# THRIVE

# Directory of Services




# 2022-2023

*Thrive would like to offer the latest updated edition of the Thrive Directory of Services. Since service providers, programs, services, and contact information are constantly changing, we would like to invite directory users, community groups and stakeholders to direct any omissions, mistakes, or updates to info@thrivecyn.ca or 754-0536 ext. 200. Special thanks to Joshua Coelho for research and editing.*

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East Coast Trail Association
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Recreation Newfoundland and Labrador
St. John's Shambhala Meditation Group
St. John's Rowing Club
The Works - Memorial University

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## Women Focused:
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Big Brothers Big Sisters
Boys and Girls Club St. John's
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The Duke of Edinburgh's International Award – Canada
Girls Rock NL
Kid Sport Newfoundland and Labrador
PLAY (Physical Literacy for All Youth) Project
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Wild Outside

# EDUCATION……

## Adult Education & GED:
Discovery Centre
The Murphy Centre
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## Education Advocacy:
Association of Early Childhood Educators NL (AECENL)
Canadian Federation of Students NL

## English as a Second Language:
Association for New Canadians (ANCNL)
Multicultural Women's Organization of NL (MWONL)

## General Education Supports:
Bridges to Hope
Community Centre Alliance
Department of Education – GovNL
Department of Immigration, Population Growth and Skills – Gov. of NL
NL Foster Families Association

NL Public Libraries
Post-Secondary Institutions of NL

Health Education:
The Janeway Family Resource Centre
Trans Support NL

Mental and Learning Diversities:
Autism Society of NL
Learning Disabilities Association NL (LDANL)
NL Association for the Deaf (NLAD)
Tutors Unlimited

Tutoring:
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Tutors Unlimited

EMPLOYMENT SUPPORTS……
Advocacy:
NL Federation of Labour
Office of Citizens' Representative – Newfoundland and Labrador
Office of Employment Equity for Persons with Disabilities – Gov. NL
Service Canada
WorkplaceNL

Funding:
Arts NL
CBDC – Metro Business Opportunities, Newfoundland and Labrador
Community Sector Council Newfoundland and Labrador (CSC NL)
Department of Immigration, Population Growth and Skills – Gov. of NL
Employment and Social Development Canada (ESDC)
NL Housing Corporation
Raise Up Fundraising NL
United Way Newfoundland and Labrador

General:
CBDC – Metro Business Opportunities, Newfoundland and Labrador
Community Centre Alliance
Community Employment Collaboration (CEC)
Department of Immigration, Population Growth and Skills – Gov. of NL
Employment and Social Development Canada (ESDC)
Service Canada
Stella's Circle
The Murphy Centre
YMCA of Newfoundland and Labrador

Mental & Learning Diversities:
Autism Society of NL
Avalon Employment Inc.
Easter Seals NL
Empower, The Disability Resource Centre
Inclusion Canada Newfoundland and Labrador
Learning Disabilities Association of NL (LDANL)
NL Association for the Deaf (NLAD)
Office of Employment Equity for Persons with Disabilities – Gov. NL
Spinal Cord Injury Newfoundland and Labrador
The Vera Perlin Society

Newcomers:
Association for New Canadians (ANCNL)
Kids Help Phone
Multicultural Women's Organization of NL (MWONL)

Other:
Ches Penney Centre of Hope - Salvation Army
First Light St. John's Friendship Centre
John Howard Society of NL
Single Parent Association of Newfoundland (SPANL)
Skills Canada NL
St. John's Military Family Resource Centre (MFRC)
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Writers Alliance of Newfoundland and Labrador (WANL)

Women Focused:
Multicultural Women's Organization of NL (MWONL)
NL Organization of Women Entrepreneurs (NLOWE)
Office to Advance Women Apprentices (OAWA)
Women in Resource Development Corporation (WRDC)
Women in Science and Engineering NL (WISENL)

Youth:
Choices for Youth
Conservation Corps of NL
First Light St. John's Friendship Centre
Junior Achievement of NL
Skills Canada NL
The Murphy Centre – Youth Works Well
YMCA Summer Work Student Exchange
Youth Canada (Website)
Youth Ventures
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HEALTH……

## Addictions:

Adult Mental Health & Addictions Services – Eastern Health
Al-Anon / Alateen Family Groups
Alcoholics Anonymous - St. John's Intergroup
Canada Atlantic Region of Narcotics Anonymous (CARNA)
CAST (Concurrent, Addictions, Specialized Treatment) Services – Eastern Health
Gamblers Anonymous
Gambling Helpline
Mental Health and Addictions Division – Health and Community Services – Gov. of NL
Nar-Anon Newfoundland
NL Alliance for the Control of Tobacco (ACT NL)
Overeaters Anonymous
Smokers' Helpline - Lung Association of NL
Stella's Circle

## Counselling (Therapeutic)

AIDS Committee of Newfoundland and Labrador (ACNL)
AmalNL
CAST (Concurrent, Addictions, Specialized Treatment) Services – Eastern Health
Day Treatment Program – Eastern Health
Doorways Walk-In Counseling Service – Eastern Health
Mental Health and Addictions Division – Health and Community Services – Gov. of NL
North Star Child and Youth Advocacy Centre
Ruah Counselling Centre
St. John's Women's Centre (SWJC)
Survivors of Suicide (S.O.S.) Loss Support Group

## Food Security:

Bridges to Hope
Canada Without Poverty
Canadian Red Cross
Community Food Sharing Association
Community Sector Council of NL (CSC NL)
Eating Disorder Foundation of NL

### Food Banks

Food First NL
George Street United Church
HOPE (Eating Disorders Programs) – Eastern Health
Jimmy Pratt Memorial Outreach Centre – George Street United Church
Kids Eat Smart Foundation NL
Saint Vincent De Paul Society
School Lunch Association
The Gathering Place
Thrive

## Inpatient:

Hope Valley Centre

Humberwood
Recovery Centre
The Grace Centre
The Janeway Children's Health and Rehabilitation Centre
Tuckamore Centre

## Living with Disabilities:

Autism Society of NL
Canadian Hard of Hearing Association NL
Canadian National Institute for the Blind (CNIB) – Newfoundland and Labrador Division
Coalition of Persons with Disabilities-NL (COD-NL)
Community Supports Program (CSP) – Eastern Health
Diabetes Canada - NL Region
Easter Seals NL
Empower, The Disability Resource Centre
Epilepsy Newfoundland & Labrador
Fetal Alcohol Spectrum Disorder Newfoundland & Labrador Network – FASDNL
Inclusion Canada Newfoundland and Labrador
Learning Disabilities Association of NL (LDANL)
Neuropsychiatric' Patients Association of Newfoundland and Labrador
NL Association for the Deaf (NLAD)
Newfoundland and Labrador Stuttering Association
Rainbow Riders - Therapeutic Riding Newfoundland and Labrador Inc.
Spinal Cord Injury Newfoundland and Labrador

## Mental Health:

AIDS Committee of Newfoundland and Labrador (ACNL)
AmalNL
Canadian Mental Health Association – NL Division (CMHA-NL)
HOPE (Eating Disorders Programs) – Eastern Health
IMAlive Online Crisis Helpline
Kids Help Phone
Lifewise NL (Formerly CHANNAL)
Memorial Minds (MUN Minds)
Miles for Smiles Foundation
Neuropsychiatric' Patients Association of Newfoundland and Labrador
St. John's Military Family Resource Centre (MFRC)
St. John's Shambhala Meditation Group
Stella's Circle
Survivors of Suicide (S.O.S.) Loss Support Group
The Pottle Centre

## Other:

Canadian Red Cross
First Light St. John's Friendship Centre
Heart and Stroke Foundation – Newfoundland and Labrador
Lung Association of NL

NL HealthLine – Dept. of Health and Community Services, GovNL

Parenting Supports:
AmalNL
The Janeway Family Resource Centre
Kids Eat Smart Foundation NL
Make-A-Wish Canada, Newfoundland & Labrador
Ronald McDonald House Newfoundland and Labrador
School Lunch Association
Single Parent Association of Newfoundland (SPANL)
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Sexual Health:
AIDS Committee of Newfoundland and Labrador (ACNL)
Athena Health Centre
Clinical Sexology – Eastern Health
NL Sexual Assault Crisis and Prevention Centre
PFLAG Canada
Planned Parenthood: NL Sexual Health Centre
Safe Harbour Outreach Project (S.H.O.P.)
Sexual Assault Nurse Examiner Program (SANE) - Eastern Health

## HOUSING

Medical:
Canadian Cancer Society – Travel and Accommodations
Ronald McDonald House Newfoundland and Labrador

Mental & Cognitive Diversities:
Community Care Program - Eastern Health
Community Supports Program (CSP) – Eastern Health
Eastern Residential Support Board
End Homelessness St. John's (EHSJ)
Inclusion Canada Newfoundland and Labrador
Mental Health and Addictions Housing Services – Eastern Health
Pleasant Manor

Other:
Association for New Canadians (ANCNL)
Employment and Social Development Canada (ESDC)
NL Housing and Homelessness Network (NLHHN)

Shelters:
Iris Kirby House
Naomi Centre – Stella's Circle
Tommy Sexton Centre – Aids Committee of Newfoundland and Labrador (ACNL)
Wiseman Centre – Salvation Army

Supports:
City of St. John's Housing Division
End Homelessness St. John's (EHSJ)
First Light St. John's Friendship Centre
Habitat for Humanity Newfoundland and Labrador
Home Again Furniture Bank
John Howard Society of NL
NL Housing Corporation
Residential Tenancies – Service NL
Safe Harbour Outreach Project (S.H.O.P.)
Stella's Circle
St. John's Homestead Inc. – The Homestead Program
St. John's Women's Centre (SWJC)
The Gathering Place

Youth:
Choices for Youth
NL Foster Families Association
Shalom Inc.
Waypoints

## INDIGENOUS

Canadian Red Cross
First Light St. John's Friendship Centre
Indigenous Student Resource Centre (ISRC) – Memorial University
Office of the Child and Youth Advocate
Violence Prevention Avalon East

## JUSTICE

Community:
Citizens' Crime Prevention Association of NL
Mount Pearl Citizens' Crime Prevention Committee

General:
Canadian Federation of Students NL
Citizens' Crime Prevention Association of NL
Crime Stoppers of Newfoundland and Labrador
Department of Children, Seniors and Social Development - Gov. of NL
Family Division - Supreme Court of Newfoundland and Labrador
Family Justice Services – Dept. of Justice and Public Safety, GovNL
NL Legal Aid Commission
Office of Citizens' Representative – Newfoundland and Labrador
Pre-Trial Services Program – Dept. of Justice and Public Safety, GovNL
Provincial Advisory Council on the Status of Women NL
Public Legal Information Association of NL
Royal Canadian Mounted Police (RCMP) - Provincial Headquarters
Royal Newfoundland Constabulary - RNC

Sheriff's Office – Dept. of Justice and Public Safety, GovNL
The Law Society of Newfoundland and Labrador
Victim Services – Dept. of Justice and Public Safety, GovNL

Human Rights Supports:
Egale Canada
Human Rights Commission – Dept. of Justice and Public Safety, GovNL

Mental Health:
Forensic Services – Eastern Health
John Howard Society of NL
Justice Program – CMHA-NL (Canadian Mental Health Association NL)
Miles for Smiles Foundation
Pathways Foundation
Salvation Army Correctional and Justice Services

Sexual and/or Intimate Partner Violence:
Coalition Against the Sexual Exploitation of Youth (CASEY)
The Journey Project
Miles for Smiles Foundation
NL Sexual Assault Crisis and Prevention Centre
Safe Harbour Outreach Project (S.H.O.P.)
Sexual Assault Nurse Examiner Program (SANE) - Eastern Health
Sexual Harassment Office – Memorial University
St. John's Women's Centre (SJWC)
Violence Prevention Avalon East

Youth:
Department of Children, Seniors and Social Development - Gov. of NL
Family Division - Supreme Court of Newfoundland and Labrador
Family Justice Services – Dept. of Justice and Public Safety, GovNL
My Parents Live Apart – PLIAN
NL Youth Secure Custody – Dept. of Justice and Public Safety, GovNL
North Star Child and Youth Advocacy Centre
Office of the Child and Youth Advocate
Waypoints

# Emergency Hotlines/Supports

## Support (24Hrs)

| | |
|---|---|
| **NL Service Navigation Aid & Telephone Directory** | Dial 211 or 1-855-276-9072, Online at: https://nl.211.ca/ |
| **NL Health Line & Mental Health Crisis Line** | 811 |
| **Sexual Assault Crisis Centre** | 1-800-726-2743 |
| **Domestic Violence Help Line** | 1-888-709-7090 (Call or Text) |
| **First Nations & Inuit Hope for Wellness Help Line** | 1-855-242-3310 |
| **2SLGBTQIA+ Warm Line** | 1-866-230-8041 (Call or Text) or Chat online at https://www.plannedparenthoodnlshc.com/warmline.html |
| **Income Support/AES (18-64)** | (709) 729-7888 |
| **Kids Help Phone** | 1-800-668-6868 |
| **Kids Help Phone** | Text 686868 |
| **Emergency Housing Line** | (709) 724-2444 or 1-833-724-2444 |
| **Lifewise Warm Line** | 1-855-753-2560 or (709) 753-2560<br>**Français:** 1-833-753-5460 |
| **Child Protection Services** | **Daytime:** (8:30am-4:30pm) (709) 729-4612<br>**After Hours**: (709) 729-4775 |

## Support–Weekdays

| | |
|---|---|
| **StreetReach–Thrive (All Ages)** | (709) 743-2536 |
| **Choices for Youth** | (709) 754-3047 |
| **Stella's Circle (Housing Division)** | (709) 738-0457 |
| **SWAP (Needle Exchange)** | (709) 757-SWAP (7927) |
| **Planned Parenthood NLSHC** | (709) 579-1009 |
| **St. John's Women's Centre** | (709) 753-0220 |
| **Recovery Centre** | (709) 752-4980 |

## Community Meals

| | |
|---|---|
| **Gathering Place (25yrs and up)**<br>*172 Military Rd* | (709) 753-3234 |
| **Choices for Youth (16-29yrs)**<br>*12-16 Carter's Hill Pl.* | (709) 754-3047 |
| **George St. United**<br>*25 Buchanan St.* | (709) 726-8775 |
| **New Hope @ Jimmy Pratt Centre**<br>*25 Buchanan St.* | (709) 739-0290 |
| **Cornerstone Supper Bowl**<br>*13 Rickett's Rd.* | (709) 738-6363 |
| **Seventh Day Adventist**<br>*30 Aldershot St* | (709) 579-2530 |
| **For Food Banks Click Here or Call CFSA** | (709) 722-0130 |

**Emergency..... 911**

**RNC (Info/Complaints) ..... (709) 729-8000**

## AIDS Committee of Newfoundland and Labrador (ACNL)

47 Janeway Place, St. John's, NL A1A 1R7

**Tel:** (709) 579-8656 **Shelter Tel:** (709) 579-8348 **Fax:** (709) 579-0559
**Email**: info@acnl.net **Website:** www.acnl.net **Toll Free:** 1-800-563-1575
**Facebook:** @AIDSCommitteeNL

**Mandate:** To prevent the spread of HIV and Hepatitis C. ACNL works to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C. ACNL advocates for change while networking on a provincial, regional, national, and international level regarding HIV/AIDS and Hepatitis C issues.

**Target Population:** People living with, affected by, or at risk for HIV/AIDS and Hepatitis C.

**Highlight of Programs / Services Offered:** ACNL provides a range of services to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C, as well as providing services to the general population of the province.

- HIV/HCV Services
  - HIV/Hepatitis C/STBBI Education
  - Provincial HIV Services Special Assistance Program
  - Support Services (advocacy, referrals, appointment accompaniment, supportive counselling, etc.)

- Safe Works Access Program (SWAP)
  - St. John's Office
  - Corner Brook Office

- Transitional Housing
  - Six independent living units (one 2-bedroom and five 1-bedroom)
  - Applicants must be 18 years or older living with and/or affected by HIV/AIDS or Hepatitis C
  - For more information, please contact our Housing Coordinator, Christine Bryne, at 709-579-8656 or 1-800-563-1575, through the contact form on ACNL's website, or via email

- Tommy Sexton Centre Emergency Shelter
  - 4-bed emergency, short-term shelter for individuals ages 16 and up.

  Priority for individuals living with HIV/AIDS and/or Hepatitis C. Gender-neutral facility, further priority for LGBTQ2S+ shelter placement. However, all individuals experiencing homelessness are able to access shelter

- Residential Counsellors provide housing search support, crisis and supportive counselling, linkage and referrals to community and government programs, assistance with life skills development, and other services
- For more information on the Emergency Shelter Services Program, please contact the Shelter Services Coordinator, Alexe Morgan, by phone at (709) 579-8656, through the contact form on ACNL's website, or via email.

## Athena Health Centre

**Office Address:** 215 Lemarchant Rd., St. John's, A1C 2H5
**Mailing Address:** Unit 50 Hamlyn Rd. Plaza, Suite 408, St. John's, NL, A1E 5X7

**Tel:** (709) 754-3572 **Toll-Free:** 1-800-755-2044 **Fax:** (709) 754-6626
**Email:**athenahealthcentre@bellaliant.com
**Facebook:** Athena Health Care Centre Inc.

**Mandate:** To provide medical care, including abortion, to pregnant individuals in an atmosphere of respect and dignity with an emphasis on reproductive freedom

**Target Population:** Pregnant individuals of any age.

**Highlight of Programs / Services Offered:**

- While at the Clinic you will meet with a trained counselor who will explain the procedure, provide birth control information, and give emotional support.
- We also provide testing for sexually transmitted infections (STI) including chlamydia, gonorrhea, HIV, syphilis, and hepatitis B and C (not mandatory) to our abortion clients.
- Your doctor can refer you to the Clinic, but we prefer that you call us yourself. This will give you the chance to ask questions or voice concerns you might have.
- Newfoundland and Labrador people with MCP are fully insured and therefore do not have to pay for abortion services at this clinic.
- Post-operative teaching is done regarding care after the procedure. Printed handouts with relevant information are given to clients.
- 24-hour emergency contact number available for clients who have any post-operative questions or concerns.
- Prescriptions for birth control are available, and IUD insertions, as well as Nexplanon insertions, can take place on the day of your procedure, immediately after the pregnancy is removed.
- 24-hour emergency contact number is available for clients who have any post-operative questions or concerns.
- Satellite clinics are scheduled monthly for either the west coast of the island, or central.
- Both abortion options are available: Aspiration abortion and Medication abortion – Mifegymiso. Other names are known as Abortion by Suction and

Abortion by Pill.
- Available services for emergency IUD insertions after a contraceptive failure — copper IUDs are far more effective (at 99%+ effective) than Plan B (at 75-89%) for contraceptive failure

## Intersections: A Resource Centre for Marginalized Genders

230 Elizabeth Ave., Memorial University, University Centre, room 1009, St. John's, NL A1C 5S7

**Tel:** (709) 864-4366 **Email:** intersections@munsu.ca
**Twitter:** @intersectionsNL **Website:** munintersections.wixsite.com/intersections
**Facebook:** @intersectionsnl **Instagram:** @intersectionsNL

**Mandate:** Intersections: A Resource Centre for Marginalized Genders is currently the only student-run, feminist organization on campus, funded by both MUN Student's Union and Student Affairs and Services. We are dedicated to creating a space on campus where marginalized genders can rest, discuss, find resources/services, and connect with other like-minded people.

**Target Population:** Anyone, regardless of their gender, can come get resources at anytime. In saying this, Intersections will typically reserve the sitting/socializing area for people of marginalized genders. (i.e., anyone that does not identify as cisgender male).

**Highlight of Programs / Services Offered:**
- Menstrual Health Products (menstrual cups, pads, tampons, liners)
    - To apply to receive a menstrual cup, individuals can check our website and submit a request there or email us directly. Supplies may be limited during certain times of year
- Pregnancy Tests
- Diapers
- Peer Counselling
- Condoms (internal & external) girl
- Funding
    - We offer several funds that students and community organizations can apply for, including the Trans Student/Student Parent Fund and the Solidarity and Action Fund. Other opportunities for funding and individual aid are also available as needed, check our website for more info.

## MUN SAGA (Sexual and Gender Advocacy Resource Centre)

1 Arctic Avenue, Memorial University, UC6022, St. John's, NL A1B 1T0

**Facebook:** @munsagaresourcecenter and @gendergearinitiative
**Website:** www.mun.ca/student/equity/gender/lgbtqresources.php
**Email:** lbgtcentre@gmail.com and lbgt@munsu.ca
**Snapchat:** @munsaga **Tel:** (709) 864-7619

**Mandate:** To make the community a safe space for LBGTQ individuals, their families, and their supporters.

**Target Population:** Anybody in the St. John's community; on or off MUN campus.

**Highlight of Programs / Services Offered:**

- Safe space for individuals in the St. John's community.
- Awareness and Advocacy for people of marginalized genders and orientations, both among marginalized populations and among the community as a whole.
- Provides Information on topics relating to sexual health, well-being, and gender awareness.
- Provides condoms, tampons, sanitary pads, chest binders, and books.
- Provides peer counselling, coffee, and a chill, inclusive, confidential atmosphere.

**Events:** Queer Prom, and Queer-a-Palooza (before Finals in the Winter Term); intended for individuals to have the prom experiences they missed out on in High School, and foster the amateur drag community of St. John's.

## PFLAG Canada

1554 Carling Ave, Suite 243, Ottawa, ON K1Z 7M4

*The local PFLAG does not have an address or building in NL*

**NL Email:** pflagnl@gmail.com **Website:** pflagcanada.ca/
**Tel:** 1-888-530-6777 ext. 575 **NL Email:** stjohns@pflag.ca

**NL Facebook Group:** PFLAG **National Instagram**: @pflagcanada
**NL Facebook page:** PFLAGNL **National Facebook**: PFLAGCanada

**Mandate:** To support, educate and provide resources to anyone with questions or concerns. As well, to offer local, practical and emotional peer-to-peer family support for individuals and their loved ones challenged by gender/sexual identity.

**Target population:** Canadians with issues of sexual orientation, gender identity and gender expression.

**Highlight of Programs / Services Offered:** Canada's only national organization that offers peer-to-peer support, PFLAG Canada is many things—it is comfort, it is support and it is a source of information. However, PFLAG Canada in its simplest form, is its supporters: you and the many others across Canada, working to build a better future for the LGBTQ community of Canada.

- **Monthly peer support meetings:** Every third Thursday of the month from 7:30pm-9:30pm at 12-16 Carter's Hill Place (choices for youth building)
- Find your Chapter: PFLAG Canada's network of national chapters are run by dedicated volunteers who've been where you are now and want to help you get to

where you're going. Find your nearest chapter and learn what support is available in your own backyard.
- Online Support: If you prefer a more anonymous interaction, follow them on Twitter or like them on Facebook. No judgements or questions asked and always confidential.
- Other Resources: If you're not quite ready to reach out to PFLAG directly, take a look through their extensive listing of resources to help point you in the right direction. Just remember that you are not alone—PLFAG is there for you whenever you feel you're ready.
- Get Involved: Whether it's becoming a long-term member or short-term volunteer, there are many ways to get involved with PFLAG Canada

## Planned Parenthood – NL Sexual Health Centre

47 St. Clare Ave, St. John's, NL, A1C2J9

**Website**: plannedparenthoodnlshc.com/ **Tel:** (709) 579-1009
**Twitter:** @nlsexualhealth
**Tiktok:** https://www.tiktok.com/@plannedparenthoodnl
**Facebook:** @PlannedParenthoodNL **Fax:** (709) 726-2308
**Instagram:** @Plannedparenthoodnlshc **Toll-free:** 1-877 NO MYTHS (666-9847)

**Mandate:** To promote positive sexual health and 2SLGBTQIA+ inclusion through education, community partnership, information and services within an environment that supports and respects individual choice

**Target Population:** Anyone—regardless of age, race, ethnicity, gender, gender identity, gender expression, socioeconomic status, physical or mental ability, sexual orientation, religion, religious creed, national or social origin, marital status, family status and political opinion.

**Highlight of Programs / Services Offered:**
- Sexual education: workshops and training for all ages on all aspects of comprehensive sexual health education and 2SLGBTQIA inclusion
- Sexual health clinics: doctor clinics for pap testing, breast exams, testing and treatment of sexually transmitted or blood borne infections, prescribe birth control, insert IUDs etc.
- Pregnancy testing and pregnancy options counseling
- Toll free sexual health information line
- Birth control and emergency contraception information and counseling
- Free condoms and packets of lubricant
- Free menstrual products
- Free safer drug use and HRT supplies
- Sexual and reproductive health resource library
- 2SLGBTQIA+ and Social Science Fiction and Non-Fiction Lending Library.
- Affordable birth control options
- Support groups and referrals for the 2SLGBTQ community

- Camp Eclipse: OUT in the Woods leadership camp for 2SLGBTQIA+ youth (campeclipse.com) & 2SLGBTQIA+ FB Group and community events calendar.
- **2SLGBTQIA+ Warm Line:** 1-866-230-8041 or plannedparenthoodnlshc.com/warmline

## Quadrangle NL

**Telephone Number:** 709-769-2355
**Email:** executivedirector@thequadnl.com
**Website:** www.thequadnl.com
**Facebook:** @thequadnl
**Twitter:** @TheQuadNL
**Instagram:** @TheQuadNL

**Mandate:** To create and operate a community centre that is a communal space for 2SLGBTQIA+ individuals and organizations with structured programs.

**Target population:** 2SLGBTQIA+ community members of all ages

**Highlights of Programs / Services Offered:**

**High Tea**- A bi-weekly social gathering of the 2SLGBTQIA+ community of Newfoundland and Labrador over Zoom on Sunday from 2pm-3pm(NT). This is an open call for any member of our fabulous community to join our tea time. Talk about your fav shows, maybe a new activity you are looking forward to or just simply wanting to be around the community in a sit-down setting. Grab your tea (coffee or beverage of choice) and let's talk for an hour together.
*Register here: https://forms.gle/ceusUzzJsjNb8zy19*

**Visibility Program** - Thanks to the amazing folks at RBC Foundation and A Dollar A Day we're able to offer a wide range of FREE items to help empower visibility of the 2SLGBTQIA+ community in our province. Rather your a proud member, supportive individual or organization doing their part we want to help. We have stickers, pins, magnets, key chains and flags with more items like pronoun pins to be added to our stock soon.
Just complete the form to request your items today! https://forms.gle/ZvPuHxcvhA9bH2mD9

*please note we have a limited number of items and funds, so orders might not have everything you request.

**Community OUT-ings** - Thanks to our intern Cassondra, from the YWCA St. John's LAUNCH program we will be hosting some bi-weekly community OUT-ings during the summer months. These community OUT-ings will be FREE and ALL AGES, we'll be hosting picnics in the park, trips to museum (The Rooms and other places), walks and hikes and much much more. Be sure to check out our events page on our website and social media accounts for postings of upcoming community OUT-ings.

**Wellness Wednesdays**- Thanks to our intern Cassondra, from the YWCA St. John's LAUNCH program we will be hosting some Wellness Wednesday, online one-on-one peer support. Each Wednesday between 4pm-9pm during the summer, starting this Wednesday

June 22nd. There are 7 time slots per Wednesday, 30mins per person. Once a time slot has been selected it will no longer appear as an option on the form.
Register here https://forms.gle/XT9wUb7o9NVsXgf58 (this form will be updated weekly)

**Parents' Meet Up Meetings (these are currently on hold)** - Are you a parent, guardian or caregiver of 2SLGBTQIA+ folks and wanting to connect with others? Maybe you see there is a need for a peer support group in your area and wanting to know how you can be part in creating one? Or perhaps you are looking to just connect with others and have questions? Our Parent's Meet Up events could be what you are looking for!
Join this meeting on the last Thursday of the month. Please email: grandfallswindsornl@pflagcanada.ca for the Zoom Link.

Quadrangle also continuously provides workshops and training opportunities, please check out our website for the most up to date events.

## Safe Harbour Outreach Project (S.H.O.P.)

170 Cashin Avenue Extension, St. John's, NL A1E 3B6

*SHOP has a confidential location*

**SHOP Program Coordinator:** 709-771-7171
**SHOP Outreach & Advocacy Organizer:** 709-219-4800

**WOW (Warn Other Workers) Bad Date Line (24/7):** 1-800-726-2743

**Facebook:** https://www.facebook.com/SHOPoutreach/
**Twitter:** @sexworkoutreach
**Instagram:** @sexworkoutreach

**Mandate:** SHOP exists to advocate for the human rights of sex workers. SHOP knows that there are many different lived experiences in sex work as there are sex workers. SHOP firmly believes that sex workers are experts of their own lives, and everything they do is rooted in that philosophy. SHOP believes in:

- **The value of sex workers and their self determination**
- **The power of harm reduction**
- **The pursuit of social justice**

**Target Population:** S.H.O.P. supports women, trans, and non-binary folks who identify as a current or former sex worker or with lived experience in the sex trade, regardless of industry experience–this means that S.H.O.P. is here as a supportive resource for dancers, street level workers, in and out call workers, webcam workers, phone workers, independent escorts, those who work in massage parlours, sugaring, and more.

**Highlight of Programs / Services Offered:**

- **One-on-one individual support**, including home visits and accompaniments to appointments.
- **Distribute safer sex supplies** and **clean drug use supplies**
- **Peer drop-ins**
- **Street outreach**
- **Healthcare supports**
- **Support around housing, the justice system, food, etc.**
- **Events, workshops, groups, and info sessions**
- **System navigation and referrals to other supports/programs**
- **Public education and training**
- **Advocacy**
- **No waitlists and no referral forms to connect with SHOP**

### Spectrum Queer Choir

**Email:** info@spectrumqueerchoir.com
**Facebook:** Spectrum Queer Choir
**Twitter:** @SpectrumQuoir

**Mandate:** Spectrum Queer Choir creates a space of safety, community, and celebration for 2SLGBTQIA+ people. There are no auditions to join Spectrum and the choir welcomes all ages 13+ who want to sing with us, regardless of experience or identity.

**Target Population:** 2SLGBTQIA+ people and allies.

**Highlight of Programs:** We offer concerts several times annually. We also perform at 2SLGBTQIA+ and broader community events as guest performers.

Choir practice is every Wednesday night at 7:30pm. No singing experience necessary and we welcome new members at the beginning of each term.

## St. John's Gay Men's Chorus

**Email:** stjohnsgaychorus@gmail.com **Facebook:** St. John's Gay Men's Chorus
**Twitter:** St. John's Gay Men's Chorus

**Mandate:** St. John's Gay Men's Chorus is a non-auditioned community choir for men and allies of the LGBTQ community. The choir aims to create a safe social space, where people of diverse background can sing and make music together.

**Target Population:** Gay men and allies in St. John's and surrounding areas.

**Highlight of Programs/Service Offered:**
The SJGMC is always looking to recruit new members! To register or for any inquiries, please send them an email.

## Trans Support NL

**Email:** tsnl.umbrella@gmail.com
**Website:** https://tsnl.org/
**Facebook:** @tsnl.umbrella **Instagram:** @transsupportnl

**Mandate:** Trans Support NL is a non-profit organization that offers resources, peer support, and awareness and inclusion training to support the trans community of Newfoundland and Labrador.

**Target population:** Two Spirit, non-binary, trans, & gender diverse communities, 2SLGBTQ+

**Highlights of Programs / Services Offered:**

***Peer Support Groups:***
Eastern, Central, and Western and virtual accessibility

***Resources:***
Gender Affirming Gear
Navigating transition
*Training and education:* Social enterprise program to provide trans inclusion and awareness training for service providers, educators, and the community.

# CHILDCARE

## Brighter Futures Coalition of St. John's

Suite 200, Nuport Building, 44 Torbay Road, St. John's, NL A1A 2G4

**Tel:** (709) 739-8096 **Email:** roxanne@brighter-futures.net **Fax:** (709) 739-8097
**Website:** brighter-futures.net
**Facebook:** Brighter Futures Coalition of St. John's and District

**Mandate:** The healthy development and well-being of children and families within supportive communities. To provide quality programs and services that promote the healthy birth, growth and development of children aged 0-6 years and their families.

**Target Population:** Children 0 – 6 years and their families.

**Highlight of Programs / Services Offered:**

- Healthy Baby Club: A flexible, continuous-entry program that provides support, nurturing and guidance to pregnant mothers.
    - The weekly group meetings provide an opportunity for participants to get together with other pregnant women in a relaxed and friendly environment.
    - You can self-refer to this program if you are in need of some additional

support during your pregnancy.

- Mother Goose: A group experience for parents/ caregivers, their babies and young children; it focuses on the please and power of using rhymes, songs, and stories together.
    - Up to 14 children per group, and generally offer 3 sessions per year (September, January, and April). Sessions vary between 8-10 weeks.
    - To register, email mothergoose@brighterfutures.net

- Physical Activity Program: Children and their parents/ caregivers are given an opportunity to run, jump, skip, and play in a large gym. Materials are provided that encourage active play. Free Drop-in Service offered at 2 locations: Paradise Youth Rotary Centre (Contact: veronica@brighter-futures.net) and Gloria Pearson Community Centre (Contact: angela@brighter-futures.net).

- Family Resource Centres – Play Groups: A supportive environment that recognizes the value of family in the development of happy, healthy children.
    - Offers 7 free, play based programs for parents/ caregivers with their children, ages 0-6.
    - For a list of Family Resource Centres, click here.

