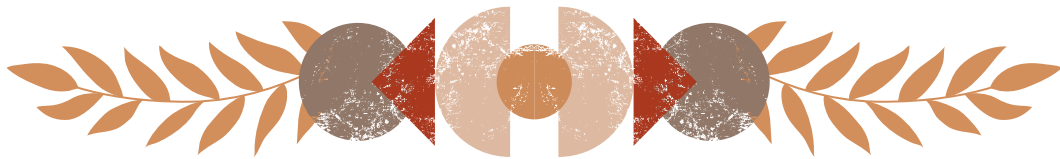
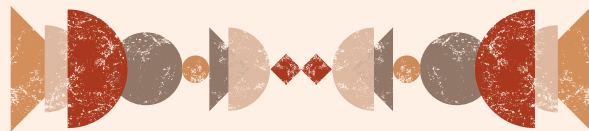


~WELCOME TO NOVA SCOTIA~

# Community Resources

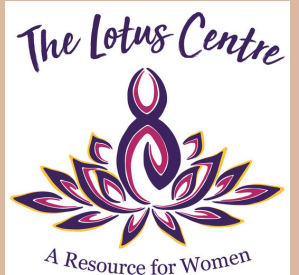


Colchester County women's supports and services that are accessible to migrant workers.



**CENTRE  
FOR MIGRANT  
WORKER RIGHTS**  
NOVA SCOTIA

A collaboration with the Centre for Migrant Worker Rights N.S. and local community support services.





# Using Email

Many local community resources will require clients to either call or email to receive services. See the list below for website that have safe email's for you to use online for free.



