

Assistance in HRM

CHRISTMAS HELP: *For Christmas Support (Hampers) you sign up through your foodbank – FEED NS and they match all successful applicants with groups who have indicated they would like to support folks. (Also see Salvation Army Dartmouth Community Church *below*).

FOOD BANKS – HRM... *continued...*

East Dart Christian Food Bank

(Woodlawn United – White Heritage Church)
52 Woodlawn Rd, Dartmouth, NS B2W 2S1
(902) 434-5819

Hours: Thursday: 9 - 11 AM

Cole Harbour United Church

15 Bissett Rd, Cole Harbour, NS B2V 2T1
(Cole Harbour and Bissett Road)
(902) 434-7714

<https://chwuc.ca/food-bank/>

Hours: 1st and 3rd Tuesday, 1 – 3 PM

Helping Hands Food Bank

(Church of the Holy Spirit)
1 Regency Dr Dartmouth, NS B2Y 1Z7
(902) 463-6544

Hours: Thursday: 8:30 - 10 AM

Dartmouth First Baptist Food Bank

100 Ochterloney St, PO Box 186
Dartmouth, NS B2Y 3Y3 (902) 466-2475
Hours: Tuesday: 12:30 - 2:30 PM

Salvation Army Dartmouth Community Church

946 Main St, Dartmouth, NS (902) 466-6847
Foodbank closed in Dec... they offer Christmas support and have a program – CALL for more information***Call for appointment.**

Hours: Monday: 1 – 3 PM; 5-7 PM

Christ the King Parish (*formally called St. Vincent de Paul Church*)

320 Flying Cloud Drive Dartmouth, NS
902-435-2500 **They have an Emergency Food Cupboard for people who live in the parish boundaries (not Feed NS).*

St James United Church

181 Portland St. Dartmouth, NS
902-464-8852

Hours: Tues 9 -11 AM

Corp. of Christ Church

61 Dundas St. Dartmouth, NS B2Y 4H5
(902) 466-4270

Hours: Thursday: 9 - 11 AM

Victoria Road Baptist Church Food Bank

36 Victoria Rd. Dartmouth, NS B2Y 2V9
(902) 469-8576

Hours: Wednesday: 3 - 4 PM

Demetreous Lane Food Bank

27 Demetreous Ln Dartmouth,
NS B3A 2Z5 (902) 407-5557

Hours: Wednesday: 8:30 - 10:30 AM

Outside HRM

Leduc and District Food Bank

(St. David's United Church)
New Recreation Centre
Lake Echo, NS
902-829-3918

Hours: 2nd & 4th Wednesday

**Call to determine times*

*They also have a **Food Co-op: 1:30 PM 3rd Thursday of Month** (4810-49 Ave)*

The idea is that people pre-order meat, vegetables etc. The cost is reduced because it is ordered in bulk and the types of food to be ordered each month is pre-set.

Rainbow

8 Pine Falls Drive
Sheet Harbour, NS
902-885-2300

Thursday: 10 AM – 3 PM

SHELTERS

Dartmouth Shelter Society

Sonlife Community Church's
gymnasium: Frank Mackay House
152 Windmill Rd., Dartmouth North
Doors open: 9 PM (open til 7 AM)

*****CALL 211 for other shelters*****

<i>Continued....</i> FOOD BANKS - HRM		CLOTHING-RETAIL
St. Peter's Anglican Church Food Bank 346 Cow Bay Rd, Eastern Passage, NS 902-465-4767 Hours: Wednesdays at 10 – 11 AM	North Dartmouth Outreach Resource Centre Society (Stairs Memorial) 44 Hester St Dartmouth, NS B3A 1K2 (902) 469-2188 Hours: Wednesday: 8:30 - 11 AM	Woodlawn United Dun-Gen (White Church) 52 Woodlawn Road, Dartmouth <i>Used clothing store (and some household items)</i> Thurs & Sat: 9 AM -12 PM
Beacon House Food Bank 470 Cobequid Rd, Lower Sackville, NS, B4C 4E8 902-864-3025 <i>The Mission of Beacon House is to provide food, clothing and programs for those in need in our community in a caring and compassionate manner.</i> Food Bank: Mon, Tues, Wed, Friday: 9:30 AM - 12:45 PM & Thurs 6 – 7:45 PM	Souls Harbour Drop-in 5568 Cunard Street Halifax, NS B3K 4B4 902-405-4663 ~Hot meal, Internet use, Clothing/ household goods, Peer and pastoral counselling, Letter mailing, Free local calling & newspapers, 10-min chapel service. HOURS: Mon-Fri 1-3 PM, Sat 12-1 PM	JOB SEARCH ASSISTANCE YMCA 2269 Gottingen St, Halifax, NS B3K 3B7 902-425-3464 <i>Through NS works Employment Centres you can access: 1-1 support, Job Development, Career Counselling, Employment Workshops, access to phones/computers for interviews.</i>
** Food Banks who also Deliver **		SCHOOL SUPPLIES Salvation Army Back to School Program -Our Back to School program assists families who need support with school supplies. Call 902-466-6176 SchoolsPlus Community Outreach Worker For: Prince Andrew Family of Schools Caledonia Junior High School, Admiral Westphal Elementary, Michael Wallace Elementary, Mount Edward Elementary, & Ian Forsyth Elementary Terra Crowe: 902-430-7059 terra.crowe@hrce.ca For more information on SchoolsPlus: https://www.ednet.ns.ca/schoolsplus/ Backpacks for Kids - The current campaign sponsor is Bell Aliant. The purpose is to provide a backpack filled with such things as scribblers, pencils, erasers and crayons to children whose families might not otherwise be able to afford everything their children need for school. * <i>Check online.</i>
St. Clement's SVDP – Food Delivery **Please call during these hours to arrange a food support delivery ** 16 Gaston Rd Dartmouth, NS B2W 3W1 (902) 469-1203 Hours: Monday-Friday: 9:30 AM - 12 PM	Parker Street Food and Furniture Bank 2415 Maynard Street, Halifax, NS B3K 3V2 902-425-2125 <i>*They have Christmas Hamper Program (closes in December). ex 205 to register.</i> <i>*They also have a delivery program</i> HOURS: Mon, Wed, Friday: 8:30 – 11 AM <i>*But be there for 7:00 AM (people get in line to get better cuts of meat/produce)</i> Furniture Bank***Must apply for assistance to be eligible to access furniture bank – contact Parker St for more info. <i>*Not part of Feed NS</i>	
St. Vincent de Paul Society – food delivery (St. John 23 Church) 35 Colby Drive Dartmouth, NS 902-435-3090 PRESS 500 (leave message) They provide food and sometimes toiletries. (Separate from Feed NS) – they deliver to clients.		
HELP WITH MOVING for women fleeing abusive situations: “Shelter Movers Nova Scotia” provides free moving and storage services for women and children fleeing abuse. We collaborate with community partners to support families transitioning to a life free of violence. Shelter Movers is a federally registered charitable organization, established in 2016. Our vision is a country where fleeing violence is easy, safe, and barrier-free. Halifax, NS (855) 203-6252 ext. 4 sheltermovers.com		

