

THE CUMBERLAND COUNTY HELPING TREE FOR SENIORS

ADDICTIONS	ABUSE / VIOLENCE	SENIORS CLUBS	PHYSICAL	POLICE / FIRE	FINANCIAL SUPPORT	EMPLOYMENT & EDUCATION	HOUSING / FOOD BANKS	LEGAL / GOVT	EMOTIONAL / MENTAL	HOSPITALS & CLINICS	LONG-TERM CARE	FRAUD / IDENTITY	HEALTH CENTRES & RESOURCES
Addictions Service Amherst 902.667.7098 Springhill 902.597.8647	Autumn House 902.667.1344 New Directions Program for Male Abusers 902.667.4500 Victim's Services 1.800.565.7912 Aboriginal Victim Services 1.877.379.2042 Adult Protection 1.800.225.7225 Crime Prevention Unit 902.424.3149 Senior Abuse line 211 Info, Referrals	Amherst 50+ Club 902.667.1058 Joggins New Horizon Club 902.251.2218 Oxford Pioneer Heritage Club 902.694.2206 Sunrise Senior Citizens Northport 902.661.4041 Springhill Senior Citizens' Club 902.447.2272	Recreation Dept Amherst 902.667.6500 County 902.667.2313 Oxford 902.447.2798 Parrsboro 902.254.2036 Cumberland YMCA 902.667.9112 Cumberland Public Health Amherst 902.667.3319 Springhill 902.597.2796 VON Cumberland District 902.667.8796 Nova Scotia Hearing & Speech 902.667.1141 Arthritis Programs services 1.800.321.1433 Continuing Care 1.800.225.7225	Amherst Police 902.667.7227 RCMP Amherst 902.667.3859 Oxford 902.447.2525 Parrsboro 902-254-2424 Pugwash 902.243.2181 Springhill 902.597.3779 Crimestoppers 1.800.222.8477 FIRE HALLS Advocate 902.392.2478 Amherst 902.667.0395 Oxford 902.447.2711 Parrsboro 902.254.2210 Springhill 902.597.2287 Poison Control 1.800.565.8161 Dial 911 for ALL Emergencies	Canada Pension Plan /GIS 1.800.277.9914 Income Assistance Cumberland 902.667.3336 Veteran Affairs 1.866.522.2122 Old Age Security 1.800.277.9914 Canada Revenue Agency Income Tax 1.800.959.8281	CAN-U Upgrading 902.661.0153 Tantramar Seniors College 506.364.2780 CANSA 902.661.1509 NSCC 902.661.3180 Service Canada 1.800.622.6232 Cumberland Public Libraries Advocate 902.392-2214 Amherst 902.667.2549 Oxford 902.447.2440 Parrsboro 902.254.2046 Pugwash 902.243.3331 River Hebert 902.251.2324 Springhill 902.597.2211	FOOD BANK Amherst 902.661.0677 Oxford 902.447.2590 Parrsboro 902.254.3094 Pugwash 902.243.2331 Springhill Salvation Army 902.597.3954 Meals and More 506.536.8102 Salvation Army Amherst 902.667.1574 Springhill 902.597.3954 St. Vincent de Paul 902.661.0433 Housing Authority Amherst 902.667.8757 Northern Region 1.844.424.5110	Municipality of Cumberland 902.667.2313 Town Amherst 902.667.3352 Town Oxford 902.447.2170 Public Trustee Office 902.424.7760 Access Nova Scotia 1.800.670.4357 Department of Seniors 1.844.277.0770 Cumberland Community Alternatives 902.667.4414 Legal Aid 902.667.7544 Community Services Dept 902.667.3336 1.877.424.1177 MSI Health Card 1.800.563.8880 Seniors Pharmacare 1.800.544.6191	Cancer Patient Navigator 902.667.6424 Canadian Mental Health (NS Division) Amherst 902.466.6600 902.667.3879 Alzheimer's Society 1.800.611.6345 Cumberland Ministerial Assoc. 902.667.2415 Bereavement Support Amherst 902.667.5400 Ext 6428 or 6344 Caregiver Support Group 1.800.611.6345 Caregivers NS 902.229.8464 Nova Scotia Psychologists 902.422.7799 Schizophrenia Society of NS 902.465.2601 NS Social Workers 902.429.7799	HOSPITALS Bayview Health center Advocate 902.392.2859 CRHCC Amherst 902.667.3361 S Cumberland Parrsboro 902.254.2540 N Cumberland Pugwash 902.243.2521 All Saints Springhill 902.597.3773 MEDICAL CLINICS Advocate 902.392.2734 Amherst Family Health 902.667.3330 Oxford 902.447.3078 River Hebert 902.251.2260 Springhill Primary Care 902.597.3773 Senior's Health Clinic - Truro 902.896.2609 or 902.896.2608	East Cumberland Lodge 902.243.2504 Gables Lodge Limited 902.667.3501 High-Crest Springhill Home 902.597.2797 Northumberland Hall 902.660.6061 South Cumb. Community Care Centre 902.254.2540 Centennial Villa 902.667.5330 Chignecto Manor 902.392.2028 White Birches Retirement Residence 902.667.9929 Victoria Manor 902.667.9464 Bayview Memorial 902.392.2859	Canada's Office of Consumer Affairs 613.946.2576 Better Business Bureau 902.422.6581 Financial Consumer Agency 1.866.461.3222 Bank Crime Prevention & Investigation 1.800.282.1376 Canadian Health Care Anti-Fraud 416.593.2633 RCMP Anti-Fraud Centre 1.888.495.8501 Equifax 1.800.465.7166 TransUnion 1.877.525.3823 Nova Scotia Documents 1.800.670.4357	Community Links Aging Well Network 902.422.0914 Toll Free 855.253.9355 Maggie's Place 902.667.7250 Red Cross Amherst 902.667.8794 Sexual Health Centre 902.667.7500 Senior Citizens Recreation Center Springhill 902.597.3141 Cumberland County Transportation Services 902.667.8149 Wentworth Learning Centre 902.548.2076 55+ Games 902.667.5972

Dial 811 for Health Link & Health Info from a Registered Nurse 24/7

Dial 211 to find the right community and social services

Seniors Safety Program for Cumberland County
902.664.4540