Create a Gmail Account

<https://tinyurl.com/yckfatkr>



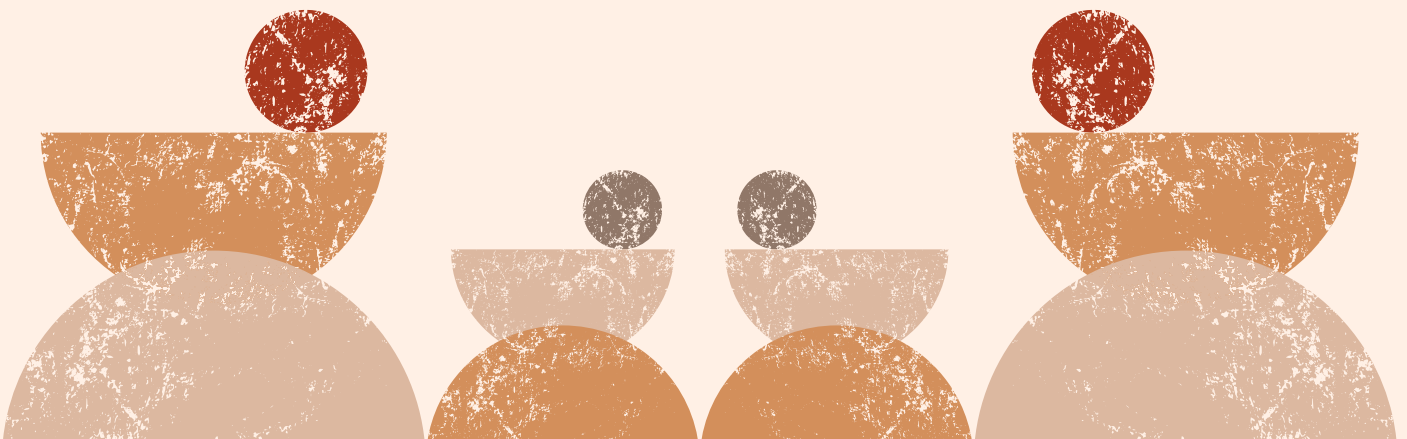
Create a Yahoo Mail Account

<https://tinyurl.com/muwtpcw>



Create an Outlook Mail Account

<https://tinyurl.com/3tt4rwxh>







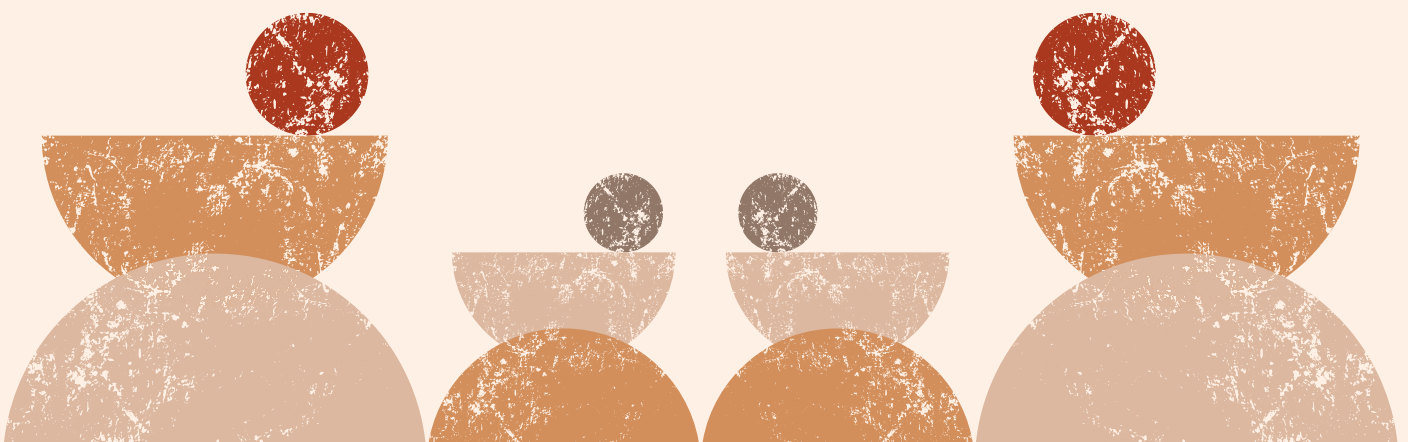
# Introduction

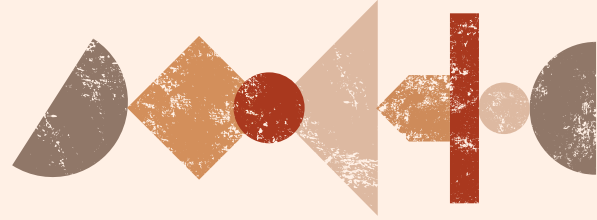
In this booklet there will be information on several local community support organizations and groups that you might access, for various reasons.

We've done our homework; we have contacted these organizations to ensure you, as a migrant worker, would have access to these organizations and supports.

If you need any help navigating these community organizations, you can reach out to a trained Community Resource Navigator at "Nova Scotia 211," contact the Women's Support Worker at "the Lotus Centre," or "Centre for Migrant Worker Rights Nova Scotia."

(See next three pages for information on these supporting organizations)





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

Phone/WhatsApp: +1 (902) 329-9595

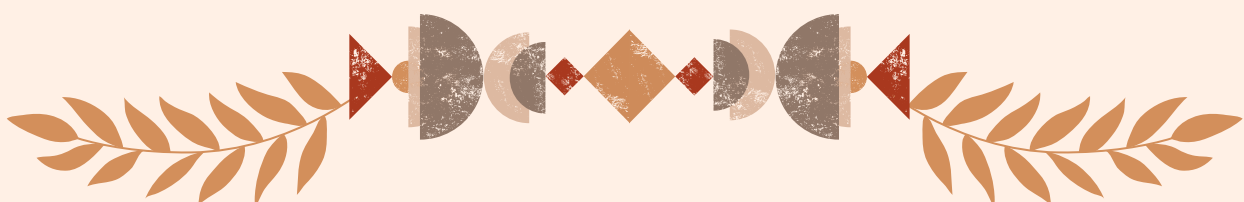
Email: [info@migrantjusticens.ca](mailto:info@migrantjusticens.ca)

The Centre for Migrant Worker Rights Nova Scotia is a migrant worker support organization operating in the Truro-Colchester area and throughout the province. We provide services in English and Spanish. Our work includes the following:

**Support Services:** We provide support to Migrant Workers who are facing abuse, work-related injuries, or other difficult situations. We can also support Migrant Workers to get access to services they need like health care.