- Breast Feeding Support Program
    - Provides an opportunity for any breast feeding mothers to receive support, encourage each other, and socialize in a friendly, nurturing environment.
    - The group consists of a Public Health Nurse, a Healthy Baby Club Coordinator, and a Resource Mother.
    - For more information, contact Karen Pynn at (709)-739-8011)

- Little Learners (Baby-Only Program)
    - Program for babies, ages 0-1.
    - One a week for 90 minutes, free of charge.

**Daybreak Parent and Child Centre**
74 The Boulevard, St. John's, NL A1A 1K2

**Tel:** (709) 726-8373 ext. 219 **Email:** rwilliams@daybreakcentre.com
**Fax:** (709) 726-1607 **Website:** www.daybreakcentre.com
**Facebook:** https://www.facebook.com/DaybreakCommunityPrograms

**Mandate:** Daybreak has a long history of contributing to the optimal development of children and families. The overall work of Daybreak is firmly grounded in a strengths-based approach, with a focus on supporting families' existing capabilities and strengths. Daybreak offers a holistic support service involving parents as well as children, and offers consultation and leadership to the boarder community in the area of early childhood education and family supports.

**Target Population:** Children between 0-6 years of age and their families.

**Highlight of Programs / Services Offered:**

- **Children's Centre Program:** A licensed Childcare Centre for 54 children between the ages of 24 and 84 months. The program enrolls families with a focus on children with exceptionalities and neurodiversity.

- **Parent Program:** The Parent Program works in partnership with the Children's Program. The Parent Program intervention services and programs designed to engage parents and those in a parenting role in supporting their children.

- **Daybreak Community Program:** Provides families with family resource supports and programs, including perinatal supports. Daybreak Community Program also offers evidence-based parent programs, workshops, outdoor programs and special activity days.

- **Family Home Visitation Program:** Provides home visiting to families living in St. John's, Mount Pearl, and Conception Bay South. The program centres around enhancing the skills and knowledge of parents, improving child development, promoting parent child attachment and helping families make community connections. Families must be referred to the program by the Department of Children, Seniors and Social Development.

## Early Learning and Child Development Division – Department of Education, Gov. of NL

**METRO ELCD REGIONAL OFFICE**
3rd Floor West Block, Confederation Building, P.O. Box 8700, St. John's, NL, A1B 4J6
**Telephone:** 1-709-729-4331
**Fax:** 1-709-729-4351
**Email:** Childcareenquiries-m@gov.nl.ca
**Subsidy Related Request via Email:** metrosubsidy@gov.nl.ca

**Early Learning and Child Care:** https://www.childcare.gov.nl.ca/

**Programs and Services:** https://www.gov.nl.ca/education/childcare/

**Contact Us:** Personnel Directory

**Mandate:** The Early Learning and Child Development Division is responsible for the learning needs of pre-school children and development and implementation of programs which will help to ensure a smooth transition to the K-12 school system. The division is also responsible for the licensing of, and providing supports for, child care services in Newfoundland and Labrador and for supporting family resource centres which provide a variety of community-based activities and resources for children and families. Staff work with child care providers to build capacity in the community and to promote best practices in child care settings.

**Target Population:** Families who require childcare services because of work, training, child development or family support, as well as child care providers.

**Early Learning and Child Care Resources:**

- Legislation and Policy Manual
- Child Care Forms
- Resources for Families
- Resources for Early Childhood Educators and Providers
- Resources for Early Learning
- Operating Grant Program
- Early Learning Child Care Quality Enhancement Program
- Publications

**For more information** on Child Care Service Licensing, Programs and Initiatives**, check out the Education and Early Childhood Development website**, contact the Regional office, or contact the child care facility of interest directly.

Click **here** for the **Early Learning and Child Care Directory,** which lists all regulated child care services, both centre-based and family child care, and family resource centres in the province.

To search by the name of Childcare Centre and view any violations, click **here.**

## Family and Child Care Connections (FCCC)

50 Pippy Place, Unit 22, PO Box 13574, St. John's, NL A1B 4B8

**Tel:** (709) 754-7090 (ext. 1) **Facebook:** @fcccnl **Email:** vcollins@fccnl.ca
**Fax:** (709) 754-7091 **Website:** familyandchildcareconnections.ca/
**Email:** admin@fccnl.ca

**Mandate:** FCCC is a community based, non-profit early learning and family child care organization, dedicated to the development and provision of affordable, accessible, inclusive and quality early learning and family child care. Through its Family Resource Centre and Family Child Care Agency, FCCC provides education, support and resources to parents and families and the recruitment and approval of family child care providers.

**Target Population:** Parents, Child Care Fund members, family home child care providers, etc. in Newfoundland & Labrador.

**Highlight of Programs / Services Offered:**

- Family Child Care Agency
- Community Meeting Space
- Child Care Registry
- Workshops and Training
- Drop-in playgroups
- Lending Libraries
- Calendar of Events

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**

**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**

To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**

Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Key Assets NL – Residential Child Care

Office Address: 21 Adams Avenue, St. John's, NL, A1Z 4Z1.
Mailing Address: P.O. Box 2336, St. John's, NL A1C 6E1

**Tel:** (709) 579-1624 **Email:** info@keyassetsnl.ca
**Fax:** (709) 579-2477 **Website:** www.keyassetsnl.ca/

**Mandate**: To provide quality care in a therapeutic setting. Also, to make a positive and lasting difference to the lives of children and youth.

**Target population:** Key Assets NL will strive to develop and offer a range of creative services for children, youth and families, working in partnership with statutory bodies, to meet their specific needs and deliver positive outcomes.

**Highlight of Programs / Services Offered:**

Family Based Care:

- In Family-based Care, the goal is to provide a model of care that enables young people to safely and successfully settle into a stable family environment, as well as preventing children who have experienced multiple placement breakdowns from experiencing another placement failure.
  - An enhanced multi-disciplinary support package of intervention will be provided.
  - The support will be therapeutically led and include a range of social work, education, child and youth care and practical support as appropriate.

Residential Child Care:

- In order to deliver a truly therapeutic environment for the young people in residential child care, a comprehensive, multi-faceted approach is required. In order to provide quality care, Key Assets:
    - Provides a safe environment through structure, routine and predictability.
    - Use activities and daily life events to bring about positive change.
    - Develop positive relationships and a sense of belonging.
    - Encourage family support and offer academic support.

Consultation and Training:

- Key Assets offers a wide range of training and consultation services to parents, professionals and agencies involved with the provision of services for children, youth and families. Training Topics include:
    - Fetal Alcohol Spectrum Disorder (FASD)
    - Understanding and Dealing with Challenging Behaviours
    - Liaison Services
    - Parenting Skills
    - Myers-Briggs Personality Type
    - The Therapeutic Use of Daily Life Events (DLE)
    - Vicarious Trauma
    - Self-Care
    - Boundaries

## MAX Families

**Address:** 34 New Cove Road, St. John's, NL
**Tel:** (709) 733-7330 ext. 1
**Website:** https://yourmax.ca
**Facebook:** @MAXFamilies
**Email**: info@yourmax.ca

**Mandate:** MAX's philosophy revolves around constant progress and striving to reach your maximum potential.

**Target Population:** Children and families
**Highlight of Programs/ Services:**

- **After School Program:** Locations in CBS, Paradise, Mount Pearl, St. John's; accepts children in grades Kindergarten to Grade6, children are picked up from school in MAX fleet buses, open until 6pm for pick up, includes activities such as Fitness 4 fun, yoga, martial arts, traditional sports and various others.
- **Summer Camps:** Camp MAX is a recreational summer camp with weekly themes, field trips, and a ton of fun. Several locations in the metro area.
- **Birthday Parties:** Host a zero-stress party at our New Cove Road. Bouncy castles and tons of fun gym equipment.

## The Children's Centre

The Children's Centre, 80 Craigmillar Avenue, St. John's, NL A1E 1Z8

**Tel:** (709) 579-9053 **Email:** thechildrenscentre.tcc@gmail.com
**Facebook**: @TheChildrensCentre

**Mandate:** The Children's Centre is a not-for-profit and parent-run preschool. They offer flexible and affordable programs for children ages 2-5, with a focus on play-based learning. The main objectives of the Children's Centre's programs are to increase independence and self-confidence through emphasis on self- selected activities and problem solving, to increase understanding and acceptance of oneself and others through individual and group activities, and to broaden and enrich the child's horizons through a variety of "learning by doing" activities.

**Target Population:** Children ages 2-5.

**Highlight of Programs / Services:** The Children's Centre follows a rolling registration model, and registrations can be submitted at any time. If no space is available, you will be placed on a waiting list.

- Preschool 1 is a full-time program for two-year-olds.
- Preschool 2 is a part-time program for children ages three to five. Families can choose from morning or afternoon sessions and children can attend two, three, or five half days per week.
- Preschool 3 is a full-time program for children ages three to five.
- When space is available, children currently registered at the Children's Centre can attend outside of their regular days and times on a drop-in basis.
- The Children's Centre is a non-profit organization which means all income generated by program tuition, fundraising, and donations goes straight into the classrooms, programs, and their continual betterment.

## Registered Child Care Centres in Conception Bay South & Holyrood

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| Activ Time Preschool & Daycare | 12-14 Fowler's Road | (709) 834-3534 | 2 years | 12 years |

| | | | | |
|---|---|---|---|---|
| Children's Choice Learning Centre Daycare and Pre-School | 1043 Conception Bay South Highway | (709) 744-3003 | 1 year, 6 months | 5 years, 9 months |
| Happy Days Daycare | 533 Conception Bay Highway Holyrood | (709) 229-5437 | 1 year, 6 months | 12 years |
| Hopewell AfterSchool Program | 1219 Conception Bay Highway | (709) 631-4277 | 4 years, 9 months | 13 years |
| Kids Kampus CBS | 834 Conception Bay Highway | (709) 834-2226 | 1 year, 6 months | 7 years |
| Little Darlings Daycare and Preschool | 2501 Topsail Road | (709) 834-6400 | 2 years | 13 years |
| Merry Care Day Care | 14 Craigs Lane | (709) 834-4548 | 2 years | 7 years |
| Pitter Patter Daycare II | 241 Conception Bay Highway | (709) 834-7802 | 1 year 6 months | 13 years |
| Rainbow VI (6) | 1 Tampa Drive | (709) 834-9161 | 1 year, 6 months | 12 years |
| St. Edward's Afterschool | Longshore Road | (709) 834-4421 | 4 years, 9 months | 13 years |
| Stay and Play | 69 Foxtrap Access Road | (709) 834-5006 | 2 years | 13 years |
| The Right Start Afterschool Program | 21 Sunrise Avenue | (709) 240-1292 | 4 years, 9 months | 13 years |
| The Right Start Child Care Centre | 25 Sunrise Avenue | (709) 834-2114 | 2 years | 7 years |
| Wonder Years Preschool and Daycare | 2 Seabreeze Drive | (709) 231-2372 | 1 year, 6 months | 5 years, 9 months |

| | | | | |
|---|---|---|---|---|
| Wonder Years Preschool and Daycare #2 | 2 Seabreeze Drive Holyrood | (709) 231-2372 | 1 year, 6 months | 13 years |

## Registered Child Care Centres in Mount Pearl

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| Apples to Zebras | 13 Pleasant Avenue | (709) 221-1411 | 1 year, 6 months | 13 years |
| Donna's Childcare Centre | 1010 Topsail Road | (709) 368-0496 | 2 years | 5 years, 9 months |
| Gingerbread House by MAX | 5 Cunard Place | (709) 747-2777 | 2 years | 5 years, 9 months |
| Leaps and Bounds DayCare | 1016 Topsail Road | (709) 368-7300 | 2 years | 5 years, 9 months |
| Little People's Workshop – Smallwood | 56 Smallwood Drive | (709) 747-5496 | 2 years | 6 years |
| Max Preschool 2 | 1 Olympic Drive | (709) 733-7330 | 2 years, 9 months | 5 years, 9 months |
| Milestones Early Learning and Childcare Center - Commonwealth Ave | 46 Commonwealth Avenue | (709) 747-8345 | 0 years | 12 years |
| Milestones Early Learning and Childcare Center - Park Ave A | 288 Park Avenue Mount Pearl | (709) 368-0133 | 2 years | 12 years |
| Milestones Early Learning and Childcare Center - Park Ave B | 288 Park Avenue Mount Pearl | (709) 368-0133 | 0 years | 4 years |

| | | | | |
|---|---|---|---|---|
| Rainbow III (3) | 188 Park Avenue | (709) 368-0224 | 1 year, 6 months | 12 years |
| Wee Gems Daycare | 37 Yetman Drive | (709) 368-1211 | 2 years | 5 years, 9 months |
| YMCA School Age Child Care – Queen of the World | 775 Topsail Road | (709) 368-5371 | 4 years, 9 months | 13 years |
| YMCA School Age Child Care - St. Peter's | 108 Ashford Drive | (709) 754-2962 | 4 years, 9 months | 13 years |

## Registered Child Care Centres in St. John's

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| A Home Away From Home Childcare | 268 Conception Bay Highway | (709) 528-9529 | 18 months | 13 years |
| Bloomsbury Child Care Centre | 389 Stavanger Drive | (709) 753-2273 | 2 years | 6 years, 8 months |
| Campus Childcare Inc.- Activity Centre | Burton's Pond Road | (709) 864-4729 | 3 years, 8 months | 12 years, 11 months |
| Campus Childcare Inc. - Preschool I | Burton's Pond Road | (709) 864-4728 | 2 years | 6 years |
| Campus Childcare Inc. - Preschool II | Burton's Pond Road | (709) 864-4728 | 3 years | 6 years |
| Campus Childcare Inc.-Toddler Centre | Burton's Pond Road | (709) 864-4728 | 2 years | 3 years, 10 months |
| College of the North Atlantic Children's Centre | 50 Gooseberry Lane | (709) 758-7444 | 0 months | 5 years, 9 months |

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|---|---|---|---|---|
| Confederation Building Day Care Centre | 100 Prince Phillip Drive | (709) 729-6038 | 1 years 6 months | 7 years, 8 months |
| Creative Discovery Children's Centre | 31 Doyles Road | (709) 368-4088 | 0 years | 12 years, 11 months (155 months) |
| Creative Kids Afterschool Club | 434 Main Road | (709) 364-3890 | 4 years, nine months | 13 years |
| Creative Kids Daycare | 23 Bishop's Line | (709) 364-3890 | 2 years | 13 years |
| Daybreak Parent Child Centre | 74 The Boulevard | (709) 726-8373 | 2 years | 6 years |
| Discovery Days Children's Centre | 2 Stead Place | (709) 364-1872 | 0 years | 13 years |
| Dr. A.T. Brace Children's Centre | 170 Campbell Avenue | (709) 726-5496 | 4 years, 9 months | 12 years |
| Dr. A.T. Brace Infant Centre | 170 Campbell Avenue | (709) 726-5496 | 0 years | 2 years |
| Early Achievers Montessori School and Educational Centre 1 | 35 Hebron Way | (709) 579-7323 | 2 years | 7 years |
| Early Achievers Montessori School and Educational Centre 2 | 35 Hebron Way | (709) 579-7323 | 2 years | 7 years |
| Fort Townshend Child Care Center | 50 Parade Street | (709) 729-8830 | 2 years | 5 years, 9 months |

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|---|---|---|---|---|
| Happy Times Preschool | 76 Queen's Road | (709) 753-2406 | 18 months | 5 years, 9 months |
| International Friends | 10 Smithville Crescent | (709) 726-6848 | 2 years | 5 years, 9 months |
| King's Bridge Montessori | 36 King's Bridge Road | (709) 764-2046 | 2 years | 5 years, 9 months |
| King's Bridge Montessori II | 718 Water Street | (709) 764-2046 | 2 years 9 months | 5 years, 9 months |
| Les P'tits cerfs-volants | 65 Ridge Road | (709) 757-2850 | 2 years | 5 years |
| Little People's Workshop – Cowan | 111 Cowan Avenue | (709) 747-6701 | 2 years | 7 years |
| Little People's Workshop - Cowan Avenue Afterschool Program | 141 Frecker Drive | (709) 743-1184 | 4 years, 9 months | 13 years |
| Little People's Workshop - Howley Estates | 4 Rumboldt Place | (709) 722-6794 | 18 months | 5 years, 9 months |
| Little People's Workshop - Mundy Pond | 25 Mundy Pond Road St. John’s | (709) 739-5496 | 18 months | 7 years |
| Mes Amis Daycare and Preschool | 436 Torbay Road | (709) 722-9271 | 18 months | 5 years |
| Milestones Learning Centre | 380 Torbay Road | (709) 722-8995 | 2 years | 12 years, 11 months |
| Milestones Learning Centre | 75 Kiwanis Street | (709) 722-9507 | 2 years | 5 years |

| | | | | |
|---|---|---|---|---|
| Milestones Learning | 3 Ricketts Road | (709) 739-7148 | 0 years | 12 years |
| Milestones Learning Centre B | 3 Ricketts Road | (709) 739-7148 | 2 years | 12 years |
| Milestones Learning Centre | 327 Freshwater Road | (709) 722-9346 | 0 years | 12 years |
| Milestones Learning Centre | 555 Torbay Road | (709) 722-9245 | 0 years | 12 years |
| Milestones Learning Centre | Bally Rou Building 380 Torbay Road | (709) 722-8995 | 0 years | 12 years |
| Mother Hens Childcare | 38 Ropewalk Lane | (709) 722-4428 | 2 years | 5 years, 9 months |
| New Dimensions Child Care Center | 10 Canada Drive | (709) 745-3692 | 0 years | 13 years |
| Nursery Time Preschool and Day Care Centre | 205 Logy Bay Road | (709) 722-3311 | 2 years | 7 years |
| Oak Trees and Acorns | 270 Portugal Cove | (709) 724-7227 | 18 months | 5 years, 9 months |
| Panda Bear Daycare | 44 Linegar Avenue | (709) 726-5222 | 2 years | 7 years |
| Pitter Patter Daycare IV | 500 Columbus Drive | (709) 576-4873 | 2 years | 5 years, 9 months |
| Precious People's Playland | 644 Topsail Road | (709) 747-7529 | 2 years | 13 years, 11 months |

| | | | | |
|---|---|---|---|---|
| Precious People's School Age Program | 644 Topsail Road | (709) 747-2132 | 4 years, 9 months | 12 years, 11 months |
| Rainbow I (1) | 17 Hallett Crescent | (709) 754-3003 | 1 year, 6 months | 12 years |
| Rainbow IV (4) | 1 Frecker Drive | (709) 364-6188 | 1 year, 6 months | 12 years |
| Rainbow VII (7) | 1 Frecker Drive | (709) 364-6188 | 1 year, 6 months | 12 years |
| Rainbow II (2) | 17 Hallett Crescent | (709) 754-3003 | 2 years | 12 years |
| Rockcliffe Children's Centre | 235 Blackmarsh Road | (709) 726-7625 | 1 year, 6 months | 13 years |
| The Children's Centre | 80 Craigmiller Avenue | (709) 579-9053 | 2 years | 5 years |
| Turtle Island Childcare Centre | 97 Elizabeth Avenue | (709) 738-8467 | 0 years | 12 years, 11 months |
| Waterford Valley Infant Centre | 465 Topsail Road | (709) 745-6264 | 0 years | 2 years |
| YMCA Child Care Centre | 35 Ridge Road | (709) 754-2962 | 0 years | 13 years |
| YMCA School Age Child Care - Bishop Field Elementary | 46 Bond Street | (709) 754-2962 | 4 years, 9 months | 12 years, 11 months |
| YMCA School Age Child Care - Roncalli Elementary | 130 Airport Heights Drive | (709) 754-2962 | 4 years, 9 months | 13 years |

| | | | | |
|---|---|---|---|---|
| YMCA School Age Child Care - St.Teresa's School | 110 Mundy Pond Road | (709) 579-9111 | 4 years, 9 months | 13 years |
| YMCA School Age Child Care – The School for the Deaf | 425 Topsail Road | (709) 691-9792 | 4 years, 9 months | 13 years |
| YMCA School Age Child Care - Vanier Elementary | 75 Ennis Avenue | (709) 754-2962 | 4 years, 9 months | 13 years |
| Younger Years Daycare and Preschool | 24 Hunt's Lane | (709) 753-3334 | 1 year, 6 months | 13 years |

## Registered Child Care Centres in Paradise

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| Bright Ridge Child Care Centre | 3 Fairlane Street Paradise | (709) 700-1961 | 1 year, 6 months | 7 years |
| Child Matters Incorporated | 297 Paradise Road | (709) 330-2273 | 4 years, 9 months | 13 years |
| Kids Kampus Afterschool Paradise | 96-98 St. Thomas Line | (709) 690-8863 | 4 years, 9 months | 12 years, 11 months |
| Kids Kampus Paradise | 96-98 St. Thomas Line Paradise | (709) 690-8863 | 1 year, 6 months | 13 years |
| Little People's Workshop – Paradise | 2 Hummingbird Drive Paradise | (709) 237-7447 | 1 year, 6 months | 5 years, 9 months |
| Little People's Workshop - Paradise Afterschool Program | 2 Hummingbird Drive Paradise | (709) 237-7447 | 4 years, 9 months | 13 years |

| | | | | |
|---|---|---|---|---|
| Paradise Afterschool Program | 297 Paradise Road | (709) 782-0996 | 4 years, 9 months | 12 years, 11 months |
| Paradise Daycare & Preschool | 169 Paradise Road | (709) 782-0996 | 2 years | 13 years |
| Precious Times Children's Centre | 1 Osprey Place | (709) 782-3770 | 2 years | 5 year, 9 months |
| Priceless Treasures Daycare | 73 St. Thomas Line | (709) 781-2345 | 0 years | 13 years |
| Rainbow V (5) | 11 Elizabeth Drive, Paradise | (709) 782-7007 | 18 months | 12 years |
| The Learning Lobby | 2 Kinkora Street | (709) 782-4480 | 2 years | 7 years |
| Tot's Learning Centre | 1 Brougham Place | (709) 782-2722 | 1 year 6 months | 13 years |
| YMCA School Age Child Care - Elizabeth Park Elementary | 80 Ellesmere Avenue Paradise | (709) 754-2962 | 4 years, 9 months | 13 years |
| YMCA School Age Child Care - Octagon Pond | 11 Sgt Donald Lucas Drive | (709) 754-2961 | 4 years, 9 months | 13 years |
| YMCA School Age Child Care - Paradise Elementary | 60 Karwood Drive | (709) 754-2962 | 4 years, 9 months | 13 years |

## Registered Child Care Centres in Portugal Cove-St. Phillip's

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| Ballicatter After School Program | 20 Coadys Road | (709) 685-0295 | 4 years, 9 months | 13 years |
| Frances Little Friends Daycare | 69 Skinners Road | (709) 895-1212 | 2 years | 13 years |
| KidKare Children's Centre | 1712A Portugal Cove Road | (709) 895-3124 | 2 years | 13 years |
| KidKare Children's Centre 2 | 1718 Portugal Cove Road | (709) 895-5124 | 4 years, 9 months | 13 years |
| Kids Kampus | 1711 Portugal Cove Road | (709) 895-7200 | 1 year 6 months | 5 years, 9 months |

## Registered Child Care Centres in Torbay

| Name | Street Address | Telephone Number | Minimum Age | Maximum Age |
|---|---|---|---|---|
| Milestones Early Learning Centre | 2 Doyle's and Quigley's Lane | (709) 437-6769 | 5 years | 12 years |
| Milestones Early Learning Centre | 5a Watts Pond Road | (709) 437-6234 | 2 years | 5 years |
| Milestones Early Learning Centre | 5B Watts Pond Road | (709) 437-2530 | 5 years | 12 years |
| The Learning Tree Child Care | 13 Quarry Road | (709) 437-7237 | 2 years | 13 years |
| YMCA School Age Child Care - Holy Trinity Elementary | 10 Doyle's & Quigley's Lane | (709) 754-2962 | 4 years, 9 months | 13 years |

## YMCA of Newfoundland and Labrador

**Corporate Office Mailing Address:** P.O. Box 21291, St. John's NL, A1A 5G6
**Email:** info@nl.ymca.ca

**Avalon Peninsula Region:** Ches Penney Family YMCA, 35 Ridge Road, St. John's 709-726-9622

**Burin Peninsula Region:** Marystown YMCA, 2B Harris Drive, Marystown, 709-279-9622

**Labrador Region:**
Central Labrador YMCA, 2 Corporal O'Quinn Blvd., Happy Valley-Goose Bay, 709-896-9622

**Website:** www.ymcanl.com
**Facebook:** @ymcanl **Twitter:** @YMCAofNL
**Instagram:** @ymca.nl **LinkedIn:** linkedin.com/company/ymcanl/

**Mandate:** The YMCA is a charity open to everyone at all stages in life, which provides opportunities to grow in spirit, mind, and body.

**Vision:** A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

**Values**: Caring, Honesty, Respect, Responsibility, and Diversity.

**Target Population:** Individuals and families of all ages. Financial assistance for memberships and services is available.

**Highlight of Programs / Services Offered:**

- **Child Care and Day Camp:** Full Day Child Care; Before and After School and School-age Programs, Day Camps (English and Bilingual)
- **Employment, Enterprise, and Newcomer Services:** Assistance in business development; training workshops; community and volunteering initiatives; employment and exchange program, and youth education programs.
- **Health, Fitness and Aquatics:** Conditioning Centres; Pool; Recreational/ Sport Programs; Teen and Adult Sport Programs; Group Fitness Classes; Court Sports; Child Minding and Supervision Services; Canada Fitness Leader Training and Certification; Swim Lessons for All Ages; Lifesaving/ Lifeguarding Courses.

# COMMUNITY ACTIVITIES

## Arts……

### AAMP - Association for the Arts Mount Pearl

365 Old Placentia Rd, the Annex, Mount Pearl, NL A1N 3B5

**Tel:** (709) 765-9383 **Twitter:** @ArtsMountPearl **Website:** https://aamp.ca
**Email:** info@aamp.ca **Facebook:** @ArtsMountPearl **Instagram:** @artsmountpearl

**Mandate:** The Association for the Arts in Mount Pearl (AAMP) believes that artistic and cultural development within a city increases the quality of life for all citizens, and in keeping with that belief, AAMP intends to provide support for artists and their work and to create opportunities for artists and citizens to explore their artistic interests.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- Creative events for kids, youth, and, adults, year-round.
- Volunteering Opportunities; click here.
- Performance and art-display opportunities; click here.
- To sign up for AAMP's newsletter, click here.
- ARTFUSiON Festival
    - This annual festival comprises of singers, storytellers, dancers, jugglers, interactive art projects, kids crafts and so much more!
    - For more information, or general questions, send a text or call: (709) 765-9383; or, by clicking here.

### Anna Templeton Centre

278 Duckworth Street, St. John's, NL, A1C 1H3

**Tel:** (709) 739-7623 **Email:** annatempletoncentre@gmail.com

**Fax:** (709) 757-8173 **Website:** www.annatempletoncentre.ca
**Instagram:** @annatempletoncentre **Facebook:** @annatempletoncentre

**Hours of Operation:** Monday- Friday 10 am – 4 pm

**Mandate:** To provide craft & art training & education; to promote an increased awareness of and appreciation for craft and art.

**Target Population:** The general public; as well as professional craftspeople and artists.

**Highlight of Programs / Services Offered:**

- Classes: A wide range of evening classes including: sewing, quilting, embroidery, dye techniques, water colour, drawing, acrylic and more. Shorter weekend classes in silk painting, rug hooking, batik, paper making, etc.
  - Adult Classes: Classes in art, craft and sewing.
  - Youth Classes: Young artist program provides creative experiences for kids, with age groups ranging from 7-12, 10-14, and 13-17 years. Class options include cartooning, drawing & painting, sewing, and textile arts.
  - To review the Registration and Cancellation policies, click here.
- **Events:** Lectures, artist presentations, and other special events happen throughout the year, often availing of visiting artists and craftspeople.
- Quidi Vidi Village Artisan Studios: Craft Enterprise Program provides a vibrant focal point for visitors to the community through interaction with emerging craftspeople, and historical interpretation of the region; Emerging craftspeople may apply for a studio

## Artforce NL (Formerly for the Love of Learning)

PO Box 7231, Station C, St. John's, NL, A1E 3Y4

**Drop-in Centre:** 37 Cookstown Road (above Bridges to Hope)

**Tel:** (709) 690-5244 **Email:** gemma@artforcenl.org
**Website:** https://artforcenl.org/
**Twitter:** @artforcenl **Facebook:** Artforce NL

**Mandate:** Artforce is an arts-based charity offering support and empowerment to young people who face socio-economic obstacles.

**Target Population:** NL youth ages 15-30 with the will to learn and create.

**Highlight of Programs / Services Offered:**

- We provide support, guidance and referrals.
- **We offer free workshops and mentorship programs that include:** Theatre, Film, Art, Photography, Creative Writing, etc.
- We produce art exhibits, holiday cards, anthologies, stage plays, short films and more.
- We have an open-arts space, free internet, coffee and snacks.

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**

**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**

To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**

Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)** https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)** https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**

https://firstlightnl.ca/program/training/

- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Girls Rock NL

PO Box 192, Station C, St. John`s NL A1C 5J9

**Twitter:** @girlsrocknl **Website:** girlsrocknl.com
**Instagram:** @girlsrocknl
**Email:** girlsrocknl@gmail.com **Facebook:** @GirlsRockNL709

**Mandate:** Girls Rock NL is an inclusive musical community, mentorship program, and non-profit organization that builds self-esteem amongst gender marginalized youth in Newfoundland and Labrador.

**Target Population:** Gender marginalized youth ages 8-16.

**Highlight of Programs / Services Offered:**

- Girls Rock NL fosters confidence, leadership, creativity, critical thinking, and collaboration through music and performance empowering youth while encouraging a more diverse and inclusive province.
- At Girls Rock NL's summer camp, youth aged 8-16 form bands, write songs, and perform at a final showcase. Bands are coached by some of Newfoundland and Labrador's most exciting musicians who teach campers how to play an instrument and be in a band.
  - No musical experience is necessary!
- Complementing the music component, Girls Rock NL offers fun opportunities for campers to speak with and listen to local musicians, take part in leadership workshops, and make new friends in a safe and encouraging environment.

## PerSIStence Theatre Company

**Location:** The Nest - 2nd Floor, 410 East White Hills Road, St. John's, NL A1A 5J7

**Email:** info@persistencetheatre.com **Facebook:** @persistencetheatre
**Website:** https://www.persistencetheatre.com/ **Twitter:** @PersistenceNL
**Youtube:** Info Persistence Theatre Company
**SoundCloud Podcasts:** https://soundcloud.com/persistencetheatre

**Tel:** 709-743-4274

**Mandate:** PerSIStence Theatre Company a non-profit, charitable (798 690 483 RR0001) organization in Newfoundland and Labrador, Canada that responds to the persistent and universal need for promoting, understanding and embracing the core beliefs of feminism. Through professional theatre and related initiatives, we work to change hearts and minds.

**Target Population:** All marginalized genders; residents of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- PerSIStence Theatre offers a variety of year-round events that promote the feminist philosophy.
- Through their guiding principles, Persistence Theatre company works to:
  - Challenge discrimination and stereotype in all forms
  - Produce stories where at least 50 per cent of the text is spoken by women* character(s)
  - Offer opportunities to all genders with a focus towards people who identify as women*
  - Respond to issues that affect women* and girls in our community
  - Re-examine universal stories traditionally told by men, through a feminist lens
  - Strive to work through an intersectional lens for gender parity

*PerSIStence Theatre recognizes the limiting nature of the binary use of the word 'woman.' We serve and welcome anyone on the gender spectrum who identifies either always or some of the time as a woman, including trans women, women of colour, Indigenous women, women living with disabilities, as well as non-binary people who are comfortable in a space that centres the experiences of women.

Upcoming productions and projects may be viewed on the Persistence Website.

## Spectrum Queer Choir

**Email:** info@spectrumqueerchoir.com
**Facebook:** Spectrum Queer Choir
**Twitter:** @SpectrumQuoir

**Mandate:** Spectrum Queer Choir creates a space of safety, community, and celebration for 2SLGBTQIA+ people. There are no auditions to join Spectrum and the choir welcomes all ages 13+ who want to sing with us, regardless of experience or identity.

**Target Population:** 2SLGBTQIA+ people and allies.

**Highlight of Programs:** We offer concerts several times annually. We also perform at 2SLGBTQIA+ and broader community events as guest performers.

Choir practice is every Wednesday night at 7:30pm. No singing

experience necessary and we welcome new members at the beginning of each term.

## St. John's Gay Men's Chorus

**Email:** stjohnsgaychorus@gmail.com **Facebook:** St. John's Gay Men's Chorus
**Twitter:** St. John's Gay Men's Chorus

**Mandate:** St. John's Gay Men's Chorus is a non-auditioned community choir for men and allies of the LGBTQ community. The choir aims to create a safe social space, where people of diverse background can sing and make music together.

**Target Population:** Gay men and allies in St. John's and surrounding areas.

**Highlight of Programs/Service Offered:**
The SJGMC is always looking to recruit new members! To register or for any inquiries, please send them an email.

