <http://fosterfamilies.ns.ca/sites/default/files/Amanda%27s%20Gift%20Bursary.pdf>

Ark Outreach

- A safe community where marginalized individuals and families are valued, respected and encouraged to thrive
- <http://www.arkoutreach.com/>

Avalon Sexual Assault Centre

- A feminist organization working to eliminate sexual assault/abuse
- <https://avaloncentre.ca/>

Bayers Westwood Family Resource Centre

- Children, parenting and pre-natal programs, community drop-ins, home visits, and more
- <https://www.facebook.com/bwfrc/>

Bedford and Forsyth Education Centres

- A public high school within the HRCE that supports adult learners as well as high school aged learners
- <https://bfec.hrce.ca/>

Black Cultural Centre for Nova Scotia

- Meeting the needs and aspirations of the Black Communities of Nova Scotia
- <http://web1.bccnsweb.com/>

Boys and Girls Clubs of Greater Halifax

- A diverse and dynamic range of programs that serve children/youth from a broad spectrum of backgrounds/neighbourhoods
- <https://www.bgcgh.ca/>

BRAVE

- Provides the evidence-based Stop Now and Plan (SNAP) program to girls experiencing social and behavioural challenges
- <https://www.facebook.com/iambraveNS/>

Bryony House

- 24 bed shelter for women and children
- <https://www.bryonyhouse.ca/>

Canadian Mental Health Association

- CMHA Halifax-Dartmouth Branch is a charity working to achieve the shared CMHA vision of "mentally healthy people in a healthy society"
- <https://www.cmhahalifaxdartmouth.ca/>

Cape Breton Transition House Association

- A safe and supportive environment for those dealing with the physical, mental and emotional trauma caused by domestic and sexualized violence. Provides services that are inclusive and sensitive to the needs of all women
- <http://cbtha.com/>

Chebucto Connections

- Helps residents participate in community life by focusing on individual/community strengths
- <https://chebuctoconnections.ca/>

Chebucto Family Centre

- Provides free support to families and community members through the delivery of capacity building programs and services
- <http://homeoftheguardianangel.ca/>

Delmore Buddy Daye Institute

- An Africentric Institute creating educational change and genuine opportunities for learners and communities of African ancestry to reach their full potential
- <https://dbdli.ca/>

Department of Community Services

- Delivers a wide range of social services to Nova Scotians in need, working with other levels of government and any community-based non-profit organizations to provide this network of social services

- <https://novascotia.ca/coms/>
- Disability Support Program**
- Serves children, youth and adults with intellectual disabilities, long-term mental illness and physical disabilities in a range of community-based, residential and vocational/day programs
 - <https://novascotia.ca/coms/disabilities/index.html>
- East Preston Family Resource Centre**
- From pre/post-natal classes, to youth groups, family and parenting workshops, and everything in-between, this centre offers a wide range of programs and services that are welcoming and inclusive
 - <https://www.eastprestondaycare.ca/resources-centre/>
- Easter Seals Nova Scotia**
- Provides individualized solutions to support inclusion and empower persons with disabilities
 - <https://www.easterseals.ns.ca/>
- Eating Disorders Nova Scotia**
- Mentor programs, online group peer support, online chat peer support, and family and friends peer support
 - <https://eatingdisordersns.ca/>
- Education Achievement Awards**
- HRCAF provides post-secondary tuition support bursaries primarily to youth formerly in care and custody of the province of NS
 - <https://hrcaf.org/how-we-help/education-achievement-awards/>
- Elizabeth Fry Society**
- A non-profit, charitable organization that engages with vulnerable women and girls to foster reintegration, rehabilitation, personal empowerment and to address the root causes of criminalization
 - <https://efrymns.ca/>
- Fairview United Family Resource Centre**
- Providing education, opportunities, and support to the community
 - <https://www.frcns.com/>