**Educate:** We educate Migrant Workers about their rights in Nova Scotia. Feel free to reach out to us by WhatsApp if you have questions.

**Advocacy:** We advocate for migrant worker rights including access to provincial healthcare coverage in Nova Scotia, and permanent immigration status on arrival for all migrants in Canada.



# Women's Resource Centre



Website: [www.thelotuscentre.net](http://www.thelotuscentre.net)

Phone: 902-895-4295

Email: [coordinator@thelotuscentre.net](mailto:coordinator@thelotuscentre.net)

Address: 67 Dominion St., Truro

## Women's Support Worker

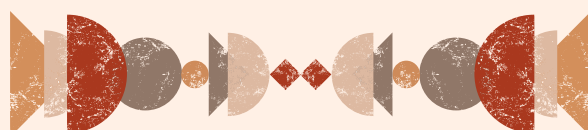
Our support worker is here to help you navigate services within our community and help you create a wellness plan for yourself as you work through the challenges in your life.

## Jackie's Closet

The Lotus Centre is proud to offer free seasonal clothing to any woman who needs it. We have everything from shirts to shoes in various sizes to suit every body type.

## Personal Care Packs

We offer a variety of personal care items to women in need. If you, could use some period products, condoms, or personal hygiene, please fill out the order form on our website and let us know your needs.



# Communications Support



Website: [ns.211.ca](http://ns.211.ca)

Phone: 211 or 1-855-466-4994

Text: 211

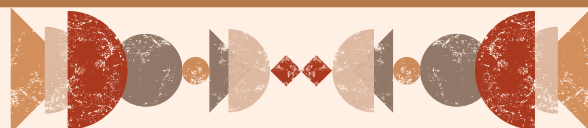
Email: [help@ns.211.ca](mailto:help@ns.211.ca)

"When you call 211, our Community Resource Navigators will refer you to the resources, programs, and services in your community that you need most. From government to non-profit - we can help.

Our navigators are trained to deal with the most complex and sensitive questions. As a result of your call, we can help connect you, a family member, a friend, neighbor, or a client with organizations able to meet your needs.

The 211 service is free and confidential. So, whether you want to talk, text, email or use our online search tool, we are here to help. In addition, we also use a translation service that is available in over 140 languages.

In short, 211 Nova Scotia is for all people from all walks of life. It is for those who are seeking information about community and social services in their community or throughout the province, either for themselves or for someone else.





# Community Supports & Access



Website: [trurocolchesterwelcomenetwork.ca](http://trurocolchesterwelcomenetwork.ca)

Email: [coordinator@tcwelcomenetwork.com](mailto:coordinator@tcwelcomenetwork.com)

Phone: (902) 977-2424

The Truro Colchester Welcome Network is designed to support communities within the Truro/Colchester region and extend a warm welcome to new residents from near and far.



Website: <https://www.lovemylibrary.ca/>

Email: [info@cehpubliclibrary.ca](mailto:info@cehpubliclibrary.ca)

Phone: 902-895-4183

Colchester-East Hants Public Library strengthens our communities by welcoming all to participate in the discovery, creation, and sharing of ideas and experiences.

# General Health



Website: <https://811.novascotia.ca/>

Phone: 811 or 1-866-770-7763

When you call 811, our Registered Nurses will give you the advice and information you need and provide reassurance concerning all kinds of general health issues and questions. No MSI card required to call.

# Sexual Health



Website: <https://trurosexualhealth.com/>

Phone: 902-956-1550

Email: [admin@trurosexualhealth.com](mailto:admin@trurosexualhealth.com)

Address: 68 Robie St., Truro

Truro Sexual Health Clinic was started to fill a gap in sexual health services in the Northern Zone. We noticed that many people were travelling to the Halifax Sexual Health Centre to receive services that we could offer much closer to home. Our clinic operates once per week in the evenings, by appointment only, Wednesdays 5-8pm.