## V-Day St. John's

15A Cambridge Avenue, St. Johns, NL A1A 3N7

**Tel:** (709) 227-6681 **Email:** vdaystjohns@gmail.com **Twitter:** @VDayStJohns
**Instagram:** @vdaystjohns **Facebook:** @vdaystjohns

**Mandate:** Part of the global activist movement to raise funds and awareness towards violence against all women and girls (cisgender, transgender, and gender non- conforming). Raises funds for local organizations working towards these goals through performances of Eve Ensler's works, notably The Vagina Monologues

**Target Population:** Our organizing committee and casts are entirely made up of women from diverse backgrounds, though several of our volunteers are cis-men. All genders are encouraged to get involved.

**Highlight of Programs / Services Offered:**

- We produce performances of The Vagina Monologues every February with proceeds going towards the NL Sexual Assault Crisis and Prevention Centre, The St. John's Women's Centre, Planned Parenthood, and the global V-Day organization, among others, depending on need and demand.
- Opportunities to participate as performers, or volunteers.
- We try to provide a fun, understanding environment for people to tell stories, learn about performing for audiences, and a place in which respect for all is of the utmost importance.

## Writers Alliance of Newfoundland and Labrador (WANL)

223 Duckworth Street, Suite 202. Haymarket Square, St. John's, NL A1C 6N1

**Tel:** 709.739.5215 **Toll free:** 1.866.739.5215 **Email:** info@wanl.ca

**Website:** http://wanl.ca/ **Facebook:** @writersalliance **Twitter:** @WANL

**Mandate:** Founded in 1987, the Writers' Alliance of Newfoundland and Labrador (WANL) contributes to a supportive environment for writing in the province; works to nurture and inspire writers at all levels and stages of their careers; fosters public recognition of NL writers; advocates for the well-being of writers; and promotes the enhancement of the literary arts in the province and beyond.

**Target Population:** WANL is a not-for-profit, member-based organization. Membership is open to anyone with an interest in the writing/publishing sector.

**Highlight of Programs / Services Offered:**

- Manuscript Evaluation Service: The Manuscript Evaluation Service is designed for writers at all levels who are interested in having their manuscript evaluated by a qualified writer and who are willing to hear constructive criticism. It can be particularly valuable for writers living in rural areas where access to workshops and other literary opportunities are limited.

- Mentorship Program for Emerging Writers: The apprentice position is designed for writers who have a substantial work-in-progress and who are committed to the creative development of their writing. The mentor position is designed for writers with a history of publication and a commitment to the craft of writing.

- Inkpod Podcast

- Writers for Hire: A directory of writers in Newfoundland and Labrador available for hire. WANL works to enhance and protect the rights of our writers and has identified the right to be fairly compensated for their work as a high priority for our members.
  - Writers must be paid for their services, including readings, manuscript evaluations, proposal writing, editing, school visits, etc (funding for some of these activities, such as school visits, may be available through sources such as the Newfoundland and Labrador Arts Council and school boards).

- Workshops: Workshops are offered at various times throughout the year. Workshops have included topics on both the craft and business of writing, such as creative non-fiction, advanced poetry, character development, writing dialogue, grammar basics, book reviewing, play writing, script writing, digital marketing, taxes and the writer, writing for radio, editing, creative writing for youth, and more.

## Community Centres……

### Buckmasters Circle Community Centre

129 Buckmasters Circle, PO Box 26028, St. John's, NL, A1E 0A5

**Tel:** (709) 579-0718 **Fax:** (709) 737-0342
**Email:** bonnie@bmcc.nf.ca **Twitter:** @Bmc_centre

**Facebook:** Buckmasters Circle Community Centre

**Mandate:** To develop respect, knowledge, and skills through community participation, advocacy, outreach, partnerships, program development and community services

**Target Population:** All community residents of Buckmasters Circle and the outlying area

**Highlight of Programs / Services Offered:**

**Health/Social/Educational/Employment Programs and Services:**

- Support Programs for Women
- Support Programs for Seniors
- Monthly Lunch and Learns
- Food programs such as Grab and Go Breakfast Bags for school age students, Grab and Go Grocery Bags for families, Family Supper Takeout meals, Cooking programs
- Conversation Corner
- Adult Crafts and Bingo
- Family Summer Program
- Homework Haven, Youth Achieve, Tutoring

- **Health Services**
  - Nurse Practitioner: Twice a week, there is a Nurse Practitioner available to make referrals, diagnose and manage infections, prescribe antibiotics, birth control, PAP Testing etc.
  - Public Health Nurse: Is available by calling 752-4878.

- **Employment Services**
  - There is an Employment Facilitator on site who can offer support with resumes, cover letters, job search, interview techniques, youth employment readiness program

- **Other Support Services:**

Referral to other support agencies, Coats for Kids, printing, photocopying and faxing services etc.

## Froude Avenue Community Centre

89 Froude Avenue, St. John's, NL, A1E 3B8

**Tel:** (709) 579-0763 **Website:** ccnnl.ca/froude-avenue-community-centre/
**Email:** froudeavecc@gmail.com **Facebook:** @FroudeAvenueCommunityCentre
**Fax:** (709) 579-0548

**Mandate:** The primary goal of the Froude Avenue Community Centre is to provide a variety

of recreational, social, health, education/ learning and employment programs and services to the residents of our neighbourhood and surrounding area.

**Target Population:** Primarily residents of the Froude Avenue neighbourhood as well as nearby areas as resources allow

**Highlight of Programs / Services Offered:**

- Programs / Activities for Children/Youth:
  - Afterschool Programs
  - Homework Program
  - Tutoring Program
  - Leadership Program
  - Recreation Activities
  - Summer Programs
  - Various one time recreation and/ or learning activities through partnerships with other organizations and agencies

- Programs for Adults:
  - Adult Recreation including Cards and Bingo
  - Seniors Group
  - Various one time recreation and/ or learning activities through partnerships with other organizations and agencies

- Services:
  - Community Health Nurse
  - Community Employment Facilitator
    - Employment supports/ Resume Writing/ Interview Skills, Job Search, Career Exploration & Referrals
  - Family Support Worker
    - Help accessing & navigating various social/ health systems & services
  - Printing, Photocopying, Faxing, and Computer Access
  - Community rentals

## MacMorran Community Centre

10 Brother McSheffrey Lane, St. John's, NL, A1B 5B2

**Tel:** (709) 722-1168
**Fax:** (709) 722-1885
**Email:** jcrockwell@macmorran.ca
**Twitter:** @Macmorrancc
**Website:** ccnnl.ca/macmorran-community-centre/
**Facebook:** @macmorran.ca

**Mandate:** To provide access and equal opportunity for community members to participate in social, health, recreational, educational and employment programs and services; to provide opportunities for individual capacity building and collaborative, cooperative

community development processes that will help provide and sustain a healthy, supportive and safe community.

**Target Population:** Residents of Newfoundland and Labrador Housing and families in private residence within walking distance of the centre.

**Highlight of Programs / Services Offered:**

- Youth Programs:
  - **Healthy Baby Club**: Resource mothers provide information on nutrition, mother care, baby care, and much more. Call 739-8096 for details.
  - **Playgroup:** Children ages 0-5, drop-in play program where children enjoy playtime, crafts, snacks and gym time.
  - **After School Program:**
    - The grade 1-3s participate in an early literacy program. This program is an education focused initiative to get kids writing, reading and learning at an early age while also having fun.
    - The grades 4-6s participate in a recreation based program. This program consists of canoeing, archery lessons, professional zumba lessons, swimming, karate lessons and much more.
    - Registration is ongoing and it's free!
  - **Math Tutoring:** We have a dedicated group of volunteers from St. Bon's School who come faithfully to tutor our children. Call the Centre on Monday to register for tutoring on Wednesday.
  - **Homework Haven:** This program provides the opportunity for extra help with assignments, projects, etc or just a place to study and read.
  - **Youth Group:** For youth in grades 7-12.
  - **Music Lessons:** Piano, guitar, voice, etc. lessons offered to children ages 6+ and adults. For more info, contact Sonya at 722-1522.

- Adult Programs:
  - **Darts**
  - **Friendship Club:** This group is for adult community members. It offers a chance to get together and play cards.
  - **Afternoon Tea:** Seniors 50+ are invited for a light lunch and games of Bingo.
  - **Kettle is On**: Free meal and a cup of tea. All community members are welcome.
  - **Music Lessons:** Piano, guitar or voice lessons are offered to ages 6 to adult. For more info, contact Sonya at 722-1522.

- General services include:
  - Building rental
  - Gym space/fitness programs
  - Public computer and internet access
  - A Public Health Nurse and Nurse Practitioner
  - Clothing Room

- Food Hampers

## Rabbittown Community Centre

26 Graves Street, St. John's, NL A1B 3C5

**Tel:** (709) 739-8482 **Email:** lilly@rabbittown.ca **Website:** www.rabbittown.ca
**Fax:** (709) 739-8472 **Facebook:** @RabbittownCommunityCentre

**Mandate:** To work with local residents and public and private organizations to ensure comprehensive solutions to problems that impact our families. To provide opportunities and support in the process of individual and community capacity building to strengthen the community as a whole

**Target Population:** Members of the Rabbittown community and surrounding area.

**Highlight of Programs / Services Offered:**

- Computer Room
- Employment and Career Services offers resume writing, job search assistance and program referrals. They also maintain a job board, with new jobs and volunteer opportunities added weekly.
- Family Support Worker (in on Mondays and Fridays)
- Healthy Baby Club for expectant mothers
- Photocopying and faxing.
- Programs for all ages, toddlers through to seniors: Parent and Tots, Pre-School Readiness, 50+ Breakfast Club, After School Program and Youth Program
- Special Events (Family Fun Day, Community Day, Annual Children's Christmas Party, Halloween Party, Spring Carnival, Winter Carnival, etc.)
- Summer Camps, including Camp Cottontail (ages 5-8) and Camp Star (ages 9-12)

## Virginia Park Community Centre

51 Harding Road, PO Box 21011, St. John's, NL, A1A 5B2

**Tel:** (709) 579-4534 **Fax:** (709) 579-4539
**Facebook:** @virginiaparkcommunitycentre **Twitter:** @VirginiaParkCC
**Website:** ccnnl.ca/virginia-park-community-centre/ **Email:** ed_vpcc@nl.rogers.com

**Mandate:** To foster community leadership, participation and inclusion through the delivery

of programs and activities implemented through the community centre. To collaborate with community partners to promote overall health and well-being in the community. To offer programs and services to help to improve educational, health and employment outcomes for families in our community.

**Target Population:** People of all ages from Virginia Park and surrounding areas

**Highlight of Programs / Services Offered:**

- Access to Computer, photocopy and fax services
- Healthy Baby Club; Parents and Tots Program
- Adult Activity Night
- Youth Achieve Reading Enhancement
- Community Garden
- Career, Training and Employment Counselling: Community Employment Facilitator
- Teen / Youth Basketball Programs, Co-ed Youth Night;
- After-School Program; Homework Haven
- Teen Night Program; Youth Leadership Program, Duke of Edinburgh Program
- Saturday Recreation Program
- Summer Day Camps, Teen Outings
- Special Events / Activity Room Rentals
- 50+ Quilting Group
- 50+ Club, Cards nights, outings, events
- Seasonal Events
- Workshops, public presentations, training events

## Mentally Diverse Resources……

### Autism Society of NL

70 Clinch Crescent, PO Box 14078, St. John's, NL A1B 4G8

**Twitter:** @AutismSocietyNL **Toll-free:** 1-866-722-2803 **Tel:** (709) 722-4926
**Facebook:** @AutismSocietyNL **Email:** info@asnl.ca **Instagram:**AutismSocietyNL
**Website:** https://asnl.ca/

**Mandate:** Promoting the development of individual, lifelong, and community-based supports and services for autistic individuals, their families and caregivers. Their vision is a

province where the autistic community and their families are valued and respected, and where they receive services and supports based on their individualized strengths, needs and preferences.

**Target Population:** The autistic community and their families.

**Highlight of Programs / Services Offered:**

- **Family Events:** ASNL offers a number of events that provide an opportunity to meet others, build friendships, and experience community and leisure activities in a group setting. These events are available for children, youth, and adults.

- **Pre-Employment & Career Services:** Programming options exist for career coaching and mentorship during high school, a full year of work skill enhancement through community volunteerism and work experience, and employment skill refinement through self and career exploration. Individualized services are available for interview practice, resume building, and employment agency referrals. Career services also work with employers to build community understanding and inclusive hiring practices.

- **Community Recreation:** ASNL forms partnerships with a number of community organizations to support the inclusion of the autistic community in their programs.

**ASNL Engagement Services:**

- **Autistic Led Support Groups:** Provides adults the opportunity to meet new people, socialize with peers, discuss interests and challenges and develop self-advocacy skills with others community members.

- **Family Support Groups:** A family engagement initiative designed to connect parents and create an active network of autistic allies.

- **Classroom Acceptance and Understanding Presentations:** ASNL staff provide fun and meaningful presentations to students. Presentations are designed according to grade level, these engaging presentations use age-appropriate stories, videos, games, and discussions to educate students and create understanding and empathy among peers.

- **Autism Acceptance and Understanding Presentations:** Through tailored sessions ASNLs team can provide support to community organizations, business or anyone offering services to the autistic community.

## Easter Seals Newfoundland and Labrador

206 Mount Scio Rd, St. John's, NL, A1B 4L5

**Twitter:** @EasterSealsNL **Toll Free:** 1-888-601-6767 **Fax:** (709) 754-1398

**Email:** info@eastersealsnl.ca **Website**: www.eastersealsnl.ca **Tel:** (709) 754-1399

**Facebook:** @EasterSealsNL

**Mandate:** Our vision is for a community where all people with disabilities live full, healthy, and active lives. Our mission is to engage, inspire, and maximize opportunities for people with disabilities of all ages by providing meaningful programs and services.

**Target population:** People with disabilities and their families

**The highlight of Programs and Services Offered:**

- **Recreation Programs:** Easter Seals Newfoundland and Labrador offer over 20 programs and services that help people with disabilities, ranging from camps, and recreational activities such as wheelchair basketball, sledge hockey, swimming, and boccia to creative expression through music, dance, art, and family events. These programs successfully assist those with disabilities in achieving new heights year after year. This includes everything from increased physical ability and self-esteem, to increasing their self-expression and independence.

- **Camps**
  Easter Seals NL Camps is a place where everyone is welcome, it is a safe and secure place for participants and families to connect and have fun. Camp provides an opportunity for everyone to enjoy the camp experience. Camp promotes independence for campers and allows them to have new experiences and expand their horizons.

- **Equipment Loan Programs**
  Easter Seals NL offers **equipment loan programs** to families and participants looking to utilize equipment to participate in outdoor recreational activities. Equipment such as Trailriders, Hippocamp, Ice Sledges, and Snowcoach along with others are available for a short-term loan for any of our Easter Seals families, participants, community groups, or schools to loan.
  If you have a piece of used adaptive equipment that you are no longer in need of, consider donating it to **"Linda's Equipment Crossing"**. Any equipment donated is eligible for a tax receipt if submitted with an official appraisal from AIM Services or Eastern Medical for its depreciated value.

- **Career and Educational Services:** As a provincial community coordinator for the **Opportunities Fund** for People with Disabilities Program, we bring employees and employers together by providing a wage subsidy for employers to hire people with disabilities.

  **Horizons** is Easter Seals NL's work experience program for youth who face barriers to employment. Participants take part in four weeks of skills training

and certifications, then one day a week of classes and workshops for the remainder of the 9-month program. They receive a stipend at the minimum wage rate for their time in skills training and classes.

**"I Can Too!"** is a disability awareness program that allows children, from kindergarten to grade six, to learn about disability in a fun, interactive way! Through the use of a video, books, and a collection of dolls with adaptive equipment, children learn that disability does not equal inability and that people with a disability are the same as everyone else, they may just do things a little differently.

- **Easter Seals NL Park** An Accessible & Inclusive Space. Once fully constructed our park will be the biggest accessible park East of Toronto. Phase I of our Easter Seals NL Park includes an accessible playground. Phase II includes the construction of a pavilion with a fire pit, a BBQ event plaza with a seating area, and sensory gardens all in accordance with the Canadian Standard Association's Accessible Design for the Built Environment. Phase III will include an outdoor arena and an outbuilding. There are countless public green spaces and walking trails throughout St. John's where many residents can enjoy the outdoors at no cost on their own time. Easter Seals NL simply wishes to extend this concept to be able to reach the disabled community, by creating a park that is truly for everyone.
- To find out more about programs and services, visit eastersealsnl.ca

**Finding us:** https://eastersealsnl.ca/contact/

## The Pottle Centre

**Physical Location:** 200 Water Street, St. John's, NL A1C 5W2
**Mailing Address:** The Pottle Centre, P.O. Box 5321, Station C St. John's NL A1C 5W2

**Tel:** (709) 753-2143 **General Email:**info@pottlecentre.org
**Executive Director Leanne:** pottlecentre@nf.aibn.com
**Wellness Coordinator Kelly**: programs@nf.aibn.com

**Website:** www.pottlecentre.ca **Instagram**:@ThePottleCentre
**Facebook:** ThePottleCentre **Twitter:**@ThePottleCentre

**Mandate:** The Pottle Centre is a drop-in social centre for adults who are living with mental health issues, illnesses and addictions. We provide a safe and healthy place for fun, friendship and support.

**Target Population:** People 19 + who are living with mental health issues, illnesses and addictions.

**Highlight of Programs / Services Offered:**

- Membership is free. However, the Centre requests that new members call and make an appointment with a member of the staff to set up a short membership application interview.

- A number of activities are available on a daily, weekly, and monthly basis ranging from card games, board games, crafts, movies, holiday events, outings, and parties. All outings, activities, meals and programs are free for members. We also provide transportation from the Centre and back .

- A schedule of events is released monthly and is posted in the Centre as well as The Pottle Centre social media. It is also being mailed/emailed out to a variety of organizations around town. Please contact the Centre to be added to the mailing list.

- The Centre provides a phone for local calls, internet access, and cable TV.

- Other services include: a boutique of gently used clothing, guest speakers, visiting Nurse, peer support group and much more.

- Open Monday to Friday from 8:30am to 4:30pm

## Rainbow Riders - Therapeutic Riding Newfoundland and Labrador Inc.

103 Mount Scio Rd., PO Box 23199, St. John's NL, A1B 4J9

**Tel:** (709) 738-1055
**Email:** rainbowridersnl@gmail.com
**Facebook:** @rainbowridersnl
**Twitter:** @rainbowridersnl
**Website:** www.rainbowridersnl.com

**Mandate:** Rainbow Riders operates a therapeutic horseback riding program to help countless Newfoundland and Labrador children grow and develop despite physical, cognitive and emotional disabilities. By uniting these children with an equine partner and a team of volunteers, Rainbow Riders provides the rider with one of the more progressive forms of therapy, improving the rider's strength, circulation, muscle tone and sensory integration.

**Target Population:** People with disabilities age 3+

**Highlight of Programs / Services Offered:**

- Rainbow Riders offers a horseback riding program for recreation, therapy and competition for people with disabilities.

- Through therapeutic riding, horses help physically and mentally challenged children achieve things that may seem impossible. They help an autistic child make connections and improve communication skills. They lend a child confined to a wheelchair legs to run through a field.

To learn more about volunteering with Rainbow Riders please click here.

## Special Olympics NL

40 Aberdeen Ave, Suite 005, St. John's, NL A1A 5T3.

**Tel:** (709) 738-1923 **Toll Free:** 1-877-738-1913 **Email:** trishw@sonl.ca **Fax:** (709) 738-0119 **Instagram:** @nlspecialolympics **Website:** www.sonl.ca
**Twitter:** @SpecialONL

**Mandate:** To provide year-round sports training and competition for children and adults with intellectual disabilities.

**Target Population:** Children and adults with intellectual disabilities across the province

**Highlight of Programs / Services Offered:** Special Olympics NL is dedicated to enriching the lives of Newfoundlanders & Labradoreans with an intellectual disability through active participate in sport.

- Healthy Athletes: Special Olympics Canada offers one free health exam for all athletes during National Games.
- Active Start: One of two initiatives developed by Special Olympics Canada for young athletes ages 2 to 6. Program leaders introduce children to the world of sport by developing fundamental movement skills like walking, running, jumping and balancing.
- FUNdamentals: FUNdamentals is one of two initiatives developed by Special Olympics Canada for young athletes ages 7 - 12. Program leaders help develop fundamental movement skills like running, jumping, throwing, catching, striking and kicking.
- Long Term Athlete Development (LTAD): The Long Term Athlete Development (LTAD) model guides the physical literacy of each individual with an intellectual disability. Special Olympics Canada uses the same LTAD model as sports organizations across Canada.
- Unified Sports - In the Schools: Promotes social inclusion through shared sport training and competition experiences for individuals with and without intellectual disabilities.
- Unified Competitions will follow the same divisioning principles used in all of our Special Olympics competitions. Teams of comparable ability will be grouped together for meaningful competition.
- Athlete Leadership: Special Olympics Athlete Leadership allows athletes to

explore opportunities for greater participation in the movement beyond sports training and competition as peer mentors, team captains, spokespeople and Board and committee members. These roles give athletes a voice in shaping the Special Olympics movement, and a chance to spread the word about the transformations Special Olympics can bring to individuals and families.

### Spirit Horse NL – Stable Life

640 Indian Meal Line, Portugal Cove, NL A1M 3E7

**Tel:** (709) 699-2704
**Website:** www.spirithorsenl.com/
**Email:** info@spirithorsenl.com
**Instagram:** @spirithorsenl **Twitter:** @SpiritHorseNL
**Facebook:** @SpiritHorseNL

**Mandate:** To support people with mental illness through the provision of an Equine Assisted Program for the purpose of offering alternative ways of living a recovery-based life. The organization will support children, youth and adults the tools to learn coping skills for themselves.

**Target Population:** Open to all people.

**Highlight of Programs / Services Offered:**

- This program is based on the participant and facilitator sharing experiences and exploring solutions with the horse as a mirror for self-reflection. The horse gives and receives energy from the client, giving healing energy and removing negative energy.
- Through being with and caring for this creature, clients will learn the power of themselves as a caring and needed individual. Clients will feel self-confident and empowered to achieve recovery
- The vision of the services is aimed at enhancing the mental health and life skills of youth, adults, families, and groups through therapeutic interaction with horses.
- Clients will gain a sense of meaning, purpose, self-worth and belonging through use of the horse.

## Museums & Interpretation Centres……

### Admiralty House Communications Museum

365 Old Placentia Road, Mount Pearl, NL A1N 0G7

**Tel:** (709) 748-1124 **Email:** admiraltyhouse@mountpearl.ca **Twitter:** @AdmiraltyMuseum **Website:** http://admiraltymuseum.ca/ **Facebook:** @AdmiraltyMuseum **Instagram:** @admiraltymuseum

**Mandate:** Admiralty House Museum & Archives is located in the former residential

quarters of HM wireless station. Built by the Marconi Telegraph company for the British Navy during the First World War, the station was part of a global communication network; it linked the Admiralty with its ships on the water, intercepted German naval transmissions, and tracked icebergs and ships in distress. The museum offers tours of the historic building and features temporary exhibits in the newly renovated Annex.

**Target Population:** Admiralty House is committed to increase our role in the community by providing a wide variety of engaging public programs for all members of the community.

**Highlight of Programs / Services Offered:**

- The museum, open year-round, offers tours of the historic building.
- Admiralty House also offers specialty programs for Guides, Scouts, Cadets or community youth groups.
- Our activities, coupled with a tour of the museum, are guaranteed to educate and entertain.
    - Morse Code Mayhem! Ages 5-7
    - Fun with Flags Ages 5-8
    - Amateur Radio at Admiralty House Ages 7+
    - Canada in 50 Years Ages 9-11
    - Artifact Awareness Ages 11-14
    - For more information, click here.
- For a list of Admission, and hours of visitation, click here.

## Johnson GEO Centre

175 Signal Hill Road, St. John's, NL, A1A 1B2

**Tel:** (709) 864-3200
**Facebook:** @JohnsonGEOCENTRE **Website:** http://www.geocentre.ca/
**Twitter:** @NLGEOCENTRE **Email:** geocentre@mun.ca

**Hours of Operation:** Please see website for most up-to-date information.

**Mandate:** The province's premier science centre, the Johnson Geo Centre works to educate and inform the public on the importance of Newfoundland and Labrador's geology, and to foster curiosity in science and the world around them.

**Target Population:** Tourists and residents of the province, including school classes, youth groups, and seniors' organizations.

**Highlight of Programs / Services Offered:** The Geo Centre offers public interpretation as well as hands-on, curriculum-based programming for school groups. Geo's exhibits engage and inform visitors about science topics and concepts, and Geo Classes provide fun, hands-on learning based on approved curriculum.

- Explore the exhibits, learn about science, and stay curious!

## Petty Harbour Mini Aquarium

35 Southside Rd. Petty Harbour, NL A0A 3H0

**Tel**: (709) 330-3474
**Email**: info@miniaqua.org
**Website**: https://www.miniaqua.org
**Twitter**: @PettyHrMiniAqua
**Instagram**: @phminiaqua

**Tel** (Off season Oct. – Apr.): (709) 690-3121
**Facebook:** @pettyharbourminiaquarium

**Mandate**: To engage people of all ages through hands-on touch tank exhibits, live animal displays, one-on-one science interpretation, daily programs, school and group visits, and more.

**Target Population**: All residents, and visitors, of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- The Petty Harbour Mini Aquarium is a seasonal catch-and-release public aquarium located just 15 minutes outside the city of St. John's Newfoundland.
- Provides a personal hands-on learning experience with passionate staff.
- Touch tanks and thirty beautiful exhibits show off the creatures in an 800-square foot facility within a retired fish processing plant.
- To view a list of weekly themes, click here
- For bookings, click here
- To fill out a Volunteer Application, click here

## The Rooms

**Address:** 9 Bonaventure Avenue, PO Box 1800, St. John's, NL, A1C 5P9

**Email:** information@therooms.ca

**Tel:** (709) 757-8000 **Fax:** (709) 757-8017 **Instagram:** @therooms_nl
**Website:** www.therooms.ca **Twitter:** @therooms_nl **Facebook:** @TheRoomsNL

**Mandate:** As Newfoundland and Labrador's largest public cultural space, The Rooms seeks to unite Newfoundland's history, heritage and artistic expression through featuring the Provincial Archives, Art Gallery and Museum. A place for people, The Rooms is a portal to the many stories our province has to tell.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- Showcasing the artifacts, natural history, archival records and visual art of the province and its people
- **Programming for school and youth includes:** school programs, edu-kits, art workshops for youth, youth group programs, Chevron Open Minds, and virtual exhibits. (Please note: due to Covid-19 restrictions all in-person educational

programming has been postponed until further notice.)

- **Programming for Artists includes:** the Art in the Park - Artist in Residence (AIR) Program; the Elbow Room Artist in Residence Program; the Provincial Art Bank Program; and information on Exhibition Protocol for artists submitting proposals.
- **Public programming includes:** Coffee and Culture, Engaging Evenings, Family Fun, Educational workshops and other special events. (Please note: due to Covid-19 restrictions all in-person public programming is limited until further notice.)
- Free Admission to The Rooms on the first Wednesday evening of every month, from 6-9 pm.
- Free Admission all day on Fridays for post-secondary students with a valid student ID.

## Other……

### Association for New Canadians (ANCNL)

144 Military Road, P.O. Box 2031, Station C, St. John's, NL A1C 5R6

**Email (general):** information@ancnl.ca
**Website:** http://www.ancnl.ca/ **Tel:** (709) 722-9680
**Facebook:** @AssociationForNewCanadians **Twitter:** @ANC_of_NL

**English as a Second Language Training Program**
**Tel:** (709) 726-6848 **Fax:** (709) 726-6841
**Email:** linc@ancnl.ca

**Main Office – Settlement Services**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** settlement@ancnl.ca

**Main Office – Diversity Training**
**Tel:** (709) 722-0718 **Fax:** (709) 754-4407
**Email:** diversity@ancnl.ca

**AXIS Career and Employment Services**
**Tel:** (709) 579-1780 **Fax:** (709) 754-5559
**Email:** axis@nfld.net
**Website:** http://www.axiscareers.net

**Main Office – Volunteer Connections**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** volunteer@ancnl.ca

**Settlement Workers in the Schools Program (SWIS)**
**Tel:** (709) 722-2828 **Fax:** (709) 726-4407
**Email:** swis@ancnl.ca

**Mandate:** To settle and integrate newcomers, and to empower them with the skills, knowledge and information necessary to become independent, contributing members of the community and country.

**Target population:** Refugees and immigrants.

**Highlight of Programs / Services Offered:**
Settlement and Orientation

- Resettlement Assistance Program (RAP) Provider
- Settlement, Orientation, and Integration Services

- Health and Wellness Initiatives
- Social and Recreation Activities
- Toll Free Information Line
- Assistance to AIPP participants and employers
- Diversity workshops and training

***Language and Training Assessment***

- **ESL Training Program—LINC (Language Instruction for Newcomers to Canada)**
  - This program assists adult learners in acquiring the language skills necessary to settle and integrate into Canadian society. Computer Assisted Language Learning (CALL) is a key component of the curriculum, incorporating advanced interactive software as well as instruction in basic computer technology.
- **Outreach Tutor Program**
  - This program is designed to provide those eligible clients who reside outside the St. John's region with programming that will help ensure they acquire strong, appropriate language skills to support their community integration and labour market attachment.
- **Itinerant Program**
  - This program provides language training to eligible newcomers who are unable to access such training due to issues related to waitlists, priority seats and childcare.
- **LINC Home Study (Distance)**
  - This distance ESL program is offered to LINC-eligible newcomers who wish to improve their listening, speaking, reading, and writing skills in English. This self-paced course is offered via correspondence or online. All participants are provided with a weekly half-hour session with an instructor.
- **ESL Evening Classes**
  - The Association offers evening classes one evening per week to eligible newcomers. For more information or to register, please contact (709) 726-6848. NOTE: (these programs are not operating at the moment).

***Employment Services***

- Career and Employment Services—AXIS (Acquiring Experience; Integrating Skills)
- Pre-Employment Readiness Training
- Bridge-to-Work
  - Internship Placement Program (IPP)
  - Strategic Transitions & Employment Partnerships (STEP)
  - Mentoring Link
  - Business Development Support
- Settlement Workers in the Schools (SWIS) Program
- Summer ESL Programs
- Homework Club

- Youth Group

***Support Services***
- Childminding and Daycare
- Transportation

## First Light St. John's Friendship Centre
40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**
**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**
To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**
Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.
- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**
- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Guide to the Good

**E-mail:** hey@guidetothegood.ca **Instagram:** @guide2good **Twitter:** @guide2good

**Facebook:** @guidetothegood **Website:** guidetothegood.ca

**Mandate:** Guide to the Good is the social enterprise project of thegreenrock.ca ~ Live Sustainably NL. It makes it easy and practical for people to choose local, social and green for their purchasing and lifestyle choices through a keyword searchable online platform. thegreenrock.ca built it because local, social and green bring economic, environmental, ethical, and social benefits to our lives, our communities and our planet. We're piloting at home, on the Northeast Avalon, and we're proud to promote our many community-based social enterprises!

**Target population:** Anybody who is interested in or wants more information about local, social, and green in Newfoundland & Labrador.

**Highlight of Programs/Services offered:**

- Info and access to local, social, and green companies through the keyword-searchable website guidetothegood.ca. Company profiles include contact information, photos, and a story about the company and what they offer to the community.
- Community engagement through online contest's called Look for the Good which is open to residents of Newfoundland and Labrador age 18 and older. Players are challenged to search the company profiles on Guide to the Good to find the answers to trivia questions. This promotes information about local companies, and every month, a winner is chosen by random draw to receive a prize pack.
- A rotating series of blogs by leaders in the community which offer information and engagement through one-of-a-kind stories.
- The website contains information and resources that benefit the community, including a Zero Waste information page, a hub for local theatre, a market listing, and spiritual and wellness events in the community.

## Happy City St. John's

**Email:** hello@happycity.ca **Website:** www.happycity.ca/
**Twitter:** @HappyCitySJ **Facebook:** @HappyCity
**Instagram:** @HappyCitySJ

**Mandate**: To inform, encourage, and facilitate public dialogue around civic issues in the city of St. John's. To become a trusted and valued venue for citizens, advocacy groups, business associations, labor organizations, and municipal staff to come together.

**Target population:** All residents of the city of St. John's.

**Highlight of Programs / Services Offered:**

Most of the engagement work happens in two ways:

- **Online:** Happy City posts articles and ideas, looks for comments, and provides a space for citizens to work collaboratively to shape emerging ideas about the shape of St. John's.
- **In Person:** Happy City organizes forums that bring citizens together to discuss civil duties. A talented facilitator runs these sessions as "open spaces" with the agenda set by the participants.
- Want to join a community of people working to make the city a better space? Happy City volunteers are organized into two teams:
- **Issues Teams:** Centered on the big issues that people have brought forward. Each issues team will include one member of the Board to keep the lines of communication clear. Some teams include:
    - The Built Environment: Urban planning and architecture.
    - Democratic Process: Coordinate work to demystify the goings-on at city hall, keep an eye on engagement efforts, and get people out to public consultations.
    - Transportation: Transit systems, bike infrastructure, roads, and trails.
    - Community and Cultural Life: Organize and promote community-building and neighbourhood life.
    - Healthy Cities: Looks at how we can build a community and an environment that supports health.
    - Economy, Finance, and Affordability: Keeping our city's economy ticking and its amenities accessible to people across the income spectrum.
- **Planning Teams:** Help the organization run more smoothly and guide the new Strategic
    - Strategic Planning Team
    - Marketing and Membership Team
    - Institutional Team
    - Finance and Planning Revenue Team

Want to join a community of people working to make the city a better place for all? Happy City St. John's welcomes volunteers for their Board of Directors every October. Happy City

St. John's also occasionally seeks event and committee volunteers. If interested in getting involved, please join our mailing list at www.happycity.ca.