- Family Service Association**
- Offers professional, confidential counselling and education services to enable people to function more effectively at home, in the community and in their work environment
 - <http://fshalifax.com/>
- Family SOS**
- Supports children and families in the HRM by providing guidance and tools to successfully navigate their circumstances
 - <https://www.familysos.ca/>
- Feed Nova Scotia**
- Increasing food security through food distribution, education and collaboration
 - <https://www.feednovascotia.ca/>
- FSAWNS Youth Outreach**
- Preventative programs for at risk youth (Western Nova Scotia)
 - https://fsawns.com/?page_id=3188
- FSENS Youth Outreach**
- Preventative programs for at risk youth (Eastern Nova Scotia)
 - <http://ensfamilyservice.ca/programs/youth-services/>
- Grieving**
- Learning how to deal with grief and loss
 - <https://cmha.ca/documents/grieving>
- Halifax Region Children's Aid Foundation**
- A not-for-profit organization dedicated to bridging opportunity gaps for children and youth who are in care or at risk
 - <https://hrcaf.org/>
- Halifax Sexual Health Centre**
- Health services and resources that are sex positive, pro-choice, inclusive, and non-judgemental
 - <http://hshc.ca/>
- HeartWood Centre**
- A charitable organization whose mission is youth engagement for positive community change
 - <http://heartwood.ns.ca/>
- Hope Blooms**

- Empowering youth to be actively engaged in building environments that impact their communities
 - <https://hopeblooms.ca/>
- Immigrant Services Association of NS**
- Helps immigrants build a future in NS, through integration services in settlement, employment, language, business, and community connections
 - <https://www.isans.ca/>
- IWK Mental Health and Addiction Services**
- Treating children and youth up until their 19th birthday within a patient and family centered context
 - <http://www.iwk.nshealth.ca/mental-health>
- John Howard Society of Nova Scotia**
- Works with people who have come into conflict with the law
 - <https://ns.johnhoward.ca/>
- Jumpstart**
- Helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities
 - <https://jumpstart.canadiantire.ca/>
- KidSport**
- A national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport
 - <https://kidsportcanada.ca/nova-scotia/halifax-regional-municipality/apply-for-a-grant/>
- Laing House**
- Peer support organization for youth with mental illness
 - <https://www.lainghouse.org/>
- Learning Disorders**
- The Learning Disabilities Association of Canada (LDAC) envisions a Canada where people with learning disabilities have equal opportunity to reach their potential and thrive in their communities
 - <https://www.ldac-acta.ca/#>

LOVE (Leave Out Violence)

- Supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face

- <https://www.lovenovascotia.ca/>

Mi'kmaw Native Friendship Centre

- Wishes to recognize the traditional lands of our Mi'kmaw Ancestors

- <http://mymnfc.com/>

North End Community Circle

- Exists to build trust, relationships, social capital and dialogue between residents in the North End of Halifax

- <https://www.veithouse.com/north-end-community-circle>

North Preston Community Centre

- Home to a Community Health and Wellness Centre, providing health care services and wellness programming for the communities of North Preston, East Preston, Cherry Brook and Lake Loon

- <https://www.halifax.ca/recreation/facilities-fields/rec-centres/north-preston-community-centre>

Nova Scotia Islamic Community Centre

- Committed to preserving an Islamic identity, building and supporting a viable Muslim community, and promoting a comprehensive Islamic way of life

- <https://www.nsicc.ca/>

Nova Scotia Scholarships

- Compilation of scholarships offered all across Nova Scotia

- <https://novascotiascholarships.ca/>

NS Rainbow Action Project

- Seeks to create change in our communities and our society at large so that all 2SLGBTQIA+ people are included, valued, and celebrated

- <https://nsrap.ca/>

Open Door Women's Care Centre

- Exists to empower young people to make critical life decisions

- <https://opendoorcentre.com/>

PFlag Canada

- A national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression

- <https://pflagcanada.ca/pflag-chapters/nova-scotia/>

Phoenix Youth Programs

- Working together with the community in order to support youth and families in their journey to thrive

- <https://phoenixyouth.ca/>

Portal Youth Outreach Association

- A resource centre for Annapolis Valley youth age 12-19 who are at risk or currently experiencing homelessness

- <http://portalyouth.ca/>

Red Bear Healing Home

- Building respect for all Life through Sustainable Living

- <http://www.myredbear.com/?fbclid=IwAR0kuvAu81FKuCbt2Y6hrFaxNBgbfk16fcwofEbFDugjL51pfvytvoVkoI8>