Those without an MSI card, can be billed for services rendered, or use private insurance, but services are available to anyone.



Website: [www.nshealth.ca/abortion](http://www.nshealth.ca/abortion)

Phone: 1-833-352-0719)

Address: Halifax, NS

The Nova Scotia Women's Choice Clinic is a surgical abortion and a medical abortion clinic based at the Victoria General site of the QEII Health Sciences Centre in Halifax.

There is a provincial self referral line (1-833-352-0719) for information about accessing medical and surgical abortions at the QEII and other locations across the province. Women can work with the referral line to hear about accessing services closer to home. Our experienced staff can provide accurate information and compassionate counselling to assist you in making a decision that's right for you.

There are fees associated without an MSI card and private insurances may be accepted, however this self referral line also has access to programs and supports to help alleviate costs - when available (as it's by donations only)





Website: <https://www.nshealth.ca/sane>

Phone: 1-833-757-SANE (7263)

Address: 600 Abenaki Road Truro, Nova Scotia

Sexual Assault Nurse Examiners (SANEs) are registered nurses who have completed specialized education and clinical preparation in medical forensic care for patients who have experienced sexual assault or abuse. Delivered through contracted service providers, on-call SANE nurses provide immediate care within seven days of a sexual assault to people who would like supportive care, including medical attention, information about resources, as well as the option to have forensic evidence collected.

Colchester East Hants Health Centre

600 Abenaki Road

Truro, Nova Scotia

SANE services are supportive, nonjudgmental and confidential.

SANE care can be provided to you by doing one of the following:

- Go to any open emergency department. At those centres where SANE Program response is provided, the staff will call the SANE. At other locations, staff will coordinate care or provide information regarding nearest SANE response site.
- Call local police or RCMP
- Through your primary health care provider
- Call the SANE 24 hour response line for this area at [1-833-757-SANE \(7263\)](tel:1-833-757-SANE).



# Addictions & Sexual Health



Website: [nhcsociety.ca/](http://nhcsociety.ca/)

Phone: 902-895-0931

Address: 33 Pleasant Street,

Northern Healthy Connections Society (NHCS) is a community-based, non-profit organization in Truro, Nova Scotia. Originally beginning as a Resource Center for people living with HIV/AIDS in Northern Nova Scotia, NHCS has grown to support people living with Sexually Transmitted/Blood Borne Infections (STBBIs), including HIV and Hepatitis C. NHCS offers a variety of Harm Reduction services, such as:

- Needle Distribution and Disposal
- Mobile Outreach
- Community programs – More information can be found on the Programs section of this website
- Vast library of resources related to safer substance use, safer sex, treatment of Hepatitis C and other STBBIs, and more
- Diversity and 2SLGBTQIA+ support
- Overdose Awareness and Prevention
- Referral to local treatment programs
- Naloxone Training and free Naloxone Kits

# Sexual Violence



Website: <https://www.colchestersac.ca/>

Phone: 902-897-4366

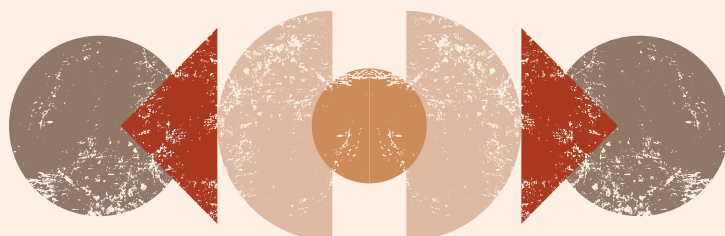
Email: [info@colchestersac.ca](mailto:info@colchestersac.ca)

Address: 35 Commercial St., Truro

The Colchester Sexual Assault Centre (CSAC) is a non-profit, community-based organization dedicated to strengthening, empowering, and supporting those impacted by sexual violence in a gender-equitable, compassionate environment.