## Indigenous Student Resource Centre (ISRC) – Memorial University

Located in Juniper House, 208 Elizabeth Avenue, Memorial University, (BP), St. John's, NL A1C 5S7

**Tel:** (709) 864-3495/864-8278
**Email:** ISRC@mun.ca
**Website:** https://www.mun.ca/indigenous/students/
**Facebook:** @ISRCMemorial

**Mandate:** The ISRC exists to:

1. Support students by creating a welcoming community, by providing an engaging and inclusive space, and by offering an array of programs and resources to ensure success.
2. Assist the non-Indigenous University Community to walk a good path and build positive relationships with Indigenous peoples through the provision of education concerning Indigenous Peoples, places, cultures, and histories from the diverse perspectives and experiences of Indigenous Peoples.
3. Work collaboratively with the University, University partners, and Indigenous communities and organizations to grow cooperative relationships rooted in mutual respect.

Click HERE for more information.

**Target Population:** Self-identified Indigenous students at Memorial University.

**Highlight of Programs / Services Offered:**

- The Indigenous Student Lounge, a computer room, study spaces, as well as access to a scanner and photocopying. A phone for local calls, as well as a fridge, microwave and free coffee and tea with the occasional snacks.
- Writing clinics and free tutoring to help with essay writing, research papers and subject matters.
- ISRC hosts a variety of programming such as Wisdom Wednesdays and Monday Music hour, and more. See our Facebook for details
- Student gatherings, occasional Indigenous films, Indigenous welcome events, Indigenous awareness activities, culturally safe spaces for students to practice smudging and Kullik/Qulliq lighting, as well as many other exciting initiatives.

## Intersections: A Resource Centre for Marginalized Genders

230 Elizabeth Ave., Memorial University, University Centre, room 1009, St. John's, NL A1C 5S7

**Tel:** (709) 864-4366 **Email:** intersections@munsu.ca
**Twitter:** @intersectionsNL **Website:** munintersections.wixsite.com/intersections
**Facebook:** @intersectionsnl **Instagram:** @intersectionsNL

**Mandate:** Intersections: A Resource Centre for Marginalized Genders is currently the only student-run, feminist organization on campus, funded by both MUN Student's Union and Student Affairs and Services. We are dedicated to creating a space on campus where marginalized genders can rest, discuss, find resources/services, and connect with other like-minded people.

**Target Population:** Anyone, regardless of their gender, can come get resources at anytime. In saying this, Intersections will typically reserve the sitting/socializing area for people of marginalized genders. (i.e., anyone that does not identify as cisgender male).

**Highlight of Programs / Services Offered:**

- Menstrual Health Products (menstrual cups, pads, tampons, liners)
  - To apply to receive a menstrual cup, individuals can check our website and submit a request there or email us directly. Supplies may be limited during certain times of year
- Pregnancy Tests
- Diapers
- Peer Counselling
- Condoms (internal & external) girl
- Funding
  - We offer several funds that students and community organizations can apply for, including the Trans Student/Student Parent Fund and the Solidarity and Action Fund. Other opportunities for funding and individual aid are also available as needed, check our website for more info.

## MUN SAGA (Sexual and Gender Advocacy Resource Centre)

1 Arctic Avenue, Memorial University, UC6022, St. John's, NL A1B 1T0

**Facebook:** @munsagaresourcecenter and @gendergearinitiative
**Website:** www.mun.ca/student/equity/gender/lgbtqresources.php
**Email:** lbgtcentre@gmail.com and lbgt@munsu.ca
**Snapchat:** @munsaga **Tel:** (709) 864-7619

**Mandate:** To make the community a safe space for LBGTQ individuals, their families, and their supporters.

**Target Population:** Anybody in the St. John's community; on or off MUN campus.

**Highlight of Programs / Services Offered:**

- Safe space for individuals in the St. John's community.
- Awareness and Advocacy for people of marginalized genders and orientations, both among marginalized populations and among the community as a whole.
- Provides Information on topics relating to sexual health, well-being, and gender awareness.
- Provides condoms, tampons, sanitary pads, chest binders, and books.
- Provides peer counselling, coffee, and a chill, inclusive, confidential atmosphere.

**Events:** Queer Prom, and Queer-a-Palooza (before Finals in the Winter Term); intended for individuals to have the prom experiences they missed out on in High School, and foster the amateur drag community of St. John's.

## Quadrangle NL

**Telephone Number:** 709-769-2355
**Email:** executivedirector@thequadnl.com
**Website:** www.thequadnl.com
**Facebook:** @thequadnl
**Twitter:** @TheQuadNL
**Instagram:** @TheQuadNL

**Mandate:** To create and operate a community centre that is a communal space for 2SLGBTQIA+ individuals and organizations with structured programs.

**Target population:** 2SLGBTQIA+ community members of all ages

**Highlights of Programs / Services Offered:**

**High Tea**- A bi-weekly social gathering of the 2SLGBTQIA+ community of Newfoundland and Labrador over Zoom on Sunday from 2pm-3pm(NT). This is an open call for any member of our fabulous community to join our tea time. Talk about your fav shows, maybe a new activity you are looking forward to or just simply wanting to be around the community in a sit-down setting. Grab your tea (coffee or beverage of choice) and let's talk for an hour together.
*Register here: https://forms.gle/ceusUzzJsjNb8zy19*

**Visibility Program** - Thanks to the amazing folks at RBC Foundation and A Dollar A Day we're able to offer a wide range of FREE items to help empower visibility of the 2SLGBTQIA+ community in our province. Rather your a proud member, supportive individual or organization doing their part we want to help. We have stickers, pins, magnets, key chains and flags with more items like pronoun pins to be added to our stock soon.
Just complete the form to request your items today! https://forms.gle/ZvPuHxcvhA9bH2mD9

*please note we have a limited number of items and funds, so orders might not have everything you request.

**Community OUT-ings** - Thanks to our intern Cassondra, from the YWCA St. John's

LAUNCH program we will be hosting some bi-weekly community OUT-ings during the summer months. These community OUT-ings will be FREE and ALL AGES, we'll be hosting picnics in the park, trips to museum (The Rooms and other places), walks and hikes and much much more. Be sure to check out our events page on our website and social media accounts for postings of upcoming community OUT-ings.

**Wellness Wednesdays**- Thanks to our intern Cassondra, from the YWCA St. John's LAUNCH program we will be hosting some Wellness Wednesday, online one-on-one peer support. Each Wednesday between 4pm-9pm during the summer, starting this Wednesday June 22nd. There are 7 time slots per Wednesday, 30mins per person. Once a time slot has been selected it will no longer appear as an option on the form.
Register here https://forms.gle/XT9wUb7o9NVsXgf58 (this form will be updated weekly)

**Parents' Meet Up Meetings (these are currently on hold)** - Are you a parent, guardian or caregiver of 2SLGBTQIA+ folks and wanting to connect with others? Maybe you see there is a need for a peer support group in your area and wanting to know how you can be part in creating one? Or perhaps you are looking to just connect with others and have questions? Our Parent's Meet Up events could be what you are looking for!
Join this meeting on the last Thursday of the month. Please email: grandfallswindsornl@pflagcanada.ca for the Zoom Link.

Quadrangle also continuously provides workshops and training opportunities, please check out our website for the most up to date events.

## St. John's Military Family Resource Centre (MFRC)

145 Churchill Avenue, St. John's, NL A1A 0N9

**Tel:** 709-570-4636 **Facebook:** @stjohnsmfrc
**Instagram:** @st.johns_mfrc **Twitter:** @SJMFRC
**Email:** info@stjohnsmfrc.com **Fax:** 709-722-3145
**Website:** www.cfmws.ca

**Mission:** Providing services that strengthen Military Families

**Target Population:** Military Families

**Highlight of Programs / Services:**

- The Military and Veteran Family Services Program recognizes the important role families have in enabling the operational readiness of the Canadian Armed Forces, so we endeavor to respond to families evolving realities and needs to provide services that enhance family resilience and stabilization that address military challenges.

- The MFRC is the first point of contact for military and Veteran families as they navigate and access services they require, either provided directly through the MFRC or through connections with local community service providers that best meet the family needs.

- The Veteran Family Program offers tailored services to help address some of the unique challenges faced by newly transitioning Veterans and their families.

- At the end of each school year the St. John's MFRC, through Support Our Troops, offers a scholarship that is open to all CAF Member dependents who reside in Newfoundland and Labrador.

## Student Volunteer Bureau

1 Arctic Avenue, Memorial University Centre, UC 3007 C, St. John's NL A1B 1T0

**Tel:** (709) 864-4301 **Email:** svb@mun.ca **Website:** www.mun.ca/volunteer
**Facebook:** @SVBMUN **Twitter:** @svbmun **Instagram:** @svbmun

**Mandate:** Our mission is to give Memorial students a platform to promote volunteerism, to support students in their self-development, and to create a community of MUN volunteers. Aligning with Memorial's Department of Student Life's goal of empowering students to connect, engage, and belong and MUN Students' Union's goal to unite all undergraduate students, the SVB aims to become a household name within the Memorial and St. John's communities while weaving volunteerism into the essential fabric of the MUN student experience.

**Target Population:** MUN students, however, the website is an amazing resource for all ages looking for volunteer placements.

**Highlight of Programs / Services Offered:**

- The Volunteer Incentive Program (VIP) was created to recognize and encourage student involvement in volunteer and leadership activities. Participants in the VIP will enter at the Bronze level, and ascend through Silver, Gold, and Platinum. The program is designed for volunteerism and self-awareness, as each participant progresses through their university careers.
- For more information, click here.

- Our Volunteer Assistant (VA) positions are senior volunteer roles. Most VA's have already volunteered extensively before starting at the SVB and want to pay that experience forward! As a VA, you will use your volunteer experience to help other students find meaningful placements. VA's also assist in the facilitation of the SVB's programs and events such as the VIP, GIVE, the VIP awards, and MUN Volunteer Day.

- Connecting Memorial University students with volunteering opportunities.

- Promoting volunteering opportunities at other organizations; as well as offering tips and tricks for running programs and events.

## Bowring Park Foundation Inc.

**Office Address:** 305 Waterford Bridge Rd, St. John's, NL
**Mailing Address:** P.O. Box 39085, St. John's, NL A1E 5Y7

**Tel:** (709) 364-1531
**Instagram:** @thebowringparkfoundation
**Facebook:** Bowring Park Foundation Inc.
**Email:** bpf@bowringpark.com
**Website:** http://bowringpark.com
**Twitter:** @BPf_StJohns_NL

**Mandate:** Bowring Park Foundation Inc. is a not-for-profit organization formed to ensure that Bowring Park is maintained and developed as a public park.

**Target population:** Everyone

**Highlight of Programs / Services Offered:**

- Duck Pond: This man-made pond is a popular and scenic place to feed and admire the ducks and swans. Click here to find out how to buy Duck Food.
- Barrier-Free Playground and Splashpad: Accommodating disabled, visual and hearing-impaired children.
- Bowring Park Walking Trails (South Brook Trail and the Waterford River Walk)
- Skateboard Park
- Swimming Pool & Pool House
- Tennis Courts
- Click here to view the Bowring Park Brochure. Click here for a map of the park.

## The Duke of Edinburgh's International Award – Canada

215 Niagara Street, Suite 100 Toronto, ON M6J 2L2

**Tel:** (437) 747-0449
**Email:** support@dukeofed.org
**Twitter:** @dukeofedcanada
**Instagram:** @dukeofedcanada
**Fax:** (709) 753-0437
**Website:** https://www.dukeofed.org/
**Facebook:** @dukeofedcanada
**Youtube:** The Duke of Ed. International – Canada

**Mandate:** An experiential learning framework that transforms young people's lives. Open to all backgrounds, cultures and abilities, the Award partners with youth organizations to empower the young people they work with, to raise their aspirations, and help them discover their #infinitepotential.

**Target Population:** Youth aged 14-22.

**Highlight of Programs / Services Offered:**

The Award empowers young people to learn and grow through non-formal education, all

while working towards a globally recognized accreditation.

## Thrive

807 Water Street, PO Box 26067, St. John's, NL A1E 1C4

**Tel:** (709) 754-0536 **Fax:** (709) 754-0842
**Email:** info@thrivecyn.ca
**Facebook:** @thrivecyn **Twitter:** @thrivecyn
**Instagram:**@thrivecyn **Youtube:** Thrive CYN

**Mandate:** To assist vulnerable individuals in achieving their full potential and enhance the capacity of youth serving agencies.

**Target Population:**

*To Individuals:* Thrive provides low barrier supports and services to empower vulnerable individuals (ages 12 and up) who struggle with issues including education, sexual exploitation, trauma, mental health, and addictions.

*To Organizations:* Thrive also provides innovative programs and collaborations (including professional development and knowledge sharing) to address critical gaps in services and expand the capacity of social service providers and organizations.

**Highlight of Programs / Services Offered:**

- ***Education Program*:**
  - Supports youth aged 16-29 who have left the mainstream school system and would like to pursue educational opportunities.
  - Offers individualized programming based on educational needs ranging from foundational literacy & numeracy through to GED (General Educational Diploma) preparation and testing.
  - Offers individual supports to help address non-academic issues that are impacting learners.
  - Offers GED testing to the general public:
    - To register for **paper-based public** GED testing please visit https://www.gov.nl.ca/eecd/ged/
    - To register for **computer-based public GED testing,** create an account at: https://ged.com/en-ca/

  To complete a referral for the Education Program, please click here.

- ***Street Reach*:** A barrier free outreach service for anyone 16 years & over. Program is

guided by the principles or harm reduction, and person-centered care.

- Drop in services daily and a minimum of one evening per week. Through drop in services people can access safer injection supplies, snack/meal, telephone & WIFI access, outerwear, personal care items, and condoms.
- Outreach walks in the downtown core at various times throughout the week
- Intensive individualized supports for people needing help with a variety of issues including, but not limited to housing, justice, mental health & addictions, physical health.
- Naloxone kits & training available

- ***Blue Door*:** An "exiting" program for individuals primarily 14-29 years who are engaged in the sex trade, sexually exploited situations, including sex trafficking.
  - Supports range from **education & employment**, **outreach**, **system navigation**, **counselling**, and **intensive individual supports**. Program is inclusive of all gender identities and sexual orientations.
    - **For a referral form, click here.**

*Programs for Service Providers*

- ***Community Support and Development**:* Offers services for professionals working with young people, and includes:
  - **"What's Up!"** Community Newsletter

To sign up for the weekly community newsletter, click here.

  - **Directory of Services** (updated annually)
  - Community development and capacity building, and more.
  - For additional information on any of these initiatives, please contact **Angela Crockwell** at acrockwell@thrivecyn.ca or 754-0536 ext. 201

- ***Coalition Against the Sexual Exploitation of Youth (CASEY):*** CASEY is comprised of community members, experiential voices, and stakeholders. Working together, the coalition creates awareness and understanding about this issue, advocates for appropriate supports, resources, and prevention programs, supports survivor leadership, and works to build capacity to effectively prevent and respond to sexual exploitation of youth. CASEY offers two training programs.
  - First, the Notified Training program. Notified is free, self-paced and appropriate for folks living and working with youth, and youth themselves. Access

Notified here.

- Additionally, CASEY offers a 7 hour training that can take place in-person or virtually. This training is offered twice a year to the general public, or by request for groups (e.g. community organizations). Please email acorenlius@thrivecyn.ca for more information about the 7-hour training."

To find out more about CASEY or to book a presentation or training session, please contact Amnesty Cornelius at 754-0536 ext. 203 or acornelius@thrivecyn.ca

## Trans Support NL

**Email:** tsnl.umbrella@gmail.com
**Website:** https://tsnl.org/
**Facebook:** @tsnl.umbrella **Instagram:** @transsupportnl

**Mandate:** Trans Support NL is a non-profit organization that offers resources, peer support, and awareness and inclusion training to support the trans community of Newfoundland and Labrador.

**Target population:** Two Spirit, non-binary, trans, & gender diverse communities, 2SLGBTQ+

**Highlights of Programs / Services Offered:**

***Peer Support Groups:***
Eastern, Central, and Western and virtual accessibility

***Resources:***
Gender Affirming Gear
Navigating transition
*Training and education:*
Social enterprise program to provide trans inclusion and awareness training for service providers, educators, and the community.

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that

promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females, ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.
- Live-In Parent Model Program(s) is a residential program for children and youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive, nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.
- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new

strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**
- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**
- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp

## Recreation……

### City of St. John's – Recreation

Crosbie Building, 1 Crosbie Place, St. John's, NL A1C 5M2

**Reception:** (709) 576-8020 **Tel:** (709) 576-8499/8631 **Fax:** (709) 576-8469

**Email:** recreation@stjohns.ca **Facebook:** @cityofstjohns **Twitter:** @CityofStJohns

**Website:** stjohns.ca/living-st-johns/recreation-and-parks

**Mandate:** The Recreation Division provides programs and services in an attempt to improve the quality of life of the citizens of St. John's. The City of St. John's offers its citizens a diverse selection of recreation programs. The City takes pride in its efforts to encourage community development, social activities and active living opportunities for all its citizens.

**Target Population:** All ages

**Highlight of Programs / Services Offered:**

| | |
|---|---|
| · Adult Programs | · Swimming |

- Children's Programs
- Community Programs
- Family Programs
- Fitness
- Inclusive Services
- Racquet Sports
- Seniors Programs
- Youth Programs
- Leadership and Training
- Outdoor Recreation
- Parks, Playground and Trails
- R.E.A.L. Program
- Recreation Facilities

- The Recreation Division works year to year in partnership with various neighborhood organizations in the delivery of summer recreation programs and activities. Children aged 5-12 are given the opportunity to participate in these programs during the summer months. The programs generally operate 6 to 8 weeks and offer a wide range of activities such as arts and crafts, outdoor activities, sports, music, drama, swimming and special events.
- Some of the programs offered for youth aged 12-18 include: Swimming, Outdoor Skills, Youth Leadership program, Girls Active Lifestyles (GALS), Youth Week, Youth Talent Show, Ball Hockey, Youth Expeditions, Junior Lifeguard program, etc.

**Community Centres**

Please email recreation@stjohns.ca for information.

- Paul Reynolds Community Centre: (709) 576-8631
  - Located 35 Carrick Drive. Includes a gymnasium, 25-metre lane swimming pool, therapeutic warm water leisure pool, two waterslides, hydraulic lift and water wheelchairs, pool viewing area, fully accessible family change rooms, adult size change table, universal change rooms, children's area, and senior's area.
- G.R. Mews Community Centre: (709) 576-8499
  - Located 40 Mundy Pond Road. Includes racquetball courts, gymnasium, multi-purpose room for meetings and small gatherings, 25-metre swimming pool with diving board, pool viewing area, co-ed steam room/dry sauna, wheelchair accessible, pool lift, chairs and ample parking.
- Shea Heights Community Centre: (709) 576-1023
  - Located 130 Linegar Avenue is available for rentals to host birthday parties, baby and wedding showers, and meetings. Amenities include: multipurpose room, kitchen and wheelchair accessibility.

- The Kilbride Lions Community Centre: (709) 368-0250
    - Located off Fahey Street. Available to host birthday parties, baby and wedding showers and meetings. Amenities include: multi-purpose room, kitchen and wheelchair accessibility.
- Southlands Community Centre: (709) 364-5252, 364-5128, 364-5129
    - Located 40 Teakwood Drive. Is available for rentals to host birthday parties, baby and wedding showers and meetings. Amenities include two multi-purpose rooms, board room, a kitchen and wheelchair accessibility.
- Rotary Sunshine Park Chalet (709) 576-8407
    - Located off Thorburn Road. Can sleep 24 people. It includes full kitchen with dishwasher, propane fireplace, outdoor barbecue, and large patio deck. The chalet is located with outdoor fields and an unsupervised swimming/beach area. Please click Rotary 'Sunshine' Park Chalet to view more photos or to complete an application. Click here to complete an application.
- Kenmount Terrace Community Centre:
    - Located at 85 Messenger Drive. Is available for rentals, birthday parties etc. Amenities include a full-sized gymnasium, multipurpose room a kitchen and wheelchair accessibility.

Outdoor Entertainment Facilities

- Cabot 500 Theatre
    - This outdoor facility, located in Bowring Park, can host many events from theatrical productions to musical performances and can accommodate up to 750 people.
- Prince Edward Plaza
    - Outdoor stage facility located on George Street. Can host many events from musical performances to promotional events.
- Northwest Rotary Skate Park
    - The Skate Park is located in Mundy Pond Park (off Blackler Ave) and offers bowl and street skating/riding obstacles.
- The City currently has six outdoor modular (portable) skate parks:
    - Bowring Park (next to swimming pool)
    - Kilbride Lions Community Centre (parking lot)
    - Goulds (behind the Fire Dept. on the Main Road, next to the basketball court)
    - Shea Heights Community Centre (behind Community Centre off Linegar Ave)
    - Southlands (Teakwood Park)
    - Quidi Vidi Lake (North side of Lake off The Boulevard)

Swimming Pools

- For schedules and admission requirements for each City of St. John's swimming pool, please click
  - Paul Reynolds Community Centre Indoor Swimming Pool (709) 576-8155
  - H.G.R. Mews Community Centre Indoor Swimming Pool (709) 576-8408
  - Bowring Park Swimming Pool
  - Bannerman Park Outdoor Swimming Pool

Sports Fields and Courts

- There are 7 baseball, one t-ball, 17 softball fields and 18 soccer facilities in the
- There are also 18 tennis courts, 15 basketball courts and one lawn bowling green in the City.
- Contact Recreation@stjohns.ca

The Loop

- An outdoor ice-skating trail
- Families with children, young adults, seniors, community and service groups, and others all skate together for free.
- Call the Loopline at 733-LOOP (5667) to learn if it is open.

## East Coast Trail Association

50 Pippy Place, 2nd Floor, Suite 9, St. John's, NL A1B 3M7

**Tel:** (709) 738-4453
**Website:** www.eastcoasttrail.com/en/index.aspx
**Facebook:** @EastCoastTrail
**Email:** information@eastcoasttrail.com
**Twitter:** @eastcoasttrail
**Instagram:** @eastcoasttrail

**Mandate:** The East Coast Trail Association is a registered charity established to provide a wilderness hiking experience by developing and maintaining the East Coast Trail, promoting public access, minimizing its impact on the natural environment and protecting it for future generations.

**Target Population:** The East Coast Trail is open to any member of the public

**Highlight of Programs / Services Offered:**

- Explore 25 wilderness paths along North America's easternmost coastline.

- The East Coast Trail unites genuine wilderness hiking with richly historic communities from Topsail, to Cape St. Francis, to Cappahayden. There are 336 kilometers of developed trail to explore.

- The paths of the East Coast Trail take you past towering cliffs and headlands, sea stacks, deep fjords, and a natural wave-driven geyser called the Spout. Experience abandoned settlements, lighthouses, ecological reserves, seabird colonies, whales, icebergs, the world's southernmost caribou herd, historic sites, a 50-metre

suspension bridge, two active archaeological dig sites, and many more attractions.

- The East Coast Trail Association offers free Guided Hikes open to any members of the public, dates and locations can be found on our website Under "Hike the Trail, Guided Hikes" or, by clicking here.

## MAX Fitness

34 New Cove Road, St. John's, NL

**Facebook:** @MAXenrichyourlife **Website:** https://yourmax.ca
**Tel:** (709) 733-7330 **Email**: fitness@yourmax.ca

**Philosophy:** MAX Fitness is Strength & Conditioning, Spin, Yoga and Pilates program that emphasizes health and fitness as a means help improve quality of life. Our coaches not only push you to be your best but give you the tools you need to help you incorporate movement into your life – no matter your age, experience, or ability!

**Target Population:** All ages over 16 years

**Highlight of Programs / Services:**

- 80 classes per week
- Strength, Cardio, Spin, Yoga, Pilates
- Open Gym space
- New Programs and Classes offered every 3 months

## Modo Yoga

223-233 Duckworth St, Suite 102, Haymarket Square, St. John's, NL A1C 6N1

**Tel:** (709) 753-0206
**Email:**info@modoyogastjohns.com **Website:** st-johns.modoyoga.com
**Facebook:** @ModoYogaStJohns **Instagram:** @modoyogastjohns

**Mandate:** Modo Yoga is a community of independent hot yoga studios, guided by our 6 Pillars, united by our love for yoga, and dedicated to creating a more sustainable world. With over 70 locations across North America, Europe and Australia – every studio is a place for all. We welcome all bodies and all abilities, whether you are a beginner or an experienced student. All Modo Yoga classes are built on the foundation of our Modo series – a dynamic system of postures and breathing exercises rooted in the traditional teachings of yoga and yoga therapy concepts, specifically designed to be practiced in the heat. Modo Yoga is a community of inspired students, joined together by a love of yoga, a commitment to protecting the earth, and a drive to bring more peace into the world.

**Target population:** Modo is a place for all, and welcomes students of all races, genders, abilities, orientations, beliefs, and incomes. Whether you are an absolute beginner or a

more experienced yogi, they offer over 40 accessible classes weekly that are challenging, healthy and fun!

**Highlight of Programs / Services Offered:**

- Modo offers a variety of over 40 classes weekly, accessible for different skill levels. For a full list of class types, click here.
- For the class schedule, click here.

## Recreation Newfoundland and Labrador

1296A Kenmount Road, Paradise, NL, A1L 1N3

**Tel:** (709) 729-3892 **Email:** info@recreationnl.com **Twitter:** @Rec_NL
**Fax:** (709) 729-3814 **Website:** https://recreationnl.com/ **Facebook:** @RecreationNL

**Mandate:** To develop a province of engaged communities where all people embrace the benefits of recreation to enhance their quality of life.

**Target Population:** Recreation leaders (practitioners and volunteers), community recreation committees, commissions and departments, students, and corporate recreation service providers and, other related groups and agencies.

**Highlight of Services / Programs:**

2022 Training Calendar

Recreation Newfoundland & Labrador are offering the following training opportunities for individuals, both online and in person. More information specific to individual trainings will be provided closer to the events.

**Certified Pool Operators Course**
May 16 - 18, 2022
City of Mount Pearl - Summit Centre
Registration

CPO® certification courses are designed to provide individuals with the basic knowledge, techniques, and skills of pool and spa operations. Instructors receive comprehensive training and certification to teach the CPO certification program. This training has helped protect millions by reducing hazards at aquatic facilities.

Atlantic Recreation & Facilities Conference
May 18 - 22, 2022.
City of St. John's – Sheraton Hotel
Registration is open

This exciting Atlantic gathering dedicated to Recreation and Facilities will have keynote

speakers, sessions and roundtables focusing on professional development and growth, a trade show focused on programming and purchasing opportunities, along with nightly social events – creating opportunities for collaboration and networking.
Registration is available for half day as well.

**CPSI Playground Safety Training**
Course descriptions and schedules can be found on the CPSI website.

Theory and practical courses offered online through the Canadian Playground Safety Institute. The theoretical course offers training based on Canadian Children's Playground Equipment and Surfacing Standards. The practical course offers training to apply the standards and complete an audit.

**Arenas Operator Course**
August 23 - 25, 2022
Town of Grand Falls Windsor – Joe Byrne Memorial Stadium
Registration coming soon
A comprehensive 4 days of Arena Operations. This training provides the essential skills and knowledge you need to be a great Arena Operator. As well as the latest in practical tips and techniques from the experts, it includes classroom and practical sessions.

**HIGH FIVE**
Check out the website to view list of trainings available
Find upcoming sessions on the Training Calendar

HIGH FIVE® is Canada's quality standard for recreation and leisure programs. HIGH FIVE not only provides recreation professionals with training, but also gives organizations program assessment tools, policies and procedures, and resources to raise awareness about the component parts of operating successful programs.

**You Can Play Too**
Session date(s) coming soon
If you would like a session for staff training, please contact inclusion@recreationnl.com

The You Can Play Too Workshop is a resource that Recreation NL developed with the City of St. John's to facilitate inclusive recreation. The training provides information on how to create an inclusive environment, how to adapt activities, and provides behavioural management techniques.

**Making the Move to Healthy Choices**
Session date(s) coming soon
If you would like a session for staff training, please contact sobrien@recreationnl.com

Join Eat Great and Participate's dietitian for a workshop on how to make healthy food and beverage options more available in your recreation, sport and community facilities, programs,

and events. The workshop will provide healthy food and beverage menu ideas, give easy tips on how to add them to your current menu, and work with you to address barriers in doing so.

**Active For Life**
Session date(s) coming soon
To add your name to a waitlist for the next session please contact pammills@recreationnl.com

Active for Life is an older adult activity program that will help improve balance, strength, and flexibility all while having fun with others. This program was made possible by partnering with the School of Human Kinetics and Recreation at Memorial University as well as Eastern Health. Active for Life is a 10-week program with two sessions a week lasting approximately 60 minutes a session. There will be fun interactive games each session that will challenge older adults and build on existing skills.

**Recreation NL Annual General Meeting & Conference**
October 13 -15, 2022
Town of Gander

The conference consists of keynote speakers, informative workshops, social events, exhibitor's trade shows, business meetings, and more.

## St. John's Shambhala Meditation Group

120 Le Marchant Road, St. John's, NL A1C 2H1

**Email:** stjohns.shambhala@gmail.com **Website:** stjohns.shambhala.org
**Facebook:** St. Johns Shambhala Group

**Mandate:** To assist individuals in cultivating the mind's inherent stability, clarity and strength in order to be more awake and to develop the compassion and insight necessary to care for oneself and the world genuinely.

**Target population:** Everybody

**Highlight of Programs / Services Offered:**

- At the St. John's Shambhala Meditation Group, they offer programs in Buddhist teachings, meditation and other contemplative disciplines, as well as free individual meditation instruction.
- Ocean Yoga: All Ocean Yoga classes are accessible to all levels, with a focus on breath and body awareness.
- Learn to Meditate: These introduction to meditation sessions occur the first Tuesday of each month at 7:30PM. Anyone interested who isn't free on Tuesday nights can email to arrange an alternate time.
- Wednesday Evening Meditation: Group meditation practice; the format provides 25 mins sitting, 10 mins of walking meditation, and ending with a final 25 mins of sitting. Sitting begins at 7:30 pm; all are welcome.

- Sunday Morning Meditation: Join the group for sitting meditation practice at any time. They generally alternate 25 mins of sitting meditation with 10 mins of walking and give a reading at 11:45.
- If you wish to attend morning chants please arrive for 10:00am. After this time joining the group for meditation is best done by arriving during any of the walking periods.
- Membership: Although membership is not required to participate in much of what the Center has to offer, financial support allows the centre to continue.

## St. John's Rowing Club

Quidi Vidi Boathouse, PO Box 28054, St. John's, NL A1B 4J8

**Email:** stjohnsrowing@gmail.com **Website:** https://sjrc.ca/
**Facebook:** @stjohnsrowingclub **Instagram:** @sjrc_ca **Twitter:** @sjrc_ca

**Mandate:** Offer a full range of programs for beginners, intermediate and competitive rowers.

**Target population:** Ages 12 and up

**Highlight of Programs / Services Offered:**

- Youth Learn To Row: Youth Learn to Row is geared towards children aged from 12 – 16. Starting at the end of June and continuing until the end of August, the Youth Learn to Row program provides an opportunity for young people to begin the process of becoming rowers, perhaps with a goal of moving on to the junior development and competitive programs and eventually competing in Canada Games.
- Youth Development: Youth Development is a bridge program between the Youth Learn to Row program and the Junior Competitive team. Athletes should have at least one year of experience in Learn to Row or a similar program.
- Junior Competitive: Junior Competitive is the program for more advanced youth rowers who will be eligible to compete in the 2021 Canada Games. Athletes must have rowing experience and have displayed both a dedication to the sport of rowing and the required training.
- Adult Learn to Row: This program provides an opportunity for adults with no slide seat rowing experience to learn to row. Participants will have the opportunity to row in a variety of racing shells, including one, two, four, and eight-person shells, as their skills progress. Rowers with fixed seat rowing experience are strongly encouraged to use this program as a means to join the slide-seat rowing community.
- Adult Rowing: The Adult Rowing Program is open to any adults over 18 years of age who are interested in rowing. Adults with any level of experience are welcome to join this program: it is designed for novice and experienced rowers alike. This program is a great way for individuals to learn the fundamentals of rowing, improve their skills, and remain active. For the more experienced rowers, there will also be

opportunities to focus on more advanced technical skills, follow a more structured training plan, and aim to compete if interested.

## The Works - Memorial University

17 Westerland Road, St. John's, NL A1B 3R7

**Field HouseTel:** (709) 864-4422 **Fax:** (709) 864-3254 **Twitter:** @theworksnl
**Website:** www.theworksnl.ca **Email:**theworks@mun.ca
**Aquarena Tel:** (709) 864-3798 **Facebook:**@theworksnl

**Mandate:** Promote wellness by providing accessible, diverse, and innovative programs and services to the university community and the general public.