Self-Injury Outreach

- Provides current information and helpful resources about self-injury to individuals who self-injure, those who have recovered, as well as their caregivers and families, friends, teachers, and the health professionals who work with them

- <http://sioutreach.org/>

Shelter Nova Scotia

- Supports people in times of crisis and transition through residential, trustee and outreach programs

- <https://www.shelternovascotia.com/>

SHINE Tutoring

- Free math and science tutoring from SHINE Halifax volunteers

- <https://www.shineacademics.com/>

SHYFT Youth Services Society

- Provides residential and outreach supports for homeless and at-risk youth in Digby, Shelburne and Yarmouth counties

- <http://www.shyft.ca/>

St. George's Youth Net

- Provides free programs to children and youth living in or near Uniacke Square

- <https://www.stgeorgesyouthnet.ca/>

Strait Area Women's Place

- Services include: information, one-to-one problem solving and emotional support, advocacy, accompaniment to court, referrals, and a wide array of programming in collaboration with Public Health and Addiction Services

- <https://www.facebook.com/StraitAreaWomensPlace/>

Strongest Families Institute

- Provides evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being

- <https://strongestfamilies.com/>

Student Loans

- Government information on loans across Canada

- <https://www.canada.ca/en/services/benefits/education.html>

Survivors of Suicide Loss

- Provides a place for people to share and discuss personal stories as well as support others who have lost a loved one to the act of suicide

- <https://sosnovascotia.com/>

TeenCentral

- A free and safe website focused on prevention and intervention resources specifically for youth

- <https://teencentral.com/>

TeenMentalHealth

- Information on depression, bipolar disorder, schizophrenia, GAD, OCD, panic disorder, social anxiety disorder, suicide, general

health, attention deficit disorder, general health, as well as communicating with your parent, and family resources

- <http://teenmentalhealth.org/>

TELUS' Mobility for Good

- Equips young adults transitioning from the child welfare system with a smartphone and a free wireless plan for two years
- <https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/mobility-for-good>

The Club Inclusion

- Provides social, cultural and recreational programs accessible to all people with disabilities
- <https://theclubinclusion.com/>

The Jenny Cajolais Memorial Bursary

- To be eligible – a birth or adopted child of foster parents who have been fostering for a minimum of five years. The applicant must be enrolled in an educational program
- <https://www.fosterfamilies.ns.ca/resources>

The Spot Halifax

- A free, drop-in youth music & arts program, helping priority youth to connect, express themselves, and get mentorship from local artists/musicians in a safe and supportive creative atmosphere
- <https://arthives.org/arthives/spot>

The Thelma Goodall Memorial Bursary

- To be eligible – a youth-in-care or former youth-in-care who is enrolled in an educational program
- <https://www.fosterfamilies.ns.ca/resources>

The Voice Newsletter

- A literacy and life skills program for adolescent youth in care. The program helps youth to improve writing and verbal communication skills, cooperative learning, employability skills, and community

engagement, while building self-confidence and self-reliance

- <http://thevoicenewsletter.ca/>

Turning Tides Community Outreach

- Provides support to families and professionals who work to foster skill development in all individuals. Offers unique programs that support the social, behavioural and organizational needs of individuals of all ages
- <https://www.facebook.com/turningtidescommunity/>

Upstage Studios

- An arts organization that encourages self-expression through dance, music, and theatre
- <https://upstagehalifax.ca/>

Veith House

- An inclusive neighbourhood hub that provides equitable and relevant services and opportunities, to foster a healthier, more vibrant community
- <https://www.veithhouse.com/>

YMCA of Greater Halifax/Dartmouth

- Programs that focus on inclusiveness and accessibility, serving all ages, backgrounds and abilities
- <http://www.ymcahfx.ca/>

Youth Art Connection

- Works with diverse, talented artists 30 and under, meeting them “where they’re at” and helping them grow arts-based businesses, social impact projects
- <https://www.youthartconnection.ca/>

Youth Project

- Dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity
- <https://youthproject.ns.ca/>

YWCA Halifax

- Builds economic security, promotes wellness, and creates opportunities for women, girls, and their families by

providing a strong voice and integrated services

- <https://ywcahalifax.com/>