Located in Truro, Nova Scotia, the CSAC's services are available, but not limited to, individuals in the Colchester, Cumberland and East Hants Counties.

Since the beginning, the CSAC has worked at both an individual and community level to strengthen and empower those impacted by sexual violence and to work toward its prevention.



# Mental Health



Phone: 1-888-429-8167

The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress.

The service is available 24 hours a day, seven days a week, to support callers who present with suicidal thoughts, self-harming thoughts or behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support.



Canadian Mental  
Health Association  
Nova Scotia  
*Mental health for all*

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

Phone: 902-895-4211

Email: [cmha.ceh11@gmail.com](mailto:cmha.ceh11@gmail.com)

Address: 859 Prince St., Truro

CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. These services are tailored to the needs and resources of the communities where they are based. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives.

# Mental Health



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

e-mail: [admin@elevateher.ca](mailto:admin@elevateher.ca)

Phone: 902-897-0852

Address: 69 Brunswick St., Truro

ElevateHER Mental Health Support Services Canada provides individual and group mental health support services to those who identify as female and their prospective families. We envision a society where those who identify as female & their families can live a life of meaning and purpose, with opportunities to achieve ultimate happiness and a life free of poverty and mental illness.

mental  
health ♥  
matters ≡

# Trafficking and Exploitation



Website: [www.efrymns.ca/trafficking-survivors](http://www.efrymns.ca/trafficking-survivors)

Phone: 1-833-625-4283

The GATE program (Girls Against Trafficking and Exploitation) offers after hours phone support, peer support, 24/7 housing staff in our safe housing, outreach workers, addictions counsellors, culture-specific support workers. Youth Program Coordinators work in partnership with local and culturally relevant organizations to provide multiple layers of support.

# Food Supports



Website: <https://colchesterfoodnetwork.com/>

Phone: 902-893-4566

Email: [info@colchesterfoodnetwork.com](mailto:info@colchesterfoodnetwork.com)

## Food Service

Mon, Wed & Fri  
1:00 - 4:00

The Colchester Food Bank provides three to five days' worth of emergency food for those who need assistance.

Currently, the Food Bank offers warehouse style of service where clients will come in and pick up a pre-packed box of predetermined food. There is a list of other available items that a client may add to their order.



Email: [portapiquemarket@hotmail.com](mailto:portapiquemarket@hotmail.com)

Phone: (902) 957-9384

The Portapique Market offers a weekly market, 24/7 food pantry, community gardens, produce program for children and a subsidized produce program for families in need in the area.



# Legal Support



Website: <https://www.nslegalaid.ca/>

Phone: 1-877-777-5920

At Nova Scotia Legal Aid, we are here to help Nova Scotians facing criminal, family or social justice issues. Social Justice law provides help with income security and housing issues. So, for example if you have an issue with your landlord, or with income assistance, CPP, or EI we can help.

Acceptance to Legal Aid is on a case-by-case basis depending on if it's family law, criminal law, etc. and where the client resides and where the legal matter commenced. If the legal issues are in Nova Scotia, then the client is welcome to apply regardless of migrant status.



Website: <https://www.legalinfo.org/>

Phone: 1-800-665-9779

The Legal Information Society of Nova Scotia (LISNS) is a charitable organization providing people in Nova Scotia with information and resources about the law since 1982.

# Legal Support



Website: <http://www.dal.ca/faculty/law/dlas.html>

Phone: (902) 423-8105

Dalhousie Legal Aid Service is a community-based office in the north-central neighbourhood of Halifax, Nova Scotia. It also is a clinical program for law students and is operated by the Schulich School of Law at Dalhousie University.

In addition, Dalhousie Legal Aid Service does community outreach, education, organizing, lobbying and test case litigation to combat injustices affecting persons with low incomes in Nova Scotia. Community groups and community based agencies with mandates to fight poverty and injustice may apply for legal advice, assistance, and community development and education services. The Service offers advocacy workshops and legal information sessions, and works with other groups to lobby the government on social assistance policy and other policies negatively affecting persons with low incomes.