**Target Population:** Families, students, alumni and the community, all ages from infants to seniors

**Highlight of Programs / Services Offered:**

- Recreation and Lane Swims; swimming lessons for all levels from toddlers to adults
- Lifeguard Training Programs
- Aquatic Sport Clubs: Diving, Synchronized Swimming, Legends Competitive Swimming
- Fitness Centres in the Aquarena and Field House, with fitness classes on dry land and in water.
- Indoor Track
- Hardwood and synthetic floor courts for basketball, volleyball, badminton, soccer, table tennis and tennis
- Squash courts
- Therapeutic and Rehabilitation Program, Seniors Program and Arthritic Program
- Children's parties, Summer Camp, Youth Fitness Program, Junior Squash Memorial University of NL Varsity – Athletics

## Wild Outside

**Contact Info**: charlottel@cwf-fcf.org
**Instagram:** https://www.instagram.com/wildoutside.ca/

**Mandate:** The goal of the WILD Outside program is to inspire youth participants to develop a passion for conservation, an awareness of their natural environment and a deeper appreciation for wildlife

**Target Population**: Youth ages 15-18

**Highlights of Program/Services Offered:**

WILD Outside – a free national conservation-based youth leadership program. The program

includes outdoor & teambuilding activities (ex. canoeing/kayaking, rock climbing, snowshoeing, camp skills), conservation service activities (ex. shoreline cleanups, citizen science, planting a community garden), and speaker series. All with the goal of providing opportunities to learn new skills, personal growth and encouraging a "conservation ethic."

## YMCA of Newfoundland and Labrador

**Corporate Office Mailing Address:** P.O. Box 21291, St. John's NL, A1A 5G6
**Email:** info@nl.ymca.ca

**Avalon Peninsula Region:** Ches Penney Family YMCA, 35 Ridge Road, St. John's 709-726-9622

**Burin Peninsula Region:** Marystown YMCA, 2B Harris Drive, Marystown, 709-279-9622

**Labrador Region:**
Central Labrador YMCA, 2 Corporal O'Quinn Blvd., Happy Valley-Goose Bay, 709-896-9622

**Website:** www.ymcanl.com
**Facebook:** @ymcanl **Twitter:** @YMCAofNL
**Instagram:** @ymca.nl **LinkedIn:** linkedin.com/company/ymcanl/

**Mandate:** The YMCA is a charity open to everyone at all stages in life, which provides opportunities to grow in spirit, mind, and body.

**Vision:** A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

**Values**: Caring, Honesty, Respect, Responsibility, and Diversity.

**Target Population:** Individuals and families of all ages. Financial assistance for memberships and services is available.

**Highlight of Programs / Services Offered:**

- **Child Care and Day Camp:** Full Day Child Care; Before and After School and School-age Programs, Day Camps (English and Bilingual)
- **Employment, Enterprise, and Newcomer Services:** Assistance in business development; training workshops; community and volunteering initiatives; employment and exchange program, and youth education programs.
- **Health, Fitness and Aquatics:** Conditioning Centres; Pool; Recreational/ Sport Programs; Teen and Adult Sport Programs; Group Fitness Classes; Court Sports; Child Minding and Supervision Services; Canada Fitness Leader Training and Certification; Swim Lessons for All Ages; Lifesaving/ Lifeguarding Courses.

## Girl Guides of Canada

63 Roosevelt Ave, St. John's, NL A1A 0E8

**Toll-free:** 1-877-564-6188 **Website:** www.girlguides.ca/nl

**Fax:** (709) 726-4045 **Email:** whitej@girlguides.ca **Twitter:** @GGCNL

**Facebook:** @GirlGuidesofCanada-NewfoundlandandLabradorCouncil

**Instagram:** @girlguidesnl

**Mandate:** Girl Guides of Canada is an organization for girls, led by women. It challenges girls to reach their potential and empowers them to give leadership and service as responsible citizens of the world. Membership fee financial assistance is available for those who qualify.

**Target Population:** All self-identified girls and women from ages 5+, including: Sparks (aged 5-6), Brownies (aged 7-8), Guides (aged 9-11), Pathfinders (aged 12-14), Rangers (aged 15-17+), Trex (aged 12+), Adult Leaders (aged 19+), Link (aged 19-30), and Trefoil Guild (aged 30+).

**Highlight of Programs / Services Offered:** Guiding provides a safe, all-girl environment that invites girls to challenge themselves, to find their voice, meet new friends, have fun and make a difference in the world. Girl Guides of Canada–Guides du Canada (GGC) strives to ensure that girls and women from all walks of life, identities and lived experiences feel a sense of belonging and can fully participate.

- Challenges:
  - Challenges explore a range of topics that are not only current, but also relevant and applicable to the lives of girls and young women. They may be completed in one or several unit meetings, and typically result in the earning of an associated crest.
- Lone Program:
  - Some girls who are unable to access a guiding unit because of distance, cost, etc. may register as a lone and complete programming via distance.
- International Opportunities
- Scholarships

For more information, please contact info@girlguides.ca 1-877-564-6188.

## Guide to the Good

**E-mail:** hey@guidetothegood.ca **Instagram:** @guide2good **Twitter:** @guide2good

**Facebook:** @guidetothegood **Website:** guidetothegood.ca

**Mandate:** Guide to the Good is the social enterprise project of thegreenrock.ca ~ Live Sustainably NL. It makes it easy and practical for people to choose local, social and green for their purchasing and lifestyle choices through a keyword searchable online platform. thegreenrock.ca built it because local, social and green bring economic, environmental, ethical, and social benefits to our lives, our communities and our planet. We're piloting at home, on the Northeast Avalon, and we're proud to promote our many community-based social enterprises!

**Target population:** Anybody who is interested in or wants more information about local, social, and green in Newfoundland & Labrador.

**Highlight of Programs/Services offered:**

- Info and access to local, social, and green companies through the keyword-searchable website guidetothegood.ca. Company profiles include contact information, photos, and a story about the company and what they offer to the community.
- Community engagement through online contest's called Look for the Good which is open to residents of Newfoundland and Labrador age 18 and older. Players are challenged to search the company profiles on Guide to the Good to find the answers to trivia questions. This promotes information about local companies, and every month, a winner is chosen by random draw to receive a prize pack.
- A rotating series of blogs by leaders in the community which offer information and engagement through one-of-a-kind stories.
- The website contains information and resources that benefit the community, including a Zero Waste information page, a hub for local theatre, a market listing, and spiritual and wellness events in the community.

## PerSIStence Theatre Company

**Location:** The Nest - 2nd Floor, 410 East White Hills Road, St. John's, NL A1A 5J7

**Email:** info@persistencetheatre.com **Facebook:** @persistencetheatre
**Website:** https://www.persistencetheatre.com/ **Twitter:** @PersistenceNL
**Youtube:** Info Persistence Theatre Company
**SoundCloud Podcasts:** https://soundcloud.com/persistencetheatre
**Tel:** 709-743-4274

**Mandate:** PerSIStence Theatre Company a non-profit, charitable (798 690 483 RR0001) organization in Newfoundland and Labrador, Canada that responds to the persistent and universal need for promoting, understanding and embracing the core beliefs of feminism. Through professional theatre and related initiatives, we work to change hearts and minds.

**Target Population:** All marginalized genders; residents of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- PerSIStence Theatre offers a variety of year-round events that promote the

feminist philosophy.

- Through their guiding principles, Persistence Theatre company works to:
  - Challenge discrimination and stereotype in all forms
  - Produce stories where at least 50 per cent of the text is spoken by women* character(s)
  - Offer opportunities to all genders with a focus towards people who identify as women*
  - Respond to issues that affect women* and girls in our community
  - Re-examine universal stories traditionally told by men, through a feminist lens
  - Strive to work through an intersectional lens for gender parity

*PerSIStence Theatre recognizes the limiting nature of the binary use of the word 'woman.' We serve and welcome anyone on the gender spectrum who identifies either always or some of the time as a woman, including trans women, women of colour, Indigenous women, women living with disabilities, as well as non-binary people who are comfortable in a space that centres the experiences of women.

Upcoming productions and projects may be viewed on the Persistence Website.

## V-Day St. John's

15A Cambridge Avenue, St. Johns, NL A1A 3N7

**Tel:** (709) 227-6681 **Email:** vdaystjohns@gmail.com **Twitter:** @VDayStJohns
**Instagram:** @vdaystjohns **Facebook:** @vdaystjohns

**Mandate:** Part of the global activist movement to raise funds and awareness towards violence against all women and girls (cisgender, transgender, and gender non- conforming). Raises funds for local organizations working towards these goals through performances of Eve Ensler's works, notably The Vagina Monologues

**Target Population:** Our organizing committee and casts are entirely made up of women from diverse backgrounds, though several of our volunteers are cis-men. All genders are encouraged to get involved.

**Highlight of Programs / Services Offered:**

- We produce performances of The Vagina Monologues every February with proceeds going towards the NL Sexual Assault Crisis and Prevention Centre, The St. John's Women's Centre, Planned Parenthood, and the global V-Day organization, among others, depending on need and demand.
- Opportunities to participate as performers, or volunteers.
- We try to provide a fun, understanding environment for people to tell stories, learn about performing for audiences, and a place in which respect for all is of the utmost importance.

## YWCA St. John's

291 Water Street, Suite 302, St. John's, NL A1C 1B9

**Tel:** (709) 726-9922 **Fax:** (709) 726-4144
**Email:** info@ywcastjohns.ca
**Twitter:** @YWCAYYT **Instagram:** @ywcayyt
**Facebook:**@YWCAStJohns **Website:** www.ywcastjohns.com/

**Mandate:** To educate the community about particular issues affecting girls and women; to create opportunities for girls and women to learn, achieve and participate; to ensure our work is grounded in the real life issues affecting girls and women; to advance social change through public engagement and use our voice to call for social justice

**Target Population:** Women, girls, and gender-diverse folks of all ages

**Highlight of Programs / Services:**

**Youth Programs:**

**Young Women's Leadership Program (YWLP):** YWCA's Young Women's Leadership Program aims to equip young women and non-binary youth with the required tools to exercise their leadership abilities with peers in their communities. Throughout the two-day training, participants will have the chance to build on their leadership skills, network with like-minded peers, and gain insight and confidence in their leadership abilities.

**The Collective:** The Purpose of the Collective is to further the YWCA's mission and social justice-oriented goals through events and initiatives centered around peer networking, mentoring, and leadership development. Membership is open to all young women and non-binary youth between the ages of 18-30.

**Power of Being You:** An empowerment-based, violence prevention conference for youth. This conference is typically held in partnership with a local school and supports youth from ages 12 to 15 to build confidence in their leadership and critical thinking skills through the development of a stronger sense of self-awareness and awareness of others.

**Employment Programs:**

**LAUNCH:** A 19 week employment program for young women and gender diverse youth experiencing multiple barriers to employment. Eligibility includes:

- Currently out of school, unemployed, or underemployed (working less than 20 hours/week)
- Canadian citizen, Permanent Resident, or someone who has been granted refugee status in Canada
- Able to attend programming for 30 hours a week, online or in-person (St. John's, NL and surrounding areas).

The program includes:

- PAID employability skills training (7 to 8 weeks)
- PAID 12 week work experience in a field of interest

**Connextions:** A 19 week employment program for newcomer women and gender diverse folks 18+ experiencing multiple barriers to employment. All immigration statuses are welcome. This program includes:

- PAID employability skills training (7 weeks)
- PAID 12 week work placement in a field of interest

**2SLGBTQIA+ Services**:

**Fostering Collaboration of Services for 2SLGBTQIA+ Newcomers in Newfoundland and Labrador:** Peer support group and mentorship program for LGBTQIA+ newcomers.

**Other:**

**Women of Distinction Awards:** WOD Awards are designed to celebrate the achievements of women and give them a platform to share their stories in a way that empowers, inspires and motivates others to learn, achieve and participate. Nominations may be made by any member of the public.

## Youth

### 4-H NL

**Provincial Council:** PO Box 50, Calvert, NL A0A 1N0

**Tel:** (709) 727-3397 **Email:** NL4-H@outlook.com
**Website:** http://4hnl.ca/ **Facebook:** @4hNewfoundlandandLabrador

**Mandate:** To develop 4-H youth as self-reliant, contributing members of society. 4-H is about acquiring knowledge and learning skills. 4-H youth are educated in self-reliance through learning to do by doing. The 4-H goals are: Knowledge, Leadership, Citizenship, and Personal Development.

**Target Population**: Rural young people between the ages of 5 and 21 as well as adults who wish to become leaders to provide leadership for these children/youth.

**Highlights of Programs / Services Offered:** The 4-H program provides many great opportunities to an individual in a small community or large city including:

- Provincial Competitions: There are two types of annual competitions 4-H members can take part in: public speaking and demonstration
- Opportunities:

- Conferences & Exchanges: As a 4-H member, there are so many opportunities to get involved and expand your horizons. As a 4-H NL member you could:
    - See a different part of
    - Learn about Canada's parliamentary
    - Visit Toronto and the Royal Agricultural Winter
- Grants & Scholarships: 4-H members and clubs are also eligible for a range of awards, grants, and scholarships.

- Scholarships:
- CIBC 4-H Post-Secondary Education Scholarship
- Eight scholarships valued at $1,000 are available across Canada to 4-H members who plan to pursue a post-secondary education in the field of engineering, arts, science, business or health.
- TD 4-H Agriculture Scholarship
    - TD Bank Financial Group and the Canadian 4-H Council are proud to sponsor up to 12 scholarships valued at $2,500 each for 4-H members in their last year of high school who are planning to enroll in post-secondary education in an agriculture or agri-business related discipline.
- Canadian Young Speakers for Agriculture Competition
- Held annually in November at the Royal Agriculture Winter Fair in Toronto. It's an opportunity to develop your public speaking skills and a forum to express community concerns.
    - Travel
        - 4-H Youth Exchanges Canada

4-H Youth Exchanges Canada is a reciprocal exchange between 4-H groups across Canada. The program provides groups of 10 delegates with the opportunity to see different parts of Canada, and gain lasting experiences and friendships

## Allied Youth

PO Box 21145, St. John's, NL, A1A 5B2

**Tel:** (709) 227-3326; or (709) 725-2209 **Email**: contact@alliedyouth.ca

**Website:** http://www.alliedyouth.ca **Twitter**: @AlliedYouthNL

**Facebook:** @AlliedYouthNL

**Mandate:** Allied Youth (AY) is a non-profit organization 'for youth, by youth'. AY is for young people to come together and have fun while developing leadership skills, interpersonal skills, self-awareness, and community involvement. AY also aims for youth to increase their awareness of youth issues, and, as a result, to the best of their ability improve themselves and their communities around them through youth-led initiatives.

**Target Population**: Young people grades seven through twelve (Junior and Senior High School)

**Highlights of Programs / Services Offered:**

- In every A.Y group, the youth choose what they want to do. They get the opportunity to discover their own ways to develop into the leaders of today and tomorrow. This is done through youth-led initiatives – such as community or school events, volunteering, hosting fundraisers and education sessions on youth issues, etc.
- Besides getting the chance to enhance their community, and hang out with others in their community, A.Y. gives youth the opportunity to get out and explore somewhere new! AY hosts provincial events throughout the year where people from Posts and communities across the island come together.
- Youth get to meet members from across Newfoundland and Labrador when travelling to leadership camps and conferences!

## Big Brothers Big Sisters

The Village Shopping Centre, 2nd Floor, PO Box 10, 430 Topsail Road, St. John's, NL, A1E 4N1

**Tel:** (709) 368-KIDS (5437) **Instagram:** @bbbseasternnl **Fax:** (709) 368-5477

**Email:** info@helpingkids.ca **Toll-free:** 1-877-513-5437 **Twitter:** @BBBSEasternNL

**Facebook:** @BBBSEasternNL **Website:** www.helpingkids.ca/en/Home/default.aspx

**Mandate:** To enable life-changing mentoring relationships to ignite the power and potential of young people.

**Target Population:** Children and youth ages 6 – 16 years of age in the St. John's metro area

**Highlight of Programs / Services Offered:**

**Community Based Program:** Big Brothers and Sisters are adults 18 years of age and older who spend time with a child, participating in activities they both enjoy. Children can apply for service between the ages of 6 and 14 years.

**In School Mentoring:** Matches students ages 6 – 11 years old with adult mentors in the school environment. During the school year, mentors spend one hour each week with their mentor participating in activities they both enjoy.

**Group Mentoring:** Group mentoring programs have a focus on friendship and healthy living and take place in metro area schools and community centres for young people ages 10-13.

## Boys and Girls Club St. John's

PO Box 5012, St. John's, NL, A1C 5V3

***Resource Development Coordinator***
*Chantelle Bennett*
Email: cbennett@bgcstjohns.ca
Phone: 709-579-0181 ext. 203

***Executive Director***
*Melissa Slaney*
Email: mslaney@bgcstjohns.ca
Phone: 709- 579-0181 ext. 204

***Buckmaster's Circle Unit***
25 Buckmaster's Circle
**Tel:** (709) 579-0181
**Fax:** (709) 579-4520

*Vicki Doyle*
Program Manager
**Email:** vdoyle@bgcstjohns.ca

***Mundy Pond Unit***
40 Mundy Pond Road
**Tel:** (709) 579-0181
**Fax:** (709) 579-0182

*Howie Feltham*
Program Manager
**Email:** hfeltham@bgcstjohns.ca

**Website:** www.bgclub.ca/
**Twitter:** @BGC_of_StJohns

**Facebook:** @bgcstjohns

**Mandate:** To provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

**Target Population:** Children and youth in St. John's

**Highlight of Programs / Services Offered:**

- **Homework Program:** The Homework Program provides a rich learning environment to complete homework, receive tutoring, and participate in fun, educational activities. Our members have access to fully-equipped education rooms, containing a wide variety of library books, and other resources. Computers are available for homework and learning purposes, with controlled internet access.

- **Recreation:** Our Games Room offer a variety of recreational activities, that provide the opportunity for children to socialize in a safe, supervised and fun environment. Activities in the games room include: pool, air hockey, ping pong, square ball, board games, and electronic games, to name a few!
- **Digital Literacy:** Our Computer Room offers our member's access to the internet, educational software and games, opportunities to resume build, learn about computer maintenance, and internet/gaming safety. Computers and internet access is closely monitored (with content filters), but we still find creative ways to build computer skills, while also ensuring kids are having fun!
- **Arts and Crafts:** The Arts & Crafts Program enables children to develop their creativity and awareness through a wide range of art based activities. Activities include: painting, textiles, drawing, sculpting and general crafts. This is a great outlet for members; to explore and express themselves!
- **After School Nutrition:** The Boys and Girls Clubs of St. John's is a strong believer in the importance of healthy eating. Healthy eating leads to healthy growth and development and provides children with the energy they need for school and their recreational activities. Our Club's are proud to be "Junk Food Free".

    - The Boys and Girls Clubs of St. John's offer a nutritional snack to all members who attend the After School Program. The Snack Program runs from 3:00-3:30 daily. Snacks include fruit, vegetables, cheese, crackers, yogurt, milk and much more.
- **Health & Wellness:** The Health & Wellness Program focuses on fun and physical activity by providing members with skills training in various sports and games. Activities include: tag games, running games, soccer, soccer-baseball, floor hockey, handball, basketball, karate, dance, and many variations of other sports and activities. Children get the opportunity to build confidence, master skills, and learn teamwork.
- **Strong Girls!:** STRONG Girls! is an action oriented response to research conducted by the Boys and Girls Clubs of Newfoundland and Labrador. This research is in response to a decline in girls involvement in physical recreation, sport and leadership opportunities. STRONG Girls! empowers our female members by providing them the opportunity to grow and succeed in a non-stigmatizing environment, ultimately building confidence and skills.
- **Teen Programs:** The Boys & Girls Club offers programs for youth (ages 13-17) in the community to take part in programs such as sport and recreation, digital literacy, arts & crafts, mentorship and leadership programs.
    - The Teen Mentor Program is for teen members who are interested in volunteering in the after-school program. This service-learning program teaches them job-related skills and it rewards them for taking on the commitment of volunteering.
    - In addition to volunteering, the members of this program learn skills such as resume writing and job-seeking techniques. The younger members benefit from having role models, as they easily relate to teen members in the Club.
- **Cooking Program:** Our Cooking Program is offered weekly to After School Program members. In this program members are given the opportunity to prepare, cook and taste many healthy recipes. This program will also teach members the importance of food and kitchen safety, food preparation, shopping and more!
- **Warm Bellies:** Warm Bellies is a supper program offered to registered members once a week. The purpose is simple: provide children with a nutritious meal. We love seeing children leave with warm, full bellies!
- **Special Events:** Throughout the school year the Boys & Girls Clubs of St. John's coordinate a number of special events; Halloween party and haunted house, Christmas parties, day camps during school closures, Winter Carnival, Easter Day Camps, wake-a-thons, year-end banquet and many special outings!

## The C.L.B (Church Lads' Brigade)

82 Harvey Road, P.O. Box 28126, St. John's, NL A1B 4J8

**Tel:** (709) 722-1737 **Fax:** (709) 722-1734
**Email:** info@theclb.ca **Twitter:** @TheCLB_NL **Facebook:** @TheCLB

**Mandate:** Through educational, recreational and social activities, the Brigade aims to help youth develop the necessary skills to become future leaders.

**Target population:** Membership in the CLB is open to all youth. The CLB is divided into five age groups:

- **Little Training Corps (LTC):** Grades K-1
- **Young Training Corps (YTC):** Grades 2-4

- **Junior Training Corps (JTC):** Grades 5-7
- **Senior Corps (SC):** Grades 8-12
- **Officers:** Age 19+

### Highlight of Programs / Services Offered:

- Visit their website **here** to learn more about their programs.
- The CLB offers more than 500 courses in its **badge work program**. Courses are geared to the age group and interests of the youth and the award of a badge or certificate recognized each.
    - First aid
    - Drum and Bugle Band
    - Glockenspiel Band
    - Citizenship
    - Naturalist
    - Hobbies and Crafts
    - Cooking
    - Cycling
    - Fire Fighting
    - Map and Compass
- **Leadership Training:** As youth members advance into their teen years, they are encouraged to take on additional responsibilities and participate in program delivery to younger members.
    - Teaching basic drill movements
    - Supervising sports programs
    - Instructional techniques
    - Public Speaking
- **The Duke of Edinburgh's Award:** This international program has recently been added to the CLB program. It is designed to stimulate the energies of young people from ages 14 to 25.
    - Self-reliance and self-discipline
    - Perseverance and determination
    - Initiative and creativity
    - Community involvement and social development
    - Value orientation and value-oriented decision making
    - The spirit of adventure
    - Fitness of body and mind
    - Vocational, cultural and family life skills
    - International understanding and awareness
- **Sports:** All sports activities emphasize participation. Each Battalion has inter-company tournaments officiated by the junior leaders and supervised by officers. Each year, the Colonels Award is presented to one individual in each unit to recognize good sportsmanship.
    - Basketball
    - Floor hockey
    - Volleyball
    - Track & field
    - Indoor soccer
    - LTC fun days
- **Summer Camps:** The CLB holds summer camps each year. It has been shown that members who go to camps stay on longer in the Brigade and advance through the ranks. Activities at camps are geared to the age of the participants.
    - Swimming

    - Canoeing
    - Target shooting with air rifles
    - Archery
    - Soccer
    - T-Ball
    - Soccer-Baseball
    - Orienteering & Wilderness Survival
- **"Put the Child First" Program:** The CLB is extremely proud of its involvement in piloting this abuse awareness program. Developed with the assistance of the former Chief of Police and the St. John Ambulance Association, the CLB continues to follow this program. The program has separate training for youth members and adult leaders.
    - Recognition of inappropriate behaviour
    - Abuse avoidance
    - Action to be taken when abuse is suspected
    - Bullying intervention
- **Other Activities** include: hiking, crafts, survival training, Drill and Archery, Scavenger Hunts, Weekend Outings, Physical Training, Pyramids and Vaulting, Gymnastics
- **The C.L.B Regimental Band:** Started as a tin whistle band, the Regimental Band as evolved to become the flagship of the CLB. The Band performs at the Royal St. John's Regatta, the Janeway Children's Hospital Christmas Party, the Armistice Day Parade to the War Memorial, the Lieutenant Governor's Garden Party at the Government House Grounds and numerous other civic events in the Province.

To view the C.L.B. Regimental Band, click here.

## The Duke of Edinburgh's International Award – Canada

215 Niagara Street, Suite 100 Toronto, ON M6J 2L2

**Tel:** (437) 747-0449 **Fax:** (709) 753-0437
**Email:** support@dukeofed.org **Website:** https://www.dukeofed.org/
**Twitter:** @dukeofedcanada **Facebook:** @dukeofedcanada
**Instagram:** @dukeofedcanada **Youtube:** The Duke of Ed. International – Canada

**Mandate:** An experiential learning framework that transforms young people's lives. Open to all backgrounds, cultures and abilities, the Award partners with youth organizations to empower the young people they work with, to raise their aspirations, and help them discover their #infinitepotential.

**Target Population:** Youth aged 14-22.

**Highlight of Programs / Services Offered:**

The Award empowers young people to learn and grow through non-formal education, all while working towards a globally recognized accreditation.

## Girls Rock NL

PO Box 192, Station C, St. John`s NL A1C 5J9

**Twitter:** @girlsrocknl **Website:** girlsrocknl.com
**Instagram:** @girlsrocknl
**Email:** girlsrocknl@gmail.com **Facebook:** @GirlsRockNL709

**Mandate:** Girls Rock NL is an inclusive musical community, mentorship program, and non-profit organization that builds self-esteem amongst gender marginalized youth in Newfoundland and Labrador.

**Target Population:** Gender marginalized youth ages 8-16.

**Highlight of Programs / Services Offered:**

- Girls Rock NL fosters confidence, leadership, creativity, critical thinking, and collaboration through music and performance empowering youth while encouraging a more diverse and inclusive province.
- At Girls Rock NL's summer camp, youth aged 8-16 form bands, write songs, and perform at a final showcase. Bands are coached by some of Newfoundland and Labrador's most exciting musicians who teach campers how to play an instrument and be in a band.
    - No musical experience is necessary!
- Complementing the music component, Girls Rock NL offers fun opportunities for campers to speak with and listen to local musicians, take part in leadership workshops, and make new friends in a safe and encouraging environment.

## Kid Sport Newfoundland and Labrador

*1296A Kenmount Rd, Paradise, NL A1L 1N3*

**Tel:** 709-576-4932 **Tel:** 709-579-5977 **Fax:** 709-576-7493

**Email:** sportnl@sportnl.ca **Facebook:** @KidSportNL **Twitter:** @KidSportNL

**Website: kidsportcanada.ca/newfoundland-and-labrador/**

**Mandate:** KidSport™ provides support to children under 18 years of age to remove the financial barriers that prevent them from playing organized sport.

**Target Population:** All youth under the age of 18, especially those from low-income or marginalized communities, can apply for grants to cover the costs of organized sport registration and equipment.

**Highlight of Programs / Services Offered:**

- Provides financial assistance across Canada to support youth in sport
    - Click here to Apply For Assistance:

- For a list of upcoming events, click here

## PLAY (Physical Literacy for All Youth) Project

School of Human Kinetics and Recreation, Physical Education Bldg., MUN, St. John's, NL A1C 5S7

**Tel:** (709) 864-8130 **Fax:** (709) 864-7531 **Youtube:** School of HKR
**Facebook:** School of HKR **Twitter:** @MemorialHKR
**Website:** mun.ca/hkr/events/play/index.php

**Mandate:** To provide opportunities for young children and their parents/guardians to explore movement activities, and for undergraduate and graduate students to observe and interact with young children in a movement environment.

**Target population:** Open to all children between walking and their 6th birthday.

**Highlight of Programs / Services Offered:**

- There is no cost, but registration is required on the morning of sessions and is limited to 40 children.
- Designed to promote parental participation as children explore a variety of movement experiences.
- Parents should provide assistance and encouragement to their children when necessary, but should allow the children to freely engage in movement exploration.
- Students, undergraduate or graduate, will provide supervision throughout the sessions and will ensure that the program environment is challenging and safe.
- Parents must be present for the duration of each session and are responsible for maintaining their child/children's safety, along with the students

## REAL Program (Recreation Experiences and Leisure)

The REAL program provides recreation and leisure opportunities to children and youth up to age 18 facing financial barriers to participation.

**Application deadlines: Summer: April 17 Fall: July 17 Winter/Spring: November 17**

**Guidelines to Apply**
1. Proof of residency must be provided to qualify for the REAL Program (**must be a St. John's resident**). Please provide a document that matches the address on the application.
2. Proof of income for family required to determine eligibility. Notice of Assessment preferred (line 150). Contact REAL Program for other acceptable statements of income.
3. Applications are accepted seasonally and are processed in accordance to the deadline dates noted above.
4. Children/youth can access one activity each season. Separate application for each child and each season required. Applications are not held over from one season to the next.

5. This is a service for children/youth currently NOT participating in paid or funded recreation programs.
6. Resources and placements are limited and often in demand. If a child is placed in an activity, attendance is required. If the child/youth cannot attend or participate, the parent/guardian must contact the REAL Program.
7. If transportation or equipment is required, contact must be made with the REAL Program as soon as possible.
8. If there are any days/times not suitable (that do not work) please include on the application.

**Here's what to do:**
1. Complete application **in full** identifying the activity of interest.
2. Attach proof of residency & proof of income.
3. **Sign** the Authorization.
4. Email, mail or drop off application.
5. Applications that have questions or require assistance in completing this application contact 576-8684/4556 or email real@stjohns.ca

**Drop off Locations:**
Access St. John's, City Hall (10 New Gower Street)
HGR Mews Community Centre (40 Mundy Pond Road)
Paul Reynolds Community Centre (35 Carrick Drive)
REAL Program (1 Crosbie Place)

**Mailing Address:**
REAL Program,City of St. John's Division of Recreation P.O Box 908 St. John's, NL A1C 5M2

## Scouts Canada

PO Box 39056, Topsail Road Post Office, St. John's, NL A1E 5Y7

**Tel:** (709) 746-4020
**Email:** andrea.bishop@scouts.ca
**Twitter:** @NLScouts
**Facebook:** @NLScouts
**Youtube:** Scouts Canada
**Website:** nfldlabrador.scouts.ca/

**Mandate:** Scouts Canada's mission is to help develop well rounded youth who are better prepared for success in the world. Scouting's mission is achieved by involving youth throughout their formative years in a non-formal educational process; using a specific method that makes each individual the principal agent in his or her development as a self-reliant, supportive, responsible and committed person; assisting youth to establish a value system based upon spiritual, social and personal principles as expressed in the Promise and Law.

**Target Population:** Scouts Canada offers seven challenging programs for boys, girls, and young adults aged 5 – 26.

**Highlight of Programs / Services Offered:**

- Beaver Scouts (Ages 5-7)
- SCOUTSabout (Ages 5-10)
- Cub Scouts (Ages 8–10)
- Scouts (Ages 11-14)
- Venturer Scouts (Ages 14-17)
- Rover Scouts (Ages 18-26)

To find a group near you and to register, click here

## Wild Outside

**Contact Info**: charlottel@cwf-fcf.org
**Instagram:** https://www.instagram.com/wildoutside.ca/

**Mandate:** The goal of the WILD Outside program is to inspire youth participants to develop a passion for conservation, an awareness of their natural environment and a deeper appreciation for wildlife

**Target Population**: Youth ages 15-18

**Highlights of Program/Services Offered:**

WILD Outside – a free national conservation-based youth leadership program. The program includes outdoor & teambuilding activities (ex. canoeing/kayaking, rock climbing, snowshoeing, camp skills), conservation service activities (ex. shoreline cleanups, citizen science, planting a community garden), and speaker series. All with the goal of providing opportunities to learn new skills, personal growth and encouraging a “conservation ethic.”

# EDUCATION

## Adult Education & GED……

### Discovery Centre

655 Topsail Road, PO Box 70, St. John's, NL A1C 5H5

**Tel:** (709) 726-3500
**Fax:** (709) 726-3505
**Website:** www.discoverycentre.nf.ca
**Toll-Free:** 1-877-446-4226
**Twitter:** @DiscoveryCtrNL
**Email:** info@discoverycentre.nf.ca

**Mandate:** To provide the community with Adult Basic Education (ABE).

**Target Population:** Adults, 19 years of age or older, wanting to complete their high school education or upgrade for post-secondary training.

**Highlight of Programs / Services Offered:**

- ABE is a provincial program for adult learners**.** The Discovery Centre offers both Level II and Level III of the ABE program.
    - Level II is considered equivalent to grades 7-9.
    - Level III corresponds to grades 10-12 and requires the completion of a minimum of 36 credits to meet graduation requirements.
- Professional Adult Educators provide instruction tailored to meet the diverse needs of all learners.
- The Discovery Centre provides a friendly, comfortable, non-institutional setting where students can work at their own pace and enjoy a personalized learning experience.
- Students could be eligible for sponsorship if:
    - They are currently on income support.
    - Have been recipients of Employment Insurance in the last ten years. o Are currently participating in other government programs.
    - o Wondering if you qualify? Call 1-877-446-I CAN (4226)
- To apply contact your local Discovery Centre to schedule an appointment. For a list of Centers, click here.
- For a list of Frequently Asked Questions, click here.