FOOD PROGRAMS

Dartmouth Family Centre & Dartmouth North Community Food Centre
 107 Albro Lake Road, Dartmouth, NS, B3A 3Y7 (902) 464-8234
<https://www.dartmouthfamilycentre.ca/> & info@dartmouthfamilycentre.ca
 ~ Offers lots of programs but the calendar must be checked for what is available each month:
 including community meals, community kitchen where you can prepare a meal together, Urban
 farm, Affordable Weekly produce Market. Also lost of programs for young families.:

HOT Meals

Brunswick Street Mission Breakfast Program
 2107 Brunswick St. Halifax, NS B3K 2Y8
 (902) 423-4605
Hours: Monday - Saturday: 6 - 9 AM

Margaret House - Meal Program
 43 Wentworth St. Dartmouth, NS B2Y 2T1
 (902) 464-2919
Hours:
Mon - Wed: 12 - 12:30 PM & 4:30-5 PM
Thursday - Sunday: 12 - 12:30 PM

St. Matthews United Church
 1479 Barrington St. Halifax, NS B3J 1Z2
 902-423-9209 <https://www.stmatts.ns.ca/>
Sundays: 8 - 9:30 AM ~Hot Breakfast

7th Day Adventists - Daily Bread Soup Kitchen
 35 Lake Crest Drive Dartmouth, NS B2X 1T9
 (902) 434-1562 / (902) 455-4766
Thursday: 5:30 - 6:30 PM
~sit down vegetarian meal

Universalist Unitarian Church
 5500 Inglis Street Halifax
Saturday: 10 - 11:30 am - Brunch -
***During the school year only*

St. Andrews United Sunday Suppers
 6036 Coburg Road, Halifax
sundaysuppers85@gmail.com
Sunday: 4 - 6 PM ~for hot served meal and
 take homes

Hope Cottage
 2435 Brunswick Street, Halifax, NS, B3K 2Z4
 (902) 429-7968
HOURS: Monday to Friday: 10 - 11 AM
Monday to Friday 4:45 - 6 PM
Sit down hot meal

St. George Round Church Soup Kitchen
 2222 Brunswick St. Halifax
 902-423-1059 office@roundchurch.ca
<http://www.roundchurch.ca>
Saturday Supper: 4 - 5 PM

OIL/HEATING ASSISTANCE

Salvation Army's Good Neighbour program
 902-466-6176
 Folks can apply for financial assistance for
 heating their homes. *May reapply every 24
 months. It is eligible **from January-April** each
 year. (see Website for exact dates).
<https://salvationarmy.ca/maritime/home/programs/gnef/>

WATER BILL ASSISTANCE

H2O (Help To Others) Water Assistance
Salvation Army & Halifax Water
 To assist households in an emergency,
 especially those with no other resources
 available. To apply for assistance from the H2O
 Fund, complete the application form and
 provide supporting documents. Approved
 applicants will receive assistance once in a 24
 month period.
 H2O Fund Administrator 2038/2044
 Gottingen Street, Halifax NS B3K 3A9
H2OFund@sahalifax.ca 902-422-3435
 Applications Available:
<https://www.halifaxwater.ca/get-help-paying-your-bill>
 & also available at Halifax Water's
 450 Cowie Hill Rd. office,
 The Salvation Army's Gottingen St. location,
 and all HRM Customer Services Centres.

CONTACT 211 by phone or ns.211.ca for more information on assistance programs!