

**EMERGENCY**

Police/Fire/Ambulance	911
Mobile Crisis Intervention Services	429-8167
Youth Help Line (24-hour)	420-8336
Kid's Help Line (24-hour)	1-800-668-6868
Parent Help Line (24-hour)	1-888-603-9100
A valon Sexual Assault Response Line (24-hour)	422-4240/ 425-0122 (after hours)

**SHELTERS**

Adsum House - Women and Children, 2421 Brunswick St Hfx	429-4443/423-4443
Barry House – Women, 1050 Wellington St, Hfx	422-8324
Byrony House – Abused Women, Address Confidential	422-7650
Marguerite Centre-Addiction Recovery-Women, Address Confidential	876-0006
Metro Turning Point – Men, 2170 Barrington St, Hfx	420-3282
Phoenix Youth Shelter – Youth, 1094 Tower Rd, Hfx	446-4663
Universal Shelter Association, Abused Men and Women 2786 Agricola St, Hfx	454-5459
Salvation Army – Men, 2044 Gottingen St, Hfx	422-2363

**COMMUNITY SERVICES****INCOME ASSISTANCE**

Halifax	424-4150
Dartmouth	424-1600
Metro Regional Housing Authority	420-6000

**DROP-IN CENTRES****AND SOUP KITCHENS**

("m" indicates times meals served)	
Brunswick St United Church (m: 7- 8am M-F)	
2107 Brunswick St, Hfx	423-4605
Hope Cottage (m: 10-11am and 5-6pm M-F), 2435 Brunswick St, Hfx	429-7968
MNP Housing Support Centre, 2330 Gottingen St. Hfx	423-5479
Mi 'kmaq Native Friendship Centre, 2158 Gottingen St	420-1576
Stepping Stone 2224 Maitland St, Hfx	420-0103
ARK (Youth) 2177 Gottingen St, Hfx	492-2577
Phoenix Centre for Youth / Health Program 6035 Coburg Rd.	420-0676
Lesbian, Gay, Bi-Sexual Youth Project, 2281 Brunswick St, Hfx	429-5429
Feeding Others of Dart(m: 12-12:30 pm 7 days, 4:30-5:00 pm Mon, Tues, Wed) 43 Wentworth St, Dart	464-2919
St Matthew's United Church (m: 9-10am Sun), 1479 Barrington St, Hfx	423-9209
St George's Anglican Church m: 4-6pm Sat), 2222 Brunswick St, Hfx	423-1059
St Andrew's United Church (m: 4-6pm Sun), 6036 Coburg Rd, Hfx	422-3157
Food Bank 2415 Maynard St, Hfx	425-2125

**HEALTH SERVICES**

North End Community Health Care Centre	420-0303
Mainline Needle Exchange and Outreach	830-3853/423-9991
Direction 180 Methadone Clinic (same as above)	420-0566
Cobequid Community Health Centre	879-6100
Dartmouth General Hospital	465-8300
I.W.K. Health Sciences Centre	428-8888
Nova Scotia Hospital	464-3111
QEII Health Sciences Centre	473-2700