## The Murphy Centre

*Prince Philip Drive Location*
**All Services**
1 Prince Philip Drive
St. John's, NL A1A 5B2
Tel: (709) 579-6606
Fax: (709) 579-2655
**For Academic Information:**
academics@murphycentre.ca

*Torbay Road Location*
**Career Services**
Fall River Plaza 320 Torbay Road,
Suite 201 St. John's NL A1A 0L3
Tel: (709) 753-2830
Fax: (709) 579-8022
**For Career Information:**
careerservices@murphycentre.ca

**Website:** https://murphycentre.ca/
**Facebook:** The Murphy Centre
**Instagram:** @themurphycentre
**Youtube:** Murphy Centre

**Mandate:** Within a challenging and respectful environment, the Murphy Centre provides individuals with opportunities for growth through the integration of creative learning experiences designed to achieve academic, career and life goals.

**Target Population:** The Murphy Centre helps:

- youth and adult learners who want to complete or upgrade in the High School Credit (HSC), Adult Basic Education (ABE) or General Educational Development (GED) programs;

- youth and older workers find employment wherever they are in their career: entry-level work or professionally trained positions;
- people explore, start, or change careers.

**Highlight of Programs / Services Offered:**

**Academic Services:** The Murphy Centre offers adults (18+) three options to complete a high school equivalency or diploma:

- Adult Basic Education (ABE): is a Newfoundland and Labrador provincial program for adults to achieve a high school equivalency diploma, or to upgrade specific subject areas to meet entrance requirements to post-secondary programs.
    - The Murphy Centre offers Level II and Level III ABE at our Prince Philip Drive location. However, if it is determined that an applicant needs to complete Level I, the Murphy Centre will refer to an organization who offers it.
    - Applicants for the ABE program must be 19 years old and residents of Canada. (This includes permanent residents, landed immigrants or persons with refugee status.)
    - *ABE is a funded program. To check if you are eligible for funding, or if you have further questions about ABE, please contact our academic outreach coordinator (Sondria) at 709-753-2830 or by email: sondriabrowne@murphycentre.ca or call our intake coordinator (Trudy) at 709-576-6606 or email trudymorgancole@murphycentre.ca*
    - To apply, click here.
- General Educational Development (GED):
    - The General Educational Development (GED) is an international high school equivalency testing program for adults. It consists of a series of five tests in the following areas:
        - Language Arts Reading, Language Arts Writing, Mathematics, Social Studies, and Science
    - The Murphy Centre runs a GED preparation program for adults (30+) at our Torbay Road location. We offer a flexible class schedule and time commitment that is designed to work around you.
    - In addition to the in-class preparation services we offer, the Murphy Centre is now able to offer a virtual preparation program to people wishing to complete their GED. GED Academy™ is an online, mobile-friendly prep program
    - *There is no cost to participate in the GED program.*
    - If you have questions about the GED program, please contact Corey at 709-753-2830 or email coreyfollett@murphycentre.ca
    - To apply, click here.
- High School Credit (HSC):
    - The Murphy Centre, at our Prince Philip Drive location, offers the high school credit program as per the requirements of the Department of Education and Early Childhood Development in Newfoundland and Labrador.
    - There are two levels of programing offered at The Murphy Centre:

        - **Academic Diploma:** The academic program is intended for participants planning to pursue a post-secondary education at the university and college level.
        - **General Diploma:** The general program is intended for participants interested in the majority of trades or for direct entry into the workforce.
    - Applicants must be 18 years of age and out of school for 6 months (unless a direct referral from District School).
    - *There is a $20 fee per semester.*
    - If you have questions about the HSC program, please contact Kim at 709-579-6606 or email kimsturge@murphycentre.ca
    - To apply, click here.

***Career Services*** located at 320 Torbay Road, offers a holistic approach to career development and employment supports, which includes group-based programming and one on one meetings.

- Transitions to Work is a 9-week workplace readiness program for individuals who are:
    - Unemployed;
    - Currently receiving income support, or feel you would qualify for income support, if you applied;
    - Non EI eligible;
    - Between the ages of 19 and 45 years;
    - Have a minimum of grade ten high school completed; and
    - Interested in obtaining a job
    - If you would like more information about Transitions to Work, please contact (709) 753-2830

- Two Roads is a career development service for people who are 16 years of age and older who are seeking support in pursuing career and/or academic goals.
    - Two Roads regularly offers a variety of **workshops** intended to support individuals in attaining their career and employment goals.
    - To become a participant or for more information on Two Roads, please contact one of our Outreach Coordinators (Deanne or Sondria) email deannebambrick@murphycentre.ca or sondriabrowne@murphycentre.ca or call (709) 753-2830
    - To apply, click here.
- The Youth Works Well Navigator Program (YWWNP): is the Murphy Centre's new Federal Youth Employment and Skills Strategy Program. The goal of YWWNP is to assist youth in making a successful transition into the labour force.
    - Youth between the ages of 18 and 30, who are not in employment, education or training, are eligible to apply.
    - If you would like more information on YWWNP please contact Stephanie at (709) 753-2830 or email stephaniehoskins@murphycentre.ca
    - To apply, click here.
- SOAR is designed to support the academic and employment goals of those training for the skilled trades, as well as employees currently working in the skilled trades.

- SOAR **provides tutoring** to students in training, **career consultation**, and **counselling** to anyone in the skilled trades who would like to talk about their issues at work or home.
- **To access tutoring services please contact:**
  - Courtney Clarke, Project Coordinator, at (709) 693-2050
- **To access counselling or career consultation services contact:**
  - Raven Waren, Counsellor (CCC), at (709) 727-4050.

## Rabbittown Learners Program

21 Merrymeeting Road, PO Box 23022 Churchill Square, St. John's, NL A1B 4J9

**Tel:** (709) 579-6033 **Email:** rtlp@nf.aibn.com
**Website:** http://www.rtlp.ca/ **Fax:** (709) 579-8738

**Mandate:** To provide literacy/adult basic education, Level I training to adults so they can improve their reading and writing skills in a supportive environment that is appropriate to their individual needs. Additionally, to help students achieve their personal goals by creating an environment that allows the student to realize their full potential. This, in turn, encourages them to engage more fully in their community and in their family.

**Target Population:** 19 years and up

**Highlight of Program**

- Adult Basic Education, Level I Program
- Students receive 25 hours of instruction time per week.
- Curriculum Includes:
  - Communications
  - Math
  - Computer
  - Science
  - Social Studies
  - Government Law
  - Consumer Education
  - Workplace

## Thrive

807 Water Street, PO Box 26067, St. John's, NL A1E 1C4

**Tel:** (709) 754-0536 **Fax:** (709) 754-0842
**Email:** info@thrivecyn.ca
**Facebook:** @thrivecyn **Twitter:** @thrivecyn
**Instagram:**@thrivecyn **Youtube:** Thrive CYN

**Mandate:** To assist vulnerable individuals in achieving their full potential and enhance the

capacity of youth serving agencies.

**Target Population:**

*To Individuals:* Thrive provides low barrier supports and services to empower vulnerable individuals (ages 12 and up) who struggle with issues including education, sexual exploitation, trauma, mental health, and addictions.

*To Organizations:* Thrive also provides innovative programs and collaborations (including professional development and knowledge sharing) to address critical gaps in services and expand the capacity of social service providers and organizations.

**Highlight of Programs / Services Offered:**

- ***Education Program*:**
  - Supports youth aged 16-29 who have left the mainstream school system and would like to pursue educational opportunities.
  - Offers individualized programming based on educational needs ranging from foundational literacy & numeracy through to GED (General Educational Diploma) preparation and testing.
  - Offers individual supports to help address non-academic issues that are impacting learners.
  - Offers GED testing to the general public:
    - To register for **paper-based public** GED testing please visit https://www.gov.nl.ca/eecd/ged/
    - To register for **computer-based public GED testing,** create an account at: https://ged.com/en-ca/

  To complete a referral for the Education Program, please click here.

- ***Street Reach*:** A barrier free outreach service for anyone 16 years & over. Program is guided by the principles or harm reduction, and person-centered care.
  - Drop in services daily and a minimum of one evening per week. Through drop in services people can access safer injection supplies, snack/meal, telephone & WIFI access, outerwear, personal care items, and condoms.
  - Outreach walks in the downtown core at various times throughout the week
  - Intensive individualized supports for people needing help with a variety of issues including, but not limited to housing, justice, mental health & addictions, physical health.

- Naloxone kits & training available

- ***Blue Door*:** An "exiting" program for individuals primarily 14-29 years who are engaged in the sex trade, sexually exploited situations, including sex trafficking.

  - Supports range from **education & employment**, **outreach**, **system navigation**, **counselling**, and **intensive individual supports**. Program is inclusive of all gender identities and sexual orientations.
    - **For a referral form, click here.**

*Programs for Service Providers*

- ***Community Support and Development**:* Offers services for professionals working with young people, and includes:

  - **"What's Up!"** Community Newsletter

To sign up for the weekly community newsletter, click here.

  - **Directory of Services** (updated annually)

  - Community development and capacity building, and more.

  - For additional information on any of these initiatives, please contact **Angela Crockwell** at acrockwell@thrivecyn.ca or 754-0536 ext. 201

- ***Coalition Against the Sexual Exploitation of Youth (CASEY):*** CASEY is comprised of community members, experiential voices, and stakeholders. Working together, the coalition creates awareness and understanding about this issue, advocates for appropriate supports, resources, and prevention programs, supports survivor leadership, and works to build capacity to effectively prevent and respond to sexual exploitation of youth. CASEY offers two training programs.
  - First, the Notified Training program. Notified is free, self-paced and appropriate for folks living and working with youth, and youth themselves. Access Notified here.
  - Additionally, CASEY offers a 7 hour training that can take place in-person or virtually. This training is offered twice a year to the general public, or by request for groups (e.g. community organizations). Please email acorenlius@thrivecyn.ca for more information about the 7-hour training."

To find out more about CASEY or to book a presentation or training session, please contact Amnesty Cornelius at 754-0536 ext. 203 or acornelius@thrivecyn.ca

## Education Advocacy……

### Association of Early Childhood Educators NL (AECENL)

Suite 1A, 59 Pippy Place, PO Box 8657, St. John's, NL A1B 3T1

**Tel:** (709) 579-3004/3028 **Toll-free:** 1-866-579-3004/1-877-579-3028
**Fax:** (709) 579-0217 **Toll Free Fax:** 877-579-0217
**Email:** admin@aecenl.ca **Website:** www.aecenl.ca

**Mandate:** AECENL is a non-profit organization dedicated to professionalism in Early Childhood Education (ECE) and to quality child care and education for young children.
**Target Population:** Early childhood educators and other child care practitioners

**Highlight of Programs / Services Offered:**

- Promote a sense of pride in and commitment to the profession of Early Childhood Education
- Provide awareness of what constitutes quality care and education for children
- Inform parents, the community, and policy makers of the value of Early Childhood Education
- Provide a strong voice for quality child care and education on behalf of children and their families
- Provide a forum for discussion of issues pertaining to the well-being of children
- Facilitate communication of issues related to the profession
- Provide ongoing professional development
- Advocate for improved wages and working conditions for Early Childhood Educators
- Encourage the development of, and provide support for regional branches
- Liaise with other related organizations

### Canadian Federation of Students NL

342(f) Freshwater Road, A1B 1C2

**Tel:** (709) 737-3204 **Fax:** (709) 737-2371 **Email:** info@cfs-nl.ca
**Website:** www.cfs-nl.ca/ **Twitter:** @CFSNL **Facebook:** @CFSNL
**Instagram:** @cfsnl

**Mandate:** To provide students with an effective and united voice, provincially and nationally. CFS-NL's goals are to eliminate the social and financial barriers that students are faced with in accessing post-secondary education.

**Target Population**: All post-secondary students in Newfoundland and Labrador

**Highlight of Programs / Services:**

- Collectively organizes at the local, provincial and national levels to ensure that

students' rights and concerns are fully represented in government policy.
- Undertakes anti-oppression work to challenge racism, sexism, ableism, homophobia, transphobia, and all other forms of discrimination both on campus and in the community.
- Through the Federation, students' unions collectively pool their resources to provide student owned and operated services such as the International Student Identity Card, Student Discount Program, the National Student Health Network, and the Student Work Abroad Program.
- Members of the CFS in Newfoundland and Labrador include:
  - Memorial University of Newfoundland Students' Union (MUNSU); www.munsu.ca
  - Grenfell College Student Union (GCSU); www.gcsuonline.ca
  - Marine Institute Students' Union (MISU); https://www.mi.mun.ca/calendar/current/studentinformation/studentunion/
  - College of the North Atlantic Students' Union; https://www.cna.nl.ca/current-students/Student-Union.aspx
  - Graduate Students' Union of Memorial University of Newfoundland (GSU); www.gsumun.ca

## English as a Second Language……

### Association for New Canadians (ANCNL)

144 Military Road, P.O. Box 2031, Station C, St. John's, NL A1C 5R6

**Email (general):** information@ancnl.ca
**Website:** http://www.ancnl.ca/ **Tel:** (709) 722-9680
**Facebook:** @AssociationForNewCanadians **Twitter:** @ANC_of_NL

**English as a Second Language Training Program**
**Tel:** (709) 726-6848 **Fax:** (709) 726-6841
**Email:** linc@ancnl.ca

**Main Office – Settlement Services**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** settlement@ancnl.ca

**Main Office – Diversity Training**
**Tel:** (709) 722-0718 **Fax:** (709) 754-4407
**Email:** diversity@ancnl.ca

**AXIS Career and Employment Services**
**Tel:** (709) 579-1780 **Fax:** (709) 754-5559
**Email:** axis@nfld.net
**Website:** http://www.axiscareers.net

**Main Office – Volunteer Connections**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** volunteer@ancnl.ca

**Settlement Workers in the Schools Program (SWIS)**
**Tel:** (709) 722-2828 **Fax:** (709) 726-4407
**Email:** swis@ancnl.ca

**Mandate:** To settle and integrate newcomers, and to empower them with the skills, knowledge and information necessary to become independent, contributing members of the community and country.

**Target population:** Refugees and immigrants.

**Highlight of Programs / Services Offered:**

Settlement and Orientation

- Resettlement Assistance Program (RAP) Provider
- Settlement, Orientation, and Integration Services
- Health and Wellness Initiatives
- Social and Recreation Activities
- Toll Free Information Line
- Assistance to AIPP participants and employers
- Diversity workshops and training

***Language and Training Assessment***

- **ESL Training Program—LINC (Language Instruction for Newcomers to Canada)**
  - This program assists adult learners in acquiring the language skills necessary to settle and integrate into Canadian society. Computer Assisted Language Learning (CALL) is a key component of the curriculum, incorporating advanced interactive software as well as instruction in basic computer technology.
- **Outreach Tutor Program**
  - This program is designed to provide those eligible clients who reside outside the St. John's region with programming that will help ensure they acquire strong, appropriate language skills to support their community integration and labour market attachment.
- **Itinerant Program**
  - This program provides language training to eligible newcomers who are unable to access such training due to issues related to waitlists, priority seats and childcare.
- **LINC Home Study (Distance)**
  - This distance ESL program is offered to LINC-eligible newcomers who wish to improve their listening, speaking, reading, and writing skills in English. This self-paced course is offered via correspondence or online. All participants are provided with a weekly half-hour session with an instructor.
- **ESL Evening Classes**
  - The Association offers evening classes one evening per week to eligible newcomers. For more information or to register, please contact (709) 726-6848. NOTE: (these programs are not operating at the moment).

***Employment Services***

- Career and Employment Services—AXIS (Acquiring Experience; Integrating Skills)
- Pre-Employment Readiness Training
- Bridge-to-Work
  - Internship Placement Program (IPP)
  - Strategic Transitions & Employment Partnerships (STEP)
  - Mentoring Link

    - Business Development Support
- Settlement Workers in the Schools (SWIS) Program
- Summer ESL Programs
- Homework Club
- Youth Group

***Support Services***

- Childminding and Daycare
- Transportation

## Multicultural Women's Organization of NL (M WONL)

Box #9, Nuport Building, 44 Torbay Road, St. John's, NL A1A 2G4

**Tel:** (709) 726-0321 **Website:** www.mwonl.org/ **Facebook:** @MWONL.WOW
**Fax:** (709) 726-0322 **Email:** kaberi.sd@mwonl.com
**Email:** info@mwonl.com

**Mission:** The Multicultural Women's Organization of Newfoundland and Labrador (MWONL) serves immigrant, newcomer, and visible minority women through a wide variety of supportive and culturally appropriate programs and services that facilitate connection, belonging and participation in the community.

**Vision:** A dynamic women-led organization that empowers and supports women from diverse backgrounds.

**Values**

Women-Centred: A diverse group of women supporting each other.

Empowerment: Strengthening women's voices and choices.

Equity: Enabling opportunities that elevate women.

Cultural Safety: A respectful space for women free of racism and other forms of discrimination.

**Target population:** Newcomers**,** Immigrant women and their families, seniors, International students and others who will benefit from our programs.

**Highlight of Programs / Services Offered:**

MWONL provides professional, gender-based, culturally competent, comprehensive services to meet the diverse needs of immigrant women and their families. Programs and services are easily accessible and are offered by skilled and dedicated staff supported by committed board members and volunteers. Programs and services include:

- Violence Prevention
- Information and Awareness Sessions

- Social Empowerment Programs
- Health and Wellness Programs
- Seniors' Programs
- Children and Youth Programs
- Social Programs (Art, Craft, Cooking, Movie and more)
- Community Partnership
- Career Development and Employment Support
- Trans-Cultural Competency & Awareness (TCAA) Training
- Leadership and Skills Development
- Professional Social Work Counseling and Support
- Volunteer Development Programs
- Resource Directory (a listing of interpreters)

## General Education Supports…….

### Bridges to Hope

39 Cookstown Road, St. John's NL A1C 4G7

**Tel:** (709) 722-9225 **Email:** info@bridgestohope.ca
**Website:** **https://www.bridgestohope.ca/**
**Facebook:** https://www.facebook.com/BridgesToHope
**Instagram:** https://www.instagram.com/bridgestohope/?hl=en
**Twitter:** https://twitter.com/bridges2hopeinc

**Mandate:** Our programming offers help to anyone requiring food assistance. It's not a hand out – it's a hand up, helping Newfoundland families and individuals move forward in life. Our clients are your neighbours, co-workers, and friends. That's why at Bridges to Hope our focus is "neighbours feeding neighbours."

**Target population:** Bridges to Hope serves anyone requiring food assistance on the Northeast Avalon.

**Highlights of Programs / Services Offered:**

**Food Pantry**: Clients can access one full hamper and one emergency hamper per month. The full food hamper includes fresh baked bread, homemade soups and stews prepared in our community kitchen, plus other essential food items required to feed a family or an individual for up to five days. Our emergency hamper is designed to last 24 to 36 hours.

**Bag to School**: Bridges to Hope supports students in our community through an education outreach program called "Bag to School." The program provides K-12 and post-secondary students with quality, curriculum-based school supplies, all packaged in a backpack and ready to go. Registration for the program occurs annually in July. For more information, please visit our website.

**Christmas Hampers**: Every year in December Bridges to Hope distributes an average of 300 Christmas Hampers in the community. Registration occurs annually in November. For more information, please visit our website.

## Community Centre Alliance

*Office Location*: 10 Brother McSheffrey Lane, St. John's, NL, A1B 5B2
*Mailing Address*: 26 Graves Street, St. John's, NL, A1B 3C5

| | | |
|---|---|---|
| **Tel:** (709) 753-5670 | **Fax:** (709) 753-8570 | **Email:** contact@ccanl.ca |
| **Twitter:** @CCA_NL | **Facebook:** @CCANL | **Website:** http://ccanl.ca/ |

**Mandate:** To provide programs and services to support employment and career development, learning and literacy, and wellness (including food security) in the following five community centre neighborhoods in St. John's: Buckmaster's Circle Community Centre, Froude Avenue Community Centre, MacMorran Community Centre, Rabbittown Community Centre and Virginia Park Community Centre.

**Target Population:** Persons of all ages who reside in the community centre neighbourhoods

**Highlight of Programs/ Services Offered:**

- **Supporting Employment and Education Opportunities:** There is a Community Employment Facilitator (CEF) located at each Community Centre who can provide employment support to neighbourhood residents and the surrounding areas. This includes help with resumes and cover letters; job search and job interview preparation; filling out various applications (EI, JCP's, scholarships, wage subsidy programs, etc.); as well as delivering career and employment and skills development workshops.
- **Fry Family Foundation Scholarships:** Since 2006, CCA and its community centre partners have partnered with the Fry Family Foundation. This partnership supports individuals to reach their educational goals through The Fry Family Foundation Scholarship Program. An important element of the scholarship program is its emphasis beyond just academic performance; it focuses as well on the individual's community involvement as a leader, mentor or volunteer.
- **Youth Achieve!:** This program provides one-on-one literacy tutoring for school-aged youth in our neighbourhoods. This program takes place at each of our five community centres.
- **Homework Haven:** This program provides community centre based afterschool support for school homework and projects.
- **Value of Work, Value of Money:** This is an 8-week program designed to provide school age at-risk youth with summer employment, volunteer experience and training sessions related to their educational goals and financial well-being
- **In Motion and Momentum Plus (IM&M+):** Developed by the Canadian Career

Development Foundation (CCDF) in partnership with the Government of New Brunswick in 2013 and offered by CCA since 2020, IM&M+ is a program that supports clients who are not ready to participate in traditional pre-employment programs. The program builds on participants' life experience, strengths, skills, and wisdom

## Department of Education – GovNL

3rd Floor, West Block, Confederation Building, P.O. Box 8700, St. John's, NL A1B 4J6

**Tel:** (709) 729-5097 **Email:** education@gov.nl.ca
**Fax:** (709) 729-1400 **Website**: https://www.gov.nl.ca/education/

**Mandate:** The Department of Education provides leadership and direction with respect to early childhood development and regulated child care, the K-12 education system, public libraries, and post-secondary education.

**Target Population:** The Department of Education primary clients are educators, children, youth and their families.

**Highlight of Resources Provided:**

- ***Information for Students***
- ***Information for Parents***
- ***Information for Teachers / Instructors***
- ***Information for Administrators***
- ***Contact Directory***

**Services Offered:**

- ***Early Learning and Childcare***
- ***Kindergarten to Grade 12***
- ***Post-Secondary Education***
- ***Adult Literacy and High School Equivalency***
- ***Student Aid***
- ***Libraries***
- ***FAQ***

## Department of Immigration, Population Growth and Skills – Gov. of NL

3rd Floor, West Block, Confederation Bldg., P.O. Box 8700, St. John's, NL, A1B 4J6

**Tel:** (709) 7290-2480 **Website:** https://www.gov.nl.ca/ipgs/

Click here To Access their Contact Directory

### Labour Market and Career Information (LMCI) Hotline

**Toll-free:** 1-800-563-6600
**TTY:** 1-877-292-4205 *(For Telecommunication Devices **only** – used by people who are Deaf, Hard of Hearing or have difficulty with vocal communication)*
**Fax:** (709) 256-5709
**Email:** lmcihotline@gov.nl.ca
**Website:** www.jobbank.gc.ca

**Mandate:** The Department of Immigration, Population Growth and Skills has a mandate to ensure the province has skilled workers for a fast-growing economy. This includes creating a climate which is conducive to economic growth, competitiveness and prosperity. This will be achieved through a spectrum of programs, services, and supports.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** The Department of Immigration, Population Growth and Skills provides a range of supports and services:

- Information for Families and Individuals
- Information for Youth
- Information for Immigrants
- Information for Community and Business

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- Job Matching
- Job Bank
- Employment Services
- Apprentices and Trade Certification
- Community Partners
- Employers
- Looking for Work
- Immigration
- Labour Market Information
- NL Benefits and Measures
- Persons with Disabilities
- Planning your Career
- Starting Work
- Exploring Training
- Youth, Students and Graduates
- FAQ

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- Visit their website here to learn more about Department of Immigration, Population Growth and Skills.

## NL Foster Families Association

**Address:** Suite 211, 90 O'Leary Avenue St. John's, NL, A1B 2C7
**Tel:** (709) 754-0213 **Toll Free:** 1-877-754-5007
**Fax:** (709) 754-5007 **Facebook:** NL Foster Families Association
**Email:** nlffa@nfld.net **Website:** https://fosterfamiliesnl.ca/

**Mandate:** To advance and promote the professional role of foster parents; to provide a collective voice for Foster Families in Newfoundland and Labrador; and, to promote collaborative partnerships that strengthen policies, programs and services which enhance the care and support provided to children and families in a manner that is sensitive to their

cultural and individual needs.

**Target Population:** Foster Families and those interested in becoming Foster Families

**Highlight of Programs / Services Offered:** The association works in partnership with the Department of Children, Seniors and Social Development, Foster Families, local associations and the community to meet the needs of foster parents and to enhance the care and support provided to children in care and their families. The four primary areas of focus are support, recruitment and retention, education and advocacy. Some of our services include; a peer mentoring program, educational sessions for students and the general public, recruitment campaign, social media presence, regional training days, an annual conference, travel throughout the province and a quarterly newsletter.

- Click here to access the Foster Care Handbook.
- Click here to access the Peer Mentoring Pamphlet.
  - Peer Mentor role information.
  - Peer Mentor Application.
- Click here for details on Bursaries and Scholarships.

## NL Public Libraries

**A.C. Hunter Adult Library** and Culture Centre
125 Allandale Road, A1B 3A3
**Tel:** (709) 737-2133
https://www.facebook.com/ACHunterPublicLibrary/

**A.C. Hunter Children's Library** Arts
Arts and Culture Centre
125 Allandale Rd, A1B 3A3
**Tel:** (709) 737-3953

**Michael Donovan Public Library**
655 Topsail Rd., A1E 2E3
**Tel:** (709) 737-2621
https://www.facebook.com/MichaelDonovanPublicLibrary/

**Marjorie Mews Public Library**
12 Highland Dr., A1A 3C4
**Tel:** (709) 737-3020
https://www.facebook.com/MarjorieMewsPublicLibrary/

**Mount Pearl Public Library**
65 Olympic Drive, Mount Pearl, A1N 5H6
**Tel:** (709) 368-3603

**General Website:** www.nlpl.ca **Twitter:** @NLPubLibraries

**Mandate:** To provide library services for the public throughout NL

**Highlight of Programs / Services Offered:**

- Book Club to Go Kits
- Books by Mail
- Story Time
- Computer Training
- Magazines
- DVDs
- Board Games
- Graphic Novels
- Genealogy Collections
- Group Visits
- Online Learning (homework help, job search skills, languages)
- Adaptive Technology

## Post-Secondary Institutions of NL

For complete details and listings of Post-Secondary Institutions in the Province please contact the Department of Education or visit one of the links below:

**Public Institutions:** http://www.aesl.gov.nl.ca/postsecondary/public.html

- Memorial University
- College of the North Atlantic

**Private Institutions:** http://www.aesl.gov.nl.ca/postsecondary/privatedir.html

- Academy Canada – Corner Brook and St. John's
- BAC Training Centre Inc / BAC Masonry College
- Boilermakers Industrial Training Centre Inc.
- Keyin College – Burin (formerly Centrac College), Carbonear, Gander, Grand Falls-Windsor, Marystown, St. John's, and Western Campus.
- Ironworkers Education & Training Co. Inc.
- Eastern College
- Operating Engineers College
- Canadian Training Institute
- Carpenters Millwrights College Inc.
- Central Training Academy
- DieTrac Technical Institute
- Gander Flight Training
- U.A. Training Centre
- Woodford Training Centre Inc.

## Health Education……..

## The Janeway Family Resource Centre

Janeway Resource Centre, Room 434 in the Janeway Hostel Building at the Health Sciences Centre, 300 Prince Philip Drive, St. John's, NL A1B 3V6

**Email:** family.resource.centre@easternhealth.ca

**Mandate:** The Janeway Resource Centre provides pediatric and women's health and wellness information for patients and families in our community.

**Target Population:** Families, individuals, and organizations – anyone with a need for child and youth health information

**Highlight of Programs / Services Offered:**

- We can provide you with age-appropriate information on many topics, including medical conditions (e.g. ADHD, autism, cancer, cerebral palsy, eating disorders, and more); breastfeeding; child development; mental health; nutrition; parenting children with special needs; grief and loss, and more.
- If you have requests for information on pediatric and women's health topics, please email or phone us. You can also search the library catalogue using our website http://www.janewayresourcecentre.ca/.
- Anyone in Newfoundland and Labrador may borrow materials from the Centre. Borrowers must provide their name, mailing address, email and phone number.
- Free mail delivery is provided anywhere in Newfoundland and Labrador. Return postage is also provided.
- Our space: Please check our website or call us to find out if our space has reopened. During normal operations, our family-friendly space offers families visiting the hospital a comfortable space to relax, including a child play area, a quiet room, and a small kitchen. We also have computers with internet access, printing, faxing, and photocopying.
- **Finding us:** We are located in the Janeway Hostel building (the Janeway Hostel is now closed but we are still located in the existing building). It is a brown brick and glass building across from the Adult Emergency entrance at the Health Sciences Centre.
- Please contact the Janeway family resource centre if you need help or would like more information on services and programs we currently provide.

## Trans Support NL

**Email:** tsnl.umbrella@gmail.com
**Website:** https://tsnl.org/
**Facebook:** @tsnl.umbrella **Instagram:** @transsupportnl

**Mandate:** Trans Support NL is a non-profit organization that offers resources, peer support, and awareness and inclusion training to support the trans community of Newfoundland and Labrador.

**Target population:** Two Spirit, non-binary, trans, & gender diverse communities, 2SLGBTQ+

**Highlights of Programs / Services Offered:**

***Peer Support Groups:***
Eastern, Central, and Western and virtual accessibility

***Resources:***
Gender Affirming Gear
Navigating transition
*Training and education:* Social enterprise program to provide trans inclusion and awareness training for service providers, educators, and the community.

## Mental & Learning Diversities……

### Autism Society of NL

70 Clinch Crescent, PO Box 14078, St. John's, NL A1B 4G8

**Twitter:** @AutismSocietyNL **Toll-free:** 1-866-722-2803 **Tel:** (709) 722-4926
**Facebook:** @AutismSocietyNL **Email:** info@asnl.ca **Instagram:**AutismSocietyNL
**Website:** https://asnl.ca/

**Mandate:** Promoting the development of individual, lifelong, and community-based supports and services for autistic individuals, their families and caregivers. Their vision is a province where the autistic community and their families are valued and respected, and where they receive services and supports based on their individualized strengths, needs and preferences.

**Target Population:** The autistic community and their families.

**Highlight of Programs / Services Offered:**

- **Family Events:** ASNL offers a number of events that provide an opportunity to meet others, build friendships, and experience community and leisure activities in a group setting. These events are available for children, youth, and adults.

- **Pre-Employment & Career Services:** Programming options exist for career coaching and mentorship during high school, a full year of work skill enhancement through community volunteerism and work experience, and employment skill refinement through self and career exploration. Individualized services are available for interview practice, resume building, and employment

agency referrals. Career services also work with employers to build community understanding and inclusive hiring practices.

- **Community Recreation:** ASNL forms partnerships with a number of community organizations to support the inclusion of the autistic community in their programs.

**ASNL Engagement Services:**

- **Autistic Led Support Groups:** Provides adults the opportunity to meet new people, socialize with peers, discuss interests and challenges and develop self-advocacy skills with others community members.

- **Family Support Groups:** A family engagement initiative designed to connect parents and create an active network of autistic allies.

- **Classroom Acceptance and Understanding Presentations:** ASNL staff provide fun and meaningful presentations to students. Presentations are designed according to grade level, these engaging presentations use age-appropriate stories, videos, games, and discussions to educate students and create understanding and empathy among peers.

- **Autism Acceptance and Understanding Presentations:** Through tailored sessions ASNLs team can provide support to community organizations, business or anyone offering services to the autistic community.

## Learning Disabilities Association NL (LDANL)

Address: Learning Disabilities Association of Newfoundland and Labrador, 120 LeMarchant Road, St. John's, NL A1C2H2

**Tel:** 709 753 1445 **Fax:** 709 753 4747
**Email:** info@ldanl.ca **Website:** https://www.ldanl.ca/
**Facebook:** https://www.facebook.com/LearningDisabilitiesNL/
**Twitter:** https://twitter.com/LDANL

**Target Population:** Individuals with Learning Disabilities and/or ADHD, their families and allies

**Mandate:** Learning Disabilities Association of Newfoundland and Labrador (LDANL) is a registered charity dedicated to the advancement of education, employment, social development, legal rights and general well-being of people with Learning Disabilities in the province.

**The highlight of programs/services offered:** It is the vision of LDANL to enable all individuals with learning disabilities to reach their full potential. LDANL offers programs to build literacy and mathematical skills; awareness and empowerment services; assistive

technology training; and advocacy and navigation support.

- Tutoring Program (Reading) for both children and adults (online and in-person)
- Tutoring Program (Math) for both children and adults (online and in-person)
- Adult Literacy Support
- Specialized Reading Support for Vulnerable Youth
- Navigation and Advocacy Support
- LD Empowerment and Awareness Presentations (for persons with LD, their families, service providers and the general public)
- Assistive Technology Training and Support
- Resource Materials
- Support Groups
- Workshops and Conferences
- Presentations, seminars and workshops

## NL Association for the Deaf (NLAD)

33 Pippy Place, Suite 201. St. John's, NL A1B 3X2

**TTY/Voice:** (709) 726-6672 **Fax:** (709) 726-6650
**Email:** nlad@nlad.org **Website:** www.nlad.org
**Facebook:** @NLAssociationofthedeaf **Youtube:** NLAssociationofthedeaf
**Twitter:** https://twitter.com/NL_Assoc_Deaf

**NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
**Interpreting Services Phone number** : (709) 726-6523
**Email:** interpreting@nlad.org

**Mandate:** To protect and promote the rights, needs and concerns of people who are profoundly Deaf or who communicate in American Sign Language within the Province of Newfoundland and Labrador

**Target Population:** People who are profoundly Deaf or who communicate in American Sign Language

**Highlight of Programs / Services Offered:**

- Employment Services and Support: NLAD Employment Services seeks to ensure that deaf clients have full access to career and employment services which enables them to seek, obtain and keep employment.
  - Employment Readiness
  - Career Exploration/Career Options
  - Job Search Techniques
  - Interview Preparation
  - Outreach to Local Labour Market/Employers
  - Job Maintenance/Employment Monitoring
  - Job Accommodations and Supports (TTY's/Communication Devices)

- Public Awareness and Education Workshops
    - Inclusive Education: Inclusive Education for the deaf means the education of students with various hearing levels in a way that addresses the students' individual differences and needs. An inclusive education program for Deaf students must be customized to address each individual student's unique needs.
- Family Communication Program: The Family Communication Program supports family communication for families with Deaf family members by teaching American Sign Language (ASL) and provides information about the Deaf community and Deaf culture.
- Sign Language Classes: Classes in ASL are offered to the community from beginner to intermediate.
- Community Support Worker: The Community Support Worker is responsible for providing services to Deaf adults who use American Sign Language (ASL) and supporting Deaf adults as a member of the Deaf community.
    - Contact our Community Support Worker communitysupport@nlad.org
- Health and Wellness Counselling Services: Provides a friendly, confidential and non-judgmental environment where individuals who are culturally Deaf can find support and encouragement for the many problems that can happen during the path of life. Health & Wellness Counselling Services offers assistance to individuals dealing with:
    - Anxiety
    - Depression
    - Deaf Identity
    - Abuse
    - Feeling Lonely
    - Grief & Loss
    - Addictions
    - Family Problems
    - Life Changes (new job, relationships, health concerns)
- Interpreting Services
  Interpreting Services – ASL-English Interpreting Services within Newfoundland and Labrador. Founded under the NL Association of the Deaf September 2019, we offer both in person and virtual ASL/English interpreting.
    - **NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
    - **Interpreting Services Phone number**: (709) 726-6523
    - **Email:** interpreting@nlad.org

## Tutors Unlimited

PO Box 6001, St. John's NL A1C 5X4

**Tel:** (709) 754-4646
**Email:** terry@tutorsu.ca or tutorsunlimitednl@gmail.com
**Website:** https://tutorsu.ca/

**Mandate:** To provide the most qualified and experienced tutors possible for all school grades, college, university and adult upgrading, at the lowest possible rates. Serving Newfoundland and all of Canada. Over 10,000 students helped since 1989.

**Target Population:** Primary/Elementary, Junior High and High School, College, University, Adult Learners and Private Study.

**Highlight of Programs / Services Offered:**

- Specialists in one-on-one instruction.
- Over 70 tutors with Bachelor's Master's & PhD degrees, including certified teachers.
- In-home or online instruction.
- All school grades and subjects.
- Over 40 subject areas for college / university
- Adult upgrading, including GED, ABE, Power and Marine
- Engineering and professional certification.
- **Assistance for learning disabled students at all levels (including over 40 university subject areas).**
- Private ESL instruction.

## Tutoring

### Achieva Educational Services

Suite 102, Regatta Plaza II, 84-86 Elizabeth Avenue, St. John's, NL A1A 1W7

**Office Tel:** (709) 237-8393
**Owner Cell**: (709) 746-8393
**Fax:** (709) 579-9235

**Office Email:** info@achievaeducation.ca
**Owner Email:** bonnie@achievaeducation.ca
**Website:** http://www.achievaeducation.ca/

**Mandate:** Implementing Tutoring Programs and After School Programs with flexibility in mind, working with the student to increase confidence and grades.

**Target population:** Kindergarten to Post-Secondary students

**Highlight of Programs / Services Offered:**

Achieva's Tutoring Model is based on a principle of Best Fit Pairing.

- After School: Exciting, fun activities designed to build creative minds.
- Tutoring for Primary/Elementary School: Tutoring in core subjects and specialized tutorials for an added advantage.
- Tutoring for Junior High and High School: Tutoring in a broad range of subjects for all student needs.
- Tutoring for Post-Secondary: Gain confidence to deal with heavy workloads and tip the scale towards success.

## Teachers on Wheels

50 Pippy Place, Unit 1B, P.O. Box 8455, Station A, St. John's, NL A1B 3N9

**Email:** teachersonwheels@nl.rogers.com **Website:** www.teachersonwheels.ca
**Tel:** (709) 738-3975

**Mandate:** A non-profit, adult literacy organization that provides free literacy tutoring at a convenient time and place. They endeavor to:

- Gather together people who volunteer their time to help others learn to read and write.
- Encourage people with reading and writing difficulties to ask for help.
- Promote public awareness about the literacy/illiteracy issue.
- Advocate for learners.

**Target Population:** Adults who need assistance with reading and writing skills.

**Highlight of Programs / Services Offered:**

- Teachers on Wheels membership includes volunteer tutors, adult learners and interested individuals from the general public.
    - All members have voting privileges and meet annually for a General Meeting and Election of Officers.
- Through volunteers, helps adults improve their reading and writing skills.
- Provides learners with confidential one-to-one tutoring, usually in a home or library setting
    - Will work with learners three hours per week.
    - Learners are shown how to use their own experiences and interests to help improve their ability to read and write.

## Tutors Unlimited

PO Box 6001, St. John's NL A1C 5X4

**Tel:** (709) 754-4646
**Email:** terry@tutorsu.ca or tutorsunlimitednl@gmail.com
**Website:** https://tutorsu.ca/

**Mandate:** To provide the most qualified and experienced tutors possible for all school grades, college, university and adult upgrading, at the lowest possible rates. Serving Newfoundland and all of Canada. Over 10,000 students helped since 1989.

**Target Population:** Primary/Elementary, Junior High and High School, College, University, Adult Learners and Private Study.

**Highlight of Programs / Services Offered:**

- Specialists in one-on-one instruction.

- Over 70 tutors with Bachelor's Master's & PhD degrees, including certified teachers.
- In-home or online instruction.
- All school grades and subjects.
- Over 40 subject areas for college / university
- Adult upgrading, including GED, ABE, Power and Marine
- Engineering and professional certification.
- Assistance for learning disabled students at all levels (including over 40 university subject areas).
- Private ESL instruction.

## EMPLOYMENT SUPPORTS

### Advocacy……

### NL Federation of Labour

**Street Address:** 330 Portugal Cove Place, St. John's NL A1A 4Y5

**Mailing Address:** P.O. Box 8597 St. John's NL A1B 3P2

**Tel:** (709)754-1660 **Fax:** (709)754-1220 **Email:** fed@nlfl.nf.ca
**Website:** www.nlfl.nf.ca/ **Twitter:** @NLFL_Labour **Youtube:** NLLABOUR
**Facebook:** @NLFED

**Mandate:** NLFL advocates for improved workplace rights and stronger laws including occupational, health and safety laws as well as workers' compensation and Employment Insurance programs that are fair and there when people need them.

**Target Population:** All workers in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- NLFL fights for better labour laws and strong, accessible public services such as universal health care, education, worker training, elder/home care and child care and early learning.
- Committees are an important vehicle for the advocacy work that the federation does on behalf of working people.
- Education Committee: Works with NLFL affiliates, the Canadian Labour Congress, and other committees of the Federation to establish or coordinate educational sessions, workshops, school visits, training programs or Conferences as determined by the Executive Council.
- Occupational Health and Safety Committee: Liaises with the NL Advisory Committee on OHS, and regularly updates affiliates and the NLFL Executive Council on matters affecting health and safety in the Province. The Committee engages in political action as required to promote worker friendly legislation.
- Women's Committee: Identifies issues that affect women workers in their unions, workplaces and their communities, and endeavors to build the capacity of women as activists and future leaders. The Committee monitors legislation and social policy that impacts women and develops strategies for education and political

action for union members.

- Worker's Compensation Committee The Workers' Compensation Committee shall consult with regulatory bodies as required about issues concerning Workers' Compensation. The Committee will engage in any political action as required to promote worker friendly legislation. The Committee will update and take direction from the NLFL Executive Council as necessary.
- Youth Committee: Identifies issues that affect young workers in their unions, workplaces and communities, and endeavors to build the capacity of young workers as activists and future leaders.
- Human Rights Committee: Works with NLFL affiliates and the Canadian Labour Congress to identify human rights issues that impact our membership in their union, workplace, and community and endeavor to build the capacity of under-represented workers as activists and future leaders.

## Office of Citizens' Representative – Newfoundland and Labrador

PO Box 8400, 20 Crosbie Place, 4th Floor, Beothuk Bldg., St. John's, NL A1B 3N7

**Tel:** (709) 729-7647 **Toll-free**: 1-800-559-0079 **Fax:** (709) 729-7696
**Email:** citrep@gov.nl.ca **Website:** https://www.citizensrep.nl.ca/
**Facebook:** Office of Citizens Representative - Newfoundland and Labrador

**Mandate:** To accept complaints from citizens who feel they have been treated unfairly with respect to their contact with government offices and agencies. The Citizens' Representative, and staff, will attempt to mediate citizens' complaints and if this is not possible, will undertake an impartial and unbiased investigation.

**Target Population:** All citizens of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- The Citizens' Representative has the authority to investigate complaints from individuals who believe they have been treated unfairly by provincial public employees or officials. The Office cannot investigate:
    - the House of Assembly or a committee thereof; the Cabinet; the Executive Council or a committee thereof; a court; judge or a justice of the peace; an arbitrator appointed under the Arbitration Act; any decision where the citizen has a right to appeal to a court or tribunal but has not yet done so or the time for doing so has not expired; a decision by the Access to Information Commissioner; a problem that the Child and Youth Advocate has the power to deal with.
- It is important to note that the Citizens' Representative cannot deal with complaints of unfairness that may arise from a citizen's dealings with the federal or municipal governments. As well the actions of private companies, agencies and individuals are beyond a review by this Office.
- For a complete list of boards and agencies that Office of Citizens Representative can investigate, click here.

## Office of Employment Equity for Persons with Disabilities – Gov. NL

Howley Building, 87 Higgins Line PO Box 8700, St. John's, NL A1B 4J6

**Website:** https://www.gov.nl.ca/psc/disability-supports/
**Toll Free:** 1-888-729-7690 **Email:** openingdoors@gov.nl.ca
**Tel:** (709) 729-5881 **Email:** patrickmolloy@gov.nl.ca

**Mandate:** To increase the representation of persons with disabilities employed in the Provincial Public Service

**Target Population:** Persons with disabilities throughout Newfoundland and Labrador

**Highlight of Programs / Services Offered:**

- Opening Doors Program
- Wage Subsidy Initiatives
- Career Development Initiative for Agencies, Boards, Commissions and Crown Corporations
- Student Summer Employment Program
- Career Development Services

## Service Canada

St. John's Service Canada Centre:
100 Hebron Way St. John's, Newfoundland and Labrador

**Toll-Free:** 1 800-622-6232 **TTY:** 1-800-926-9105

**Website:**
www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html

**Mandate:** To improve the delivery of government programs and services to Canadians, by making access to them faster, easier, and more convenient

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** Service Canada is the Government of Canada's one-stop service delivery network. In partnership with other departments, agencies, and levels of government, SC offers Canadians an easy point of access to a wide range of the programs and services they need through the Internet, by telephone, in person, or by mail, whether at Service Canada Centres or through outreach sites. Services include:

- All Canadians
  - Apprenticeship Grants
  - Job Bank

- Labour Market Information
- Passport Application
- Social Insurance Number Application

- Employers and Organizations
  - Canada Summer Jobs
  - Funding Programs
  - Human Resource Management
  - Labour Market Information
  - Record of Employment
  - Work-Sharing

- Families and Children
  - Canada Child Benefit
  - Canada Education Savings Grant
  - Canada Learning Bond
  - Canada Pension Plan Children's Benefits
  - Employment Insurance Compassionate Care Benefits
  - Employment Insurance Family Supplement
  - Employment Insurance Maternity and Parental Benefits
  - Employment Insurance special benefits for Parents of Critically Ill Children
- Labour and Workplace Information
  - Federal Worker's Compensation
  - Fire Prevention
  - Labour Standards
  - Occupational Health and Safety
  - Wage Earner Protection Program
  - Workplace Equity
- Newcomers to Canada
  - Foreign Credentials Referral
- People with Disabilities
  - Canada Pension Plan Disability Benefits
- Seniors
  - Allowance Program
  - Allowance for the Survivor Program
  - Canada Pension Plan Retirement Pension
  - Guaranteed Income Supplement
  - International Benefits
  - Old Age Security
- Veterans
  - Veterans Affairs Canada
- Workers
  - Employment Insurance Fishing Benefits
  - Employment Insurance Regular Benefits
  - Employment Insurance Sickness Benefits
  - Employment Insurance and Workers and/or Residents Outside Canada

- Youth and Students
  - Canada Summer Jobs (CSJ)
  - Career Focus
  - Skills Link

## WorkplaceNL

**St. John's**

**T.** 709.778.1000
1.800.563.9000
**F.** 709.738.1714

**Mailing Address**
P.O. Box 9000
St. John's NL
A1A 3B8

**Physical Address**
146 – 148 Forest Road
St. John's NL

**Grand Falls-Windsor**

**T.** 709.489.1600
1.800.563.3448
**F.** 709.489.1616

**Mailing Address**
P.O. Box 850
Grand Falls-Windsor NL
A2A 2P7

**Physical Address**
26 High Street
Grand Falls-Windsor NL

**Corner Brook**

**T.** 709.637.2700
1.800.563.2772
**F.** 709.639.1018

**Mailing Address**
P.O. Box 474
Corner Brook NL
A2H 6E6

**Physical Address**
Suite 201B, Millbrook Mall
2 Herald Avenue
Corner Brook NL

**Email:** info@workplacenl.ca **Website:** www.workplacenl.ca
**Twitter** @workplacenl **Facebook:** @WorkPlaceNL

**Mandate:** WorkplaceNL administers the **Workplace Health, Safety and Compensation Act** (the **Act**). Under the authority of sections 5 and 20.2 of the **Act**, WorkplaceNL:

- Promotes workplace health and safety in order to prevent and reduce workplace injury and illness.
- Strives to ensure injured workers receive the best care possible and the benefits to which they are entitled.
- Facilitates injured workers' recovery, and early and safe return to work.
- Administers an employer classification and assessment system.
- Ensures adequate funding for services through sound financial management.

**Target Population:** Workers and Employers in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

For Workers:

- Click here to submit a new claim.
- Click here for Certification and Training Standards
    - Worker Services:
        - Resources for Young Workers
        - Labour Market Re-entry
        - Appealing a Decision
        - Workers' Advisor
    - Worker Benefits:
        - Health Care Benefits
        - Wage Loss Benefits
- Early and Safe Return-to-Work Programs
- Fair Compensation for Injured Worker/Dependents.
- Raising awareness of the factors that can impact well-being in the workplace, such as unsafe working conditions and job-related factors such as heavy workloads, long working hours and inadequate training.
- Targets young workers through prevention education activities to work towards transforming attitudes and behaviours related to safety.

## Funding……

## Arts NL

1 Springdale Street, the Newman Building. P.O. Box 98. St. John's, NL A1C 5H5

**Tel:** (709) 726-2212 **Fax:** (709) 726-0619 **Toll-Free:** 1 (866) 726-2212 (NL only)

**Email Contacts:**

- For public and media enquiries: charlene@artsnl.ca
- A complete list of staff contact information can be found here: https://artsnl.ca/about/our-team/

**Website:** : https://artsnl.ca/
**Twitter:** https://twitter.com/NLArtsCouncil
**Facebook:** https://www.facebook.com/NLArtsCouncil/
**Youtube:** https://www.youtube.com/NLArtsCouncil
**LinkedIn:** https://ca.linkedin.com/company/nlartscouncil
**Instagram:** https://www.instagram.com/nl.arts.council

**Mandate:** To foster and promote the creation and enjoyment of the arts for the benefit of all Newfoundlanders and Labradorians. It supports dance, film, multidiscipline, music, theatre, visual art, and writing.

**Target Population:** Professional artists at varying stages of their careers, across all artistic disciplines.

**Highlight of Programs / Services Offered:**

- ArtsNL offers a variety of grant and funding opportunities for professional artists, or professional arts groups
- Professional Project Grants Program
- Sustaining Program for Professional Arts Organizations
- Annual Operating Program for Professional Arts Organizations
- Community Arts Program
- Professional Artists' Travel Fund
- ArtsSmarts
- School Touring Program

All applications to any ArtsNL program must be submitted through the online application system, located here: https://artsnl.smartsimple.ca/s_Login.jsp

Annual deadlines for grant programs are available on the ArtsNL website: https://artsnl.ca/grants/

ArtsNL offers six awards that are presented annually for emerging artists, professional artists, arts groups, or organizations, as well as the BMO Winterset Award, the Rhonda Payne Theatre Award, and the Ross Leslie Award. For more information, click here: https://artsnl.ca/awards/

## CBDC – Metro Business Opportunities, Newfoundland and Labrador

961 Topsail Road, Mount Pearl, NL A1N 3K1

**Tel:** (709) 738-1626 **Website:**cbdc.ca/en/what-is-cbdc **Facebook:** @AACBDC
**Twitter:** @CBDCAtlantic **LinkedIn:** Atlantic Association of CBDCs

**Mandate:** To assist in the creation of small businesses, and in the expansion and modernization of existing businesses by providing financial and technical services to entrepreneurs, especially those who require customized financing not normally available from traditional sources.

**Target Population:** Residents of Newfoundland and Labrador who are seeking assistance with business development, and financial assistance.

**Highlight of Programs / Services Offered:**

- Clean Technology Initiative: The CBDC Clean Technology Loan is a loan product that is meant to augment existing loan products and to provide a flexible financing instrument in support of the adoption, adaption and/or commercialization of clean technology.
- Entrepreneurial Opportunities Program (EOP): Available to individuals who are receiving or eligible to receive Provincial Income Support. The Program assists individuals to become self-employed by providing business plan guidance, business counselling, general business training, and financial assistance up to $5,000.
- Consultant Advisory Series: New and existing clients of CBDCs and ACOA will be able to access technical and financial assistance by engaging consultants to assist them with various issues, opportunities and challenges.
- CBDC Innovation Loan: CBDC Innovation Loans may be used for the acquisition of equipment, software, processes or licenses, and other things that are "new" technology that will improve business operations. Expenses for infrastructure changes or installation, as well as maintenance due to implementation and utilization of new technology also qualify. We can also assist with costs for training employees in the application and use of the new technology.

## Community Sector Council Newfoundland and Labrador (CSC NL)

**St. John's Office**
25 Anderson Avenue
St. John's, NL A1B 3E4
**Email:** csc@cscnl.ca or pennyrowe@cscnl.ca

**Tel:** (709) 753-9860
**Toll-free:** 1-866-753-9860
**Fax:** (709) 753-6112

**Gander Office**
Arts and Culture Centre
Airport Boulevard
Gander, NL A1V 2N9
Email: bettinaford@cscnl.ca

**Tel:** (709) 651-1140
**Toll-free:** 1-877-651-1140
**Fax:** (709) 651-1142

**Website:** www.communitysector.nl.ca **Twitter**: @CSC NL
**Facebook**: www.facebook.com/cscnl

**Mandate:** The Community Sector Council of Newfoundland and Labrador is an independent, non-profit organization promoting social and economic well-being whose goal is a prosperous and inclusive society that supports individuals, families and

communities. CSC NL's mission is to encourage citizen engagement, promote the integration of social and economic development and to provide leadership in shaping public policies.

**Target Population:** Non-profit, community-based groups and volunteers in Newfoundland and Labrador

**Highlight of Programs / Services Offered:**

- Web Portal and Virtual Resource Centre (www.communitysectornl.ca) – A comprehensive web portal for community organizations with an online resource centre, interactive volunteer postings, event listings, bulletin board, sector news, resources and more.
- Web Directory of Community Organizations – The CSC NL Online Directory now has 2,600+ members and helps connect individuals to non-profit websites.
- E-newsletter and Social Media – CSC NL's newsletter goes to more than 4700 recipients. Follow CSC NL on social media through Twitter (@CSC NL) and Facebook (facebook.com/cscnl).
- Research, Publications and Surveys – Conducts in-person and online research and surveys on issues of interest to the non-profit sector including the Community Sector Pulse Survey. CSC NL initiates, undertakes and collaborates in research and publications related to community capacity building, social and economic development, the social economy, volunteerism, the voluntary community-based sector, public policy and other issues of concern.
- Training – Conducts training in areas such as youth engagement, board governance, volunteer recruitment and management, charitable obligation, financial management, HR management and digital literacy.
- National Volunteer Week – Volunteer Week NL information can be found on our website and you can follow us on Facebook (facebook.com/VolunteerWeekNL) and on Instagram (@VolunteerWeekNL).
- CSC NL Vibrant Communities – St. John's poverty reduction initiative. Part of a nation-wide program, CSC NL Vibrant Communities brings together people living in poverty, government, the community sector and the private sector to develop solutions collaboratively.
- Public Access Program – CSC NL's volunteer-led Public Access Program helps individuals navigate the income support system and access the Social Assistance Policy Manual.

## Department of Immigration, Population Growth and Skills – Gov. of NL

3rd Floor, West Block, Confederation Bldg., P.O. Box 8700, St. John's, NL, A1B 4J6

**Tel:** (709) 7290-2480 **Website:** https://www.gov.nl.ca/ipgs/

Click here To Access their Contact Directory

### Labour Market and Career Information (LMCI) Hotline

**Toll-free:** 1-800-563-6600
**TTY:** 1-877-292-4205 *(For Telecommunication Devices **only** – used by people who are Deaf, Hard of Hearing or have difficulty with vocal communication)*
**Fax:** (709) 256-5709
**Email:** lmcihotline@gov.nl.ca
**Website:** www.jobbank.gc.ca

**Mandate:** The Department of Immigration, Population Growth and Skills has a mandate to ensure the province has skilled workers for a fast-growing economy. This includes creating a climate which is conducive to economic growth, competitiveness and prosperity. This will be achieved through a spectrum of programs, services, and supports.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** The Department of Immigration, Population Growth and Skills provides a range of supports and services:

- Information for Families and Individuals
- Information for Youth
- Information for Immigrants
- Information for Community and Business

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- Job Matching
- Job Bank
- Employment Services
- Apprentices and Trade Certification
- Community Partners
- Employers
- Looking for Work
- Immigration
- Labour Market Information
- NL Benefits and Measures
- Persons with Disabilities
- Planning your Career
- Starting Work
- Exploring Training
- Youth, Students and Graduates
- FAQ

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- Visit their website here to learn more about Department of Immigration, Population Growth and Skills.

## Employment and Social Development Canada (ESDC)

223 Churchill Avenue, St. John's, NL A1A 1N3

*Formerly Human Resources and Skills Development Canada*

**General Inquiries:** 1-800-O-CANADA (1-800-622-6232)
**Website:** https://www.canada.ca/en/employment-social-development.html

**Mandate:** To build a stronger and more inclusive Canada, to support Canadians in helping them live productive and rewarding lives and improving Canadians' quality of life.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** ESDC provides a multitude of services and information:

**Employment Insurance**

Benefits, Canada EI Commission, Wage Earners Protection Program, and economic regions.

**Benefits payment calendar**

Payment dates for recurring Government of Canada benefit payments.

**Find a job**

Job opportunities, work permits, Social Insurance Number, criminal record checks and security clearances.

**Public pensions**

Canada Pension Plan, Old Age Security pension and related benefits, the Canadian retirement income calculator and retirement planning.

**Family benefits**

Maternity and parental leave, Employment Insurance, Canada Child Benefit, and survivor's pension.

**Disability benefits:**

Pensions, child benefits, savings plans, education funding, and gas tax refund program.

**Publications and reports**

**Hire a temporary foreign worker with an LMIA**

Hiring streams and positions, employer compliance and obligations.

**Training**

Explore careers by education program, apprenticeship, and training programs.

**Housing benefits**

GST/HST housing rebate, buying a home, and financial assistance to fix your home.

**Funding programs**

Grants and contributions that support jobs, training, and social development.

**Workplace standards**

Labour laws, workplace standards, health and safety standards and labour relations.

**Education**

Student financial assistance for college and university; apprenticeship, continuing education, co-op, and internships.

**Corporate information**

Our mandate, portfolio, partners, access to information and transparency.

**Benefits by audience:**

Benefits for Indigenous Peoples, active Forces members, veterans, people with a disability, retirees, and victims.

Evaluations, audits, annual reports, and other departmental and program reports.

**Campaigns**

Promotional campaigns and initiatives led by ESD

## NL Housing Corporation

Sir Brian Dunfield Building, PO Box 220, 2 Canada Drive, St. John's NL, A1C 5J2

**Tel:** (709) 724-3000 **Fax:** (709) 724-3007 **Website:** www.nlhc.nl.ca
**Twitter:** @NLHousing **Facebook:** @NewfoundlandandLabradorHousing

**Contact:** Jenny Bowring—Manager, Corporate Communications
**Tel:** (709) 724-3055 **Fax:** (709) 724-3250 **Email:** jmbowring@nlhc.nl.ca

**Mandate:** To develop and administer housing assistance policy and programs for the benefit of low to moderate income households throughout the province.

**Target Population:** Low – moderate income households throughout the province.

**Highlight of Programs / Services Offered:**
FOR RENTAL APPLICANTS

- Rental Housing Program: NLHC owns and administers approximately 5,591 social housing units throughout various regions of the province, with the greatest concentration of units located on the Avalon (3,200) and Corner Brook (804). These homes are rented to low-income earners, with rental rates based on 25 per cent of monthly income.

HOMEOWNER SUPPORT

- Provincial Home Repair Program (PHRP): Low-income individuals and families are assisted under this program with modest assistance levels to improve privately owned households. This program primarily benefits seniors living in rural areas of the province.
- Home Modification Program (HMP): HMP is designed to provide funding to low-to-moderate income homeowners ($46,500 or less), seniors, and persons with disabilities who require accessibility changes to their residences, which can help promote independence and self-reliance, assist with a better quality of life, and enable individuals to remain in their own homes for a longer period.
- Home Energy Savings Program (HESP): HESP is a provincial initiative designed to assist low-income households with electrically heated homes which consume 15,000+ kWh of electricity annually. The program will provide non-repayable grants

of up to $5,000 to help these households make energy efficiency upgrades to their homes.

FOR CONTRACTORS, DEVELOPERS, AND NON-PROFIT GROUPS

- Provincial Homelessness Fund (PHF): PHF provides funding to assist registered non-profit organizations for the development of support services space for the provision of on-site and outreach services. These services promote housing stability and greater self-reliance for those at risk of homelessness. The space can be developed either through new modest construction or renovation of an existing building.
- Partner-Managed Housing Program: This program is directed in support of social housing initiatives largely in partnership with partner-managed non-profit housing groups. Most of the social housing units under this program are operated directly by individual groups with NLHC holding the mortgage on these properties and providing some level of operating assistance.
- Supportive Living Program (SLP): The Supportive Living Program, an initiative funded through the Poverty Reduction Strategy, provides operating grants to incorporated non-profit organizations to prevent and end homelessness.

**EMERGENCY HOUSING LINE**

For anyone experiencing homelessness,

please call: **1-833-724-2444**

## Raise Up Fundraising NL

**Email:** info@raiseupfundraising.org
**Website:** raiseupfundraising.org **Twitter:** @raiseupnl
**Facebook:** @RaiseUpFundraising **Instagram:** @rasieupnl

**Mandate:** To work in partnership with individuals and community organizations to provide supports, financial and otherwise, via creative and innovative fundraising events and projects to marginalized persons and groups in Newfoundland and Labrador.

**Target Population:** Marginalized persons, populations, and groups.

**Highlight of Programs / Services Offered:**

- Collaboration with individuals, and community groups, to fundraise for Raise Up NL's collective purpose and mission.
- Planning innovative, creative, and inclusive social events. For a list of past events, click here.

- Supporting individuals, and community groups that are marginalized in Newfoundland and Labrador with the resources available to Raise Up, both financial and otherwise.
- Fostering safe community spaces and practices in the work they do.
- Networking opportunities between community groups; to learn about each other's initiatives and projects; and, to educate the community at large.

## United Way Newfoundland and Labrador

39 Pippy Place, Suite 1D, St. John's, NL A1B 3X2
**Tel:** (709) 753-8288 **Instagram:** @UnitedWayNL **Website:** Unitedwaynl.ca
**Twitter:** @UnitedWayNL **Facebook:** @UnitedWayNL **Email:** info@nl.unitedway.ca

**Mandate:** To improve lives and build community by engaging individuals and mobilizing collective action. United Way Newfoundland and Labrador distributes funds to charities province-wide who are seeking financial support for various projects they are unable to fund independently.

**Target Population:** Projects and programs strictly in Newfoundland and Labrador in the categories of helping to move people from poverty to possibility, helping kids to be all they can be, and creating healthy people and strong communities.

**Highlight of Programs / Services Offered:**

- Distributing funds to community groups province-wide who are seeking financial support for various projects they are unable to fund independently.
- Providing staff and volunteers who help through every phase of your campaign: from creating goals to recognizing donors
- Offering United Way Day of Caring projects that build employee's team spirit and community awareness through completing community projects
- Creating strategic giving programs that provide maximum benefits for your company and our community.

# General……

## CBDC – Metro Business Opportunities, Newfoundland and Labrador

961 Topsail Road, Mount Pearl, NL A1N 3K1

**Tel:** (709) 738-1626 **Website:**cbdc.ca/en/what-is-cbdc **Facebook:** @AACBDC
**Twitter:** @CBDCAtlantic **LinkedIn:** Atlantic Association of CBDCs

**Mandate:** To assist in the creation of small businesses, and in the expansion and modernization of existing businesses by providing financial and technical services to entrepreneurs, especially those who require customized financing not normally available from traditional sources.

**Target Population:** Residents of Newfoundland and Labrador who are seeking assistance with business development, and financial assistance.

**Highlight of Programs / Services Offered:**

- Clean Technology Initiative: The CBDC Clean Technology Loan is a loan product that is meant to augment existing loan products and to provide a flexible financing instrument in support of the adoption, adaption and/or commercialization of clean technology.
- Entrepreneurial Opportunities Program (EOP): Available to individuals who are receiving or eligible to receive Provincial Income Support. The Program assists individuals to become self-employed by providing business plan guidance, business counselling, general business training, and financial assistance up to $5,000.
- Consultant Advisory Series: New and existing clients of CBDCs and ACOA will be able to access technical and financial assistance by engaging consultants to assist them with various issues, opportunities and challenges.
- CBDC Innovation Loan: CBDC Innovation Loans may be used for the acquisition of equipment, software, processes or licenses, and other things that are "new" technology that will improve business operations. Expenses for infrastructure changes or installation, as well as maintenance due to implementation and utilization of new technology also qualify. We can also assist with costs for training employees in the application and use of the new technology.

## Community Centre Alliance

Office Location: 20 Hallett Crescent, Suite 201
Mailing Address: 26 Graves Street, St. John's, NL, A1B 3C5

**Tel:** (709 753-5670 **Fax:** (709) 753-8570 **Email:** contact@ccanl.ca
**Twitter:** @CCA_NL **Facebook:** @CCANL **Website:** http://ccanl.ca/

**Mandate:** To provide programs and services to support employment, education and literacy in the following five community centre neighborhoods in St. John's: Buckmaster's Circle Community Centre, Froude Avenue Community Centre, MacMorran Community Centre, Rabbittown Community Centre and Virginia Park Community Centre.

**Target Population:** Persons of all ages who reside in the community centre neighbourhoods

**Highlight of Program/ Services Offered:**

- Supporting Employment and Education Opportunities: There is a Community Employment Facilitator (CEF) located at each Community Centre who can

provide employment support to neighbourhood residents and the surrounding areas. This includes help with resumes and cover letters; job search and job interview preparation; filling out various applications (EI, JCP's, scholarships, wage subsidy programs, etc.); as well as delivering career and employment and skills development workshops.

- Youth Achieve! This program provides one-on-one literacy tutoring for school- aged youth in our neighbourhoods. This program takes place at each of our five community centres.
- Homework Haven: This program provides community centre based afterschool support for school homework and projects.
- Value of Work, Value of Money: This is an 8-week program designed to provide school age at-risk youth with summer employment, volunteer experience and training sessions related to their educational goals and financial well-being.

## Community Employment Collaboration (CEC)

**Street Address:** 120 LeMarchant Road, St. John's NL

**Mailing Address:** P.O. Box 21157, St. John's NL, A1A 5B2

**Tel:** (709) 691-2440 **LinkedIn:** Community Employment Collaboration
**Twitter:** @morebetterdiff **Website:** employmentcollaboration.ca/

**Mandate:** The Community Employment Collaboration is a backbone initiative that links community agencies working in the area of employment in St. John's, Newfoundland.

**Target Population:** Career Development Practitioners from all sectors

**Highlight of Program/Services Offered:** The CEC connects Career Development Practitioners to information and resources. They offer a monthly community of practice, collaborative teams and continuous professional development for their partners.

- Find out what career and employment supports and services are offered by community agencies.
- The project also hosts networking and learning opportunities for its members and provides opportunities for ongoing dialogue between service providers.

## Department of Immigration, Population Growth and Skills – Gov. of NL

3rd Floor, West Block, Confederation Bldg., P.O. Box 8700, St. John's, NL, A1B 4J6

**Tel:** (709) 7290-2480 **Website:** https://www.gov.nl.ca/ipgs/

Click here To Access their Contact Directory

### Labour Market and Career Information (LMCI) Hotline

**Toll-free:** 1-800-563-6600
**TTY:** 1-877-292-4205 *(For Telecommunication Devices **only** – used by people who are Deaf, Hard of Hearing or have difficulty with vocal communication)*
**Fax:** (709) 256-5709
**Email:** lmcihotline@gov.nl.ca
**Website:** www.jobbank.gc.ca

**Mandate:** The Department of Immigration, Population Growth and Skills has a mandate to ensure the province has skilled workers for a fast-growing economy. This includes creating a climate which is conducive to economic growth, competitiveness and prosperity. This will be achieved through a spectrum of programs, services, and supports.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** The Department of Immigration, Population Growth and Skills provides a range of supports and services:

- Information for Families and Individuals
- Information for Youth
- Information for Immigrants
- Information for Community and Business

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- Job Matching
- Job Bank
- Employment Services
- Apprentices and Trade Certification
- Community Partners
- Employers
- Looking for Work
- Immigration
- Labour Market Information
- NL Benefits and Measures
- Persons with Disabilities
- Planning your Career
- Starting Work
- Exploring Training
- Youth, Students and Graduates
- FAQ

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- Visit their website here to learn more about Department of Immigration, Population Growth and Skills.

## Employment and Social Development Canada (ESDC)

223 Churchill Avenue, St. John's, NL A1A 1N3
*Formerly Human Resources and Skills Development Canada*

**General Inquiries:** 1-800-O-CANADA (1-800-622-6232)
**Website:** https://www.canada.ca/en/employment-social-development.html

**Mandate:** To build a stronger and more inclusive Canada, to support Canadians in

helping them live productive and rewarding lives and improving Canadians' quality of life.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** ESDC provides a multitude of services and information:

**Employment Insurance**

Benefits, Canada EI Commission, Wage Earners Protection Program, and economic regions.

**Benefits payment calendar**

Payment dates for recurring Government of Canada benefit payments.

**Find a job**

Job opportunities, work permits, Social Insurance Number, criminal record checks and security clearances.

**Public pensions**

Canada Pension Plan, Old Age Security pension and related benefits, the Canadian retirement income calculator and retirement planning.

**Family benefits**

Maternity and parental leave, Employment Insurance, Canada Child Benefit, and survivor's pension.

**Disability benefits:**

Pensions, child benefits, savings plans, education funding, and gas tax refund program.

**Publications and reports**

Evaluations, audits, annual reports, and other departmental and program reports.

**Hire a temporary foreign worker with an LMIA**

Hiring streams and positions, employer compliance and obligations.

**Training**

Explore careers by education program, apprenticeship, and training programs.

**Housing benefits**

GST/HST housing rebate, buying a home, and financial assistance to fix your home.

**Funding programs**

Grants and contributions that support jobs, training, and social development.

**Workplace standards**

Labour laws, workplace standards, health and safety standards and labour relations.

**Education**

Student financial assistance for college and university; apprenticeship, continuing education, co-op, and internships.

**Corporate information**

Our mandate, portfolio, partners, access to information and transparency.

**Benefits by audience:**

Benefits for Indigenous Peoples, active Forces members, veterans, people with a disability, retirees, and victims.

**Campaigns**

Promotional campaigns and initiatives led by ESD

## Service Canada

St. John's Service Canada Centre:
100 Hebron Way St. John's, Newfoundland and Labrador

**Toll-Free:** 1 800-622-6232 **TTY:** 1-800-926-9105

**Website:**
www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html

**Mandate:** To improve the delivery of government programs and services to Canadians, by making access to them faster, easier, and more convenient

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** Service Canada is the Government of Canada's one-stop service delivery network. In partnership with other departments, agencies, and levels of government, SC offers Canadians an easy point of access to a wide range of the programs and services they need through the Internet, by telephone, in person, or by mail, whether at Service Canada Centres or through outreach sites. Services include:

- All Canadians
  - Apprenticeship Grants
  - Job Bank
  - Labour Market Information
  - Passport Application
  - Social Insurance Number Application
- Employers and Organizations
  - Canada Summer Jobs
  - Funding Programs
  - Human Resource Management
  - Labour Market Information
  - Record of Employment
  - Work-Sharing
- Families and Children
  - Canada Child Benefit
  - Canada Education Savings Grant
  - Canada Learning Bond
  - Canada Pension Plan Children's Benefits
  - Employment Insurance Compassionate Care Benefits
  - Employment Insurance Family Supplement
  - Employment Insurance Maternity and Parental Benefits
  - Employment Insurance special benefits for Parents of Critically Ill Children
- Labour and Workplace Information
  - Federal Worker's Compensation
  - Fire Prevention
  - Labour Standards
  - Occupational Health and Safety
  - Wage Earner Protection Program
  - Workplace Equity
- Newcomers to Canada
  - Foreign Credentials Referral
- People with Disabilities
  - Canada Pension Plan Disability Benefits
- Seniors
  - Allowance Program
  - Allowance for the Survivor Program

    - Canada Pension Plan Retirement Pension
    - Guaranteed Income Supplement
    - International Benefits
    - Old Age Security
- Veterans
    - Veterans Affairs Canada
- Workers
    - Employment Insurance Fishing Benefits
    - Employment Insurance Regular Benefits
    - Employment Insurance Sickness Benefits
    - Employment Insurance and Workers and/or Residents Outside Canada
- Youth and Students
    - Canada Summer Jobs (CSJ)
    - Career Focus
    - Skills Link

## Stella's Circle

Administration Offices: 142 Military Road, St. John's, NL A1C 2E6

**Main Switchboard:** (709) 738-8390
**Fax:** (709) 738-7808
**Website:** www.StellasCircle.ca
**Facebook:** @stellascircle
**Email:** info@StellasCircle.ca
**Shelter Tel:** (709) 579-8432
**Twitter:** @StellasCircle
**Instagram:** @stellascirclenl

**Mandate:** To help adults remove barriers to participating in their community. Barriers can include: mental health issues; addictions; poverty; criminal justice involvement; homelessness; low literacy; and periods of unemployment. Transforming lives through Real Homes, Real Help and Real Work.

**Target Population:** Men and women age 18 and older; women ages 16-30 (Naomi Centre)

**Highlight of Programs / Services Offered:**
**Real Homes Program**

Real Homes: Safe, secure and stable housing is essential to wellbeing. Stella's Circle helps address the need for affordable housing by offering more than 100 housing units to rent and supportive housing for those who need it. Programs include:

- **Brian Martin Housing Resource Centre**

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457, housing@StellasCircle.ca

- Offers counselling, advocacy, and other support services to help people find secure housing
- Open 9:00am-4:30pm; Monday-Friday
- Monday to Thursday from 1:30-3:30 pm, we offer Housing Help – we invite anyone to drop in to ask questions of our staff or to use our resources to

search for housing.

- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing housing assistance. There is no application or form to complete; simply drop in or contact us for assistance.

➢ **Naomi Centre**

*4 Patrick Street, St. John's, NL A1E 2S6*

(709) 579-8641, naomi@StellasCircle.ca

- An emergency shelter that offers safe and supportive temporary housing for women aged 16-30 within a harm reduction model.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing emergency housing.
- Jess's Place

*84 Prescott Street, St. John's, NL A1C 3S9*

(709) 738-0457

- Transitional housing program for women 18+ in recovery
- Up to three women share a house, live independently, and care for their own needs.
- Accepts self-referrals or referrals from others.

**Real Help Program**

Real Help: Stella's Circle offers a range of residential, community and correctional based counselling services to support people through life's challenges. Stella's Circle believes that with the necessary supports people can flourish. Programs include:

➢ **Emmanuel House**

*83 Cochrane Street, St. John's, NL A1C 3L7*

(709) 754-2072, emmanuelhouse@StellasCircle.ca

- Men and women over the age of 18 can live while they address their social and emotional challenges.
- Participants stay for a four-month period and take part in individual counselling, therapeutic groups, and life skills support.
- We accept self-referrals or referrals from others.

➢ **Community Support Program (CSP)**

*114 Cabot Street, St. John's, NL A1C 1Z8*

(709)738-5590, cspinfo@StellasCircle.ca

- Provides intensive assistance to men and women with complex mental health needs over the age of 18.
- The goal of the program is to improve the overall quality of participants' lives,

and to reduce the length and number of admissions to hospitals and prisons.

- **Just Us Women's Centre**

*142 Military Road, St. John's, NL A1C 2E6*

(709) 738-0658, justus@StellasCircle.ca

- Provides counseling and support to women over the age of 18 who have been in conflict with the law.
- We accept self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.

**Real Work:** Stella's Circle offers a range of employment and education programs to assist people with limited work experience or interrupted career paths find and maintain employment. Programs include:

- **Employment Counselling & Support Transition Groups**

*114 Cabot Street, St. John's NL A1C 1Z8*

709-579-1181, employment@StellasCircle.ca

- **Adult Basic Education (ABE) Level 1:**

*114 Cabot Street, St. John's NL A1C 1Z8*

709-579-2738, abe@StellasCircle.ca

- Adult Basic Education (ABE) Level I offers basic literacy and numeracy education in a supportive environment through delivery of standardized provincial government curriculum.

- **Work Experience:**

*114 Cabot Street, St. John's NL A1C 1Z8*

709-579-1178, employment@StellasCircle.ca

- We offer practical workplace-based learning to suit individual participant interests, needs and abilities. These placements provide opportunities for future employment and ensure a suitable fit for employer and employee. We offer social enterprise training and employment in three streams:
  - The Hungry Heart Café offers training to help people enter the food service industry as cooks, servers, or kitchen staff.
  - The Trades Helper Program allows participants to gain practical experience in the construction trades.
  - Clean Start provides on-the-job training in office cleaning and maintenance.

## The Murphy Centre

*Prince Philip Drive Location*
**All Services**
1 Prince Philip Drive

*Torbay Road Location*
**Career Services**
Fall River Plaza 320 Torbay Road,

St. John's, NL A1A 5B2
Tel: (709) 579-6606
Fax: (709) 579-2655
**For Academic Information:**
academics@murphycentre.ca

Suite 201 St. John's NL A1A 0L3
Tel: (709) 753-2830
Fax: (709) 579-8022
**For Career Information:**
careerservices@murphycentre.ca

**Website:** https://murphycentre.ca/
**Facebook:** The Murphy Centre
**Instagram:** @themurphycentre
**Youtube:** Murphy Centre

**Mandate:** Within a challenging and respectful environment, the Murphy Centre provides individuals with opportunities for growth through the integration of creative learning experiences designed to achieve academic, career and life goals.

**Target Population:** The Murphy Centre helps:

- youth and adult learners who want to complete or upgrade in the High School Credit (HSC), Adult Basic Education (ABE) or General Educational Development (GED) programs;
- youth and older workers find employment wherever they are in their career: entry-level work or professionally trained positions;
- people explore, start, or change careers.

**Highlight of Programs / Services Offered:**

**Academic Services:** The Murphy Centre offers adults (18+) three options to complete a high school equivalency or diploma:

- Adult Basic Education (ABE): is a Newfoundland and Labrador provincial program for adults to achieve a high school equivalency diploma, or to upgrade specific subject areas to meet entrance requirements to post-secondary programs.
    - The Murphy Centre offers Level II and Level III ABE at our Prince Philip Drive location. However, if it is determined that an applicant needs to complete Level I, the Murphy Centre will refer to an organization who offers it.
    - Applicants for the ABE program must be 19 years old and residents of Canada. (This includes permanent residents, landed immigrants or persons with refugee status.)
    - *ABE is a funded program. To check if you are eligible for funding, or if you have further questions about ABE, please contact our academic outreach coordinator (Sondria) at 709-753-2830 or by email: sondriabrowne@murphycentre.ca or call our intake coordinator (Trudy) at 709-576-6606 or email trudymorgancole@murphycentre.ca*
    - To apply, click here.
- General Educational Development (GED):

- The General Educational Development (GED) is an international high school equivalency testing program for adults. It consists of a series of five tests in the following areas:
    - Language Arts Reading, Language Arts Writing, Mathematics, Social Studies, and Science
  - The Murphy Centre runs a GED preparation program for adults (30+) at our Torbay Road location. We offer a flexible class schedule and time commitment that is designed to work around you.
  - In addition to the in-class preparation services we offer, the Murphy Centre is now able to offer a virtual preparation program to people wishing to complete their GED. GED Academy™ is an online, mobile-friendly prep program
  - *There is no cost to participate in the GED program*.
  - If you have questions about the GED program, please contact Corey at 709-753-2830 or email coreyfollett@murphycentre.ca
  - To apply, click here.
- High School Credit (HSC):
  - The Murphy Centre, at our Prince Philip Drive location, offers the high school credit program as per the requirements of the Department of Education and Early Childhood Development in Newfoundland and Labrador.
  - There are two levels of programing offered at The Murphy Centre:
    - **Academic Diploma:** The academic program is intended for participants planning to pursue a post-secondary education at the university and college level.
    - **General Diploma:** The general program is intended for participants interested in the majority of trades or for direct entry into the workforce.
  - Applicants must be 18 years of age and out of school for 6 months (unless a direct referral from District School).
  - *There is a $20 fee per semester.*
  - If you have questions about the HSC program, please contact Kim at 709-579-6606 or email kimsturge@murphycentre.ca
  - To apply, click here.

***Career Services*** located at 320 Torbay Road, offers a holistic approach to career development and employment supports, which includes group-based programming and one on one meetings.

- Transitions to Work is a 9-week workplace readiness program for individuals who are:
  - Unemployed;
  - Currently receiving income support, or feel you would qualify for income support, if you applied;
  - Non EI eligible;
  - Between the ages of 19 and 45 years;
  - Have a minimum of grade ten high school completed; and

    - Interested in obtaining a job
    - If you would like more information about Transitions to Work, please contact (709) 753-2830

- Two Roads is a career development service for people who are 16 years of age and older who are seeking support in pursuing career and/or academic goals.
    - Two Roads regularly offers a variety of **workshops** intended to support individuals in attaining their career and employment goals.
    - To become a participant or for more information on Two Roads, please contact one of our Outreach Coordinators (Deanne or Sondria) email deannebambrick@murphycentre.ca or sondriabrowne@murphycentre.ca or call (709) 753-2830
    - To apply, click here.
- The Youth Works Well Navigator Program (YWWNP): is the Murphy Centre's new Federal Youth Employment and Skills Strategy Program. The goal of YWWNP is to assist youth in making a successful transition into the labour force.
    - Youth between the ages of 18 and 30, who are not in employment, education or training, are eligible to apply.
    - If you would like more information on YWWNP please contact Stephanie at (709) 753-2830 or email stephaniehoskins@murphycentre.ca
    - To apply, click here.
- SOAR is designed to support the academic and employment goals of those training for the skilled trades, as well as employees currently working in the skilled trades.
    - SOAR **provides tutoring** to students in training, **career consultation**, and **counselling** to anyone in the skilled trades who would like to talk about their issues at work or home.
    - **To access tutoring services please contact:**
        - Courtney Clarke, Project Coordinator, at (709) 693-2050
    - **To access counselling or career consultation services contact:**
        - Raven Waren, Counsellor (CCC), at (709) 727-4050.

## YMCA of Newfoundland and Labrador

**Corporate Office Mailing Address:** P.O. Box 21291, St. John's NL, A1A 5G6
**Email:** info@nl.ymca.ca

**Avalon Peninsula Region:** Ches Penney Family YMCA, 35 Ridge Road, St. John's 709-726-9622

**Burin Peninsula Region:** Marystown YMCA, 2B Harris Drive, Marystown, 709-279-9622

**Labrador Region:**
Central Labrador YMCA, 2 Corporal O'Quinn Blvd., Happy Valley-Goose Bay, 709-896-9622

**Website:** www.ymcanl.com

**Facebook:** @ymcanl **Twitter:** @YMCAofNL
**Instagram:** @ymca.nl **LinkedIn:** linkedin.com/company/ymcanl/

**Mandate:** The YMCA is a charity open to everyone at all stages in life, which provides opportunities to grow in spirit, mind, and body.

**Vision:** A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

**Values**: Caring, Honesty, Respect, Responsibility, and Diversity.

**Target Population:** Individuals and families of all ages. Financial assistance for memberships and services is available.

**Highlight of Programs / Services Offered:**

- **Child Care and Day Camp:** Full Day Child Care; Before and After School and School-age Programs, Day Camps (English and Bilingual)
- **Employment, Enterprise, and Newcomer Services:** Assistance in business development; training workshops; community and volunteering initiatives; employment and exchange program, and youth education programs.
- **Health, Fitness and Aquatics:** Conditioning Centres; Pool; Recreational/ Sport Programs; Teen and Adult Sport Programs; Group Fitness Classes; Court Sports; Child Minding and Supervision Services; Canada Fitness Leader Training and Certification; Swim Lessons for All Ages; Lifesaving/ Lifeguarding Courses.

## Mental & Physical Diversities……

### Autism Society of NL

70 Clinch Crescent, PO Box 14078, St. John's, NL A1B 4G8

**Twitter:** @AutismSocietyNL **Toll-free:** 1-866-722-2803 **Tel:** (709) 722-4926
**Facebook:** @AutismSocietyNL **Email:** info@asnl.ca
**Instagram:**AutismSocietyNL **Website:** https://asnl.ca/

**Mandate:** Promoting the development of individual, lifelong, and community-based supports and services for autistic individuals, their families and caregivers. Their vision is a province where the autistic community and their families are valued and respected, and where they receive services and supports based on their individualized strengths, needs and preferences.

**Target Population:** The autistic community and their families.

**Highlight of Programs / Services Offered:**

- **Family Events:** ASNL offers a number of events that provide an opportunity to meet others, build friendships, and experience community and leisure activities in a group setting. These events are available for children, youth, and adults.

- **Pre-Employment & Career Services:** Programming options exist for career coaching and mentorship during high school, a full year of work skill enhancement through community volunteerism and work experience, and employment skill refinement through self and career exploration. Individualized services are available for interview practice, resume building, and employment agency referrals. Career services also work with employers to build community understanding and inclusive hiring practices.

- **Community Recreation:** ASNL forms partnerships with a number of community organizations to support the inclusion of the autistic community in their programs.

**ASNL Engagement Services:**

- **Autistic Led Support Groups:** Provides adults the opportunity to meet new people, socialize with peers, discuss interests and challenges and develop self-advocacy skills with others community members.

- **Family Support Groups:** A family engagement initiative designed to connect parents and create an active network of autistic allies.

- **Classroom Acceptance and Understanding Presentations:** ASNL staff provide fun and meaningful presentations to students. Presentations are designed according to grade level, these engaging presentations use age-appropriate stories, videos, games, and discussions to educate students and create understanding and empathy among peers.

- **Autism Acceptance and Understanding Presentations:** Through tailored sessions ASNLs team can provide support to community organizations, business or anyone offering services to the autistic community.

## Avalon Employment Inc.

277 Water Street, Suite 301 St. John's, NL A1C 6K1

**Tel:** (709) 579-4866 **Email:** services@avalonemploy.com

**Facebook:** @avalonemploymentinc **Fax:** (709) 579-4892

**Website:** www.avalonemploy.com **Twitter:** @avalonemploy

**Instagram:** @Avalonemploy

**Mandate:** Avalon Employment Inc. is a not-for-profit organization that offers employment services to individuals with barriers to employment due an intellectual disability.

Avalon Employment has been securing paid, meaningful employment in St. John's and

surrounding areas since 1992.

**Target Population:** Individuals 18 years of age or older seeking employment with a primary diagnosis of an Intellectual disability.

**Highlight of Programs / Services**

**Offered: Supported Employment**

- Job Seekers participate in an intake process that is carried out by our Career Development Coordinators. This process helps determine an individual's job skills, goals and support needs
- Supported Employment provides persons with an Intellectual disability, an equal opportunity to find meaningful and rewarding employment
- Consideration is given to the individual's abilities and strengths as well as their own personal interests – employment services are individualized.
- Employer is responsible for employee wages and to follow and uphold Labour standards
- Once a job seeker has secured employment, Avalon Employment offers ongoing support, 24 hours a day, 7 days a week, 365 days a year for the duration of the employment
- Types of Support: Job Coach, In-House

**Autism Employment Pilot**

- Pilot aims to assist persons with autism spectrum disorder obtain meaningful, long term employment
- Through session based professional development, the pilot intends to support the participating job seekers through the job searching process, developing and improving upon social and communicative goals and in preparing a personalized employee tool kit which will provide strategies and accommodations to encourage independence and success in the workplace
- Participating Job Seekers under this pilot are 18 years of age or older and have diagnosis of Autism
- The pilot is funded by the Department of Immigration, Population Growth and Skills with Government of Newfoundland & Labrador.

**Mentor Ability**

- Mentor Ability Canada is a National project that helps employers, people with disabilities and service providers to improve employment inclusion

across Canada

- Helps employers to learn how to include people with disabilities in the workplace. The Mentor Ability Experience is arranged by an employment service provider and is intended to be a 1-hour to 1-day long experience, depending on what works best for the employer and the Protégé. Mentor

  Ability is a learning experience for Protégés and Mentors. It can help you learn more about jobs that interest you, but it is not a job
- How Does it Work? The MentorAbility Team matches a person with a disability (called a Protégé) to an employer-mentor. MentorAbility is an opportunity for you to learn more about that employer's workplace and/or careers in that workplace. MentorAbility Canada Project
- Who Can Become a Protégé? People with disabilities who are trying to decide where they want to work are welcome to participate in MentorAbility

- Clients go through a job search and job match process with the employment team. The team searches for paid employment for the client – usually in an entry- level position by approaching potential employers
  - Employer is responsible for employee wages and to follow Labour standards.
  - Co-worker services are graded as needed and provided until the client no longer requires this level of assistance.
  - Support provided 24/7/365
- To view the criteria and the Referral Form, click here.

## Easter Seals Newfoundland and Labrador

206 Mount Scio Rd, St. John's, NL, A1B 4L5

**Twitter:** @EasterSealsNL **Toll Free:** 1-888-601-6767 **Fax:** (709) 754-1398

**Email:** info@eastersealsnl.ca **Website**: www.eastersealsnl.ca **Tel:** (709) 754-1399

**Facebook:** @EasterSealsNL

**Mandate:** Our vision is for a community where all people with disabilities live full, healthy, and active lives. Our mission is to engage, inspire, and maximize opportunities for people with disabilities of all ages by providing meaningful programs and services.

**Target population:** People with disabilities and their families

**The highlight of Programs and Services Offered:**

- **Recreation Programs:** Easter Seals Newfoundland and Labrador offer over 20 programs and services that help people with disabilities, ranging from

camps, and recreational activities such as wheelchair basketball, sledge hockey, swimming, and boccia to creative expression through music, dance, art, and family events. These programs successfully assist those with disabilities in achieving new heights year after year. This includes everything from increased physical ability and self-esteem, to increasing their self-expression and independence.

- **Camps**
  Easter Seals NL Camps is a place where everyone is welcome, it is a safe and secure place for participants and families to connect and have fun. Camp provides an opportunity for everyone to enjoy the camp experience. Camp promotes independence for campers and allows them to have new experiences and expand their horizons.

- **Equipment Loan Programs**
  Easter Seals NL offers **equipment loan programs** to families and participants looking to utilize equipment to participate in outdoor recreational activities. Equipment such as Trailriders, Hippocamp, Ice Sledges, and Snowcoach along with others are available for a short-term loan for any of our Easter Seals families, participants, community groups, or schools to loan.
  If you have a piece of used adaptive equipment that you are no longer in need of, consider donating it to **"Linda's Equipment Crossing"**. Any equipment donated is eligible for a tax receipt if submitted with an official appraisal from AIM Services or Eastern Medical for its depreciated value.

- **Career and Educational Services:** As a provincial community coordinator for the **Opportunities Fund** for People with Disabilities Program, we bring employees and employers together by providing a wage subsidy for employers to hire people with disabilities.

  **Horizons** is Easter Seals NL's work experience program for youth who face barriers to employment. Participants take part in four weeks of skills training and certifications, then one day a week of classes and workshops for the remainder of the 9-month program. They receive a stipend at the minimum wage rate for their time in skills training and classes.

  **"I Can Too!"** is a disability awareness program that allows children, from kindergarten to grade six, to learn about disability in a fun, interactive way! Through the use of a video, books, and a collection of dolls with adaptive equipment, children learn that disability does not equal inability and that people with a disability are the same as everyone else, they may just do things a little differently.

- **Easter Seals NL Park** An Accessible & Inclusive Space. Once fully constructed our park will be the biggest accessible park East of Toronto. Phase I of our Easter Seals NL Park includes an accessible playground. Phase II includes the

construction of a pavilion with a fire pit, a BBQ event plaza with a seating area, and sensory gardens all in accordance with the Canadian Standard Association's Accessible Design for the Built Environment. Phase III will include an outdoor arena and an outbuilding. There are countless public green spaces and walking trails throughout St. John's where many residents can enjoy the outdoors at no cost on their own time. Easter Seals NL simply wishes to extend this concept to be able to reach the disabled community, by creating a park that is truly for everyone.

- To find out more about programs and services, visit eastersealsnl.ca

**Finding us:** https://eastersealsnl.ca/contact/

## Empower, The Disability Resource Centre

4 Escasoni Place, St. John's, NL A1A 3R6

**Tel:** (709) 722-4031 **Toll Free**: 1-866-722-4031 **Website:** www.empowernl.ca
**Fax:** (709) 722-0147 **Email:** info@empowernl.ca **TTY:** (709) 772-7998

**Mandate:** To provide support, resources and opportunities for empowerment, which enable persons with disabilities to make informed choices about their lives.

**Target Population:** People of all ages who have any type/combination of disabilities.

**Highlight of Programs / Services Offered:**

- **Advocacy Services:** Empowering the consumer to do their own advocacy, we help people build their own skills and determine their own approach to solve the problems they face.
- **Employer Supports and Services:** Providing services, supports, and education to business, employers, government, and service providers, this program aims to showcase the value of hiring people with disabilities as a viable labour source.
- **Career Services:** Offering help in a variety of ways as requested by the individual.
- **Independent Living Internships**: Allows those with disabilities to access help within their own communities while providing an opportunity for them to provide the same services to others.
    - For additional information about interns available in your community, or if you are interested in becoming an intern, contact the IL Manager at 709-722-4031 ext 203, 866-722-4031, and Email: penny@empowernl.ca.
- **Peer Support:** A number of groups provide opportunities to share and learn with those who have personally experienced a similar issue.
    - Peer Support Groups
    - Find a Support Group
    - Peer Support FAQ

- **Technology Services:** Providing the tools and knowledge needed to access the internet and computers in general.

    - In the CAP room, there is a wide range of computer hardware and software all in a fully accessible environment. Anyone can come in and try out a piece of equipment to see what works best for them.
    - Adaptive Technology (AT) Program
    - AT Internship
    - Community Access Program (CAP)
- **Volunteer Services:** Volunteers play an important role in ensuring programs and services are offered and the needs of those who use them are met. Click here for the Volunteer FAQ page.

## Inclusion Canada Newfoundland and Labrador

**Head Office**
74 O'Leary Avenue
St. John's, NL A1B 2C7

**Mailing Address**
P.O. Box 8414
St. John's, NL A1B 3N7

**Tel:** (709) 722-0790 **Fax:** (709) 722-1325
**Email:** info@inclusioncanadanl.ca
**Facebook:** InclusionCanNL **Twitter:** @InclusionCanNL
**Website:** www.inclusioncanadanl.ca

**Mandate:** To work with and on behalf of individuals with an intellectual disability and their families. To advocate for individuals to live as full participants in the community based on the values of Equality, Inclusion and Independence.

**Target Population:** Persons with intellectual disabilities, their families, and communities

**Highlights of Programs / Services offered:**

- Provide support to individuals, families and local associations re. housing and community inclusion
- Work with government and service agencies to build supportive communities
- Lobby for changes in social policy, programs and laws
- Facilitate research, training and planning
- Serve as a centre for gathering and distribution of information
- The maintenance of a resource centre containing literature and videos on numerous topics.
- Provincial Incentive Program – This program promotes the uptake of the Registered Disability Savings Plan (RDSP) throughout the province by providing eligible individuals with an opportunity to participate in RDSP information sessions, as well as receiving a one-time $150 stipend from the Inclusion Canada Newfoundland and Labrador as an incentive to open an RDSP.
- Students Exploring through Mentoring (SET) – Helping students with Intellectual Disabilities transition from high school to the labour market.
- Ready, Willing, and Able – Working with employers to increase awareness of benefits of inclusive hiring practices. Aligning employer human resources demand to supported employment agencies.

- NEW!!! - Imagine – A resource guide for youth entering into adulthood. A list of services and supports in the Metro Area IMAGINE… (inclusioncanadanl.ca).

## Learning Disabilities Association NL (LDANL)

Address: Learning Disabilities Association of Newfoundland and Labrador, 120 LeMarchant Road, St. John's, NL A1C2H2

**Tel:** 709 753 1445 **Fax:** 709 753 4747
**Email:** info@ldanl.ca **Website:** https://www.ldanl.ca/
**Facebook:** https://www.facebook.com/LearningDisabilitiesNL/
**Twitter:** https://twitter.com/LDANL

**Target Population:** Individuals with Learning Disabilities and/or ADHD, their families and allies

**Mandate:** Learning Disabilities Association of Newfoundland and Labrador (LDANL) is a registered charity dedicated to the advancement of education, employment, social development, legal rights and general well-being of people with Learning Disabilities in the province.

**The highlight of programs/services offered:** It is the vision of LDANL to enable all individuals with learning disabilities to reach their full potential. LDANL offers programs to build literacy and mathematical skills; awareness and empowerment services; assistive technology training; and advocacy and navigation support.

- Tutoring Program (Reading) for both children and adults (online and in-person)
- Tutoring Program (Math) for both children and adults (online and in-person)
- Adult Literacy Support
- Specialized Reading Support for Vulnerable Youth
- Navigation and Advocacy Support
- LD Empowerment and Awareness Presentations (for persons with LD, their families, service providers and the general public)
- Assistive Technology Training and Support
- Resource Materials
- Support Groups
- Workshops and Conferences
- Presentations, seminars and workshops

## NL Association for the Deaf (NLAD)

33 Pippy Place, Suite 201. St. John's, NL A1B 3X2

**TTY/Voice:** (709) 726-6672 **Fax:** (709) 726-6650
**Email:** nlad@nlad.org **Website:** www.nlad.org
**Facebook:** @NLAssociationofthedeaf **Youtube:** NLAssociationofthedeaf
**Twitter:** https://twitter.com/NL_Assoc_Deaf

**NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
**Interpreting Services Phone number** : (709) 726-6523
**Email:** interpreting@nlad.org

**Mandate:** To protect and promote the rights, needs and concerns of people who are profoundly Deaf or who communicate in American Sign Language within the Province of Newfoundland and Labrador

**Target Population:** People who are profoundly Deaf or who communicate in American Sign Language

**Highlight of Programs / Services Offered:**

- Employment Services and Support: NLAD Employment Services seeks to ensure that deaf clients have full access to career and employment services which enables them to seek, obtain and keep employment.
    - Employment Readiness
    - Career Exploration/Career Options
    - Job Search Techniques
    - Interview Preparation
    - Outreach to Local Labour Market/Employers
    - Job Maintenance/Employment Monitoring
    - Job Accommodations and Supports (TTY's/Communication Devices)
- Public Awareness and Education Workshops
    - Inclusive Education: Inclusive Education for the deaf means the education of students with various hearing levels in a way that addresses the students' individual differences and needs. An inclusive education program for Deaf students must be customized to address each individual student's unique needs.
- Family Communication Program: The Family Communication Program supports family communication for families with Deaf family members by teaching American Sign Language (ASL) and provides information about the Deaf community and Deaf culture.
- Sign Language Classes: Classes in ASL are offered to the community from beginner to intermediate.
- Community Support Worker: The Community Support Worker is responsible for providing services to Deaf adults who use American Sign Language (ASL) and supporting Deaf adults as a member of the Deaf community.
    - Contact our Community Support Worker communitysupport@nlad.org
- Health and Wellness Counselling Services: Provides a friendly, confidential and non-judgmental environment where individuals who are culturally Deaf can find support and encouragement for the many problems that can happen during the path of life. Health & Wellness Counselling Services offers assistance to individuals dealing with:
    - Anxiety
    - Depression
    - Deaf Identity

- Abuse
- Feeling Lonely
- Grief & Loss
- Addictions
- Family Problems
- Life Changes (new job, relationships, health concerns)

- Interpreting Services
  Interpreting Services – ASL-English Interpreting Services within Newfoundland and Labrador. Founded under the NL Association of the Deaf September 2019, we offer both in person and virtual ASL/English interpreting.
  - **NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
  - **Interpreting Services Phone number**: (709) 726-6523
  - **Email:** interpreting@nlad.org

## Office of Employment Equity for Persons with Disabilities – Gov. NL

Howley Building, 87 Higgins Line PO Box 8700, St. John's, NL A1B 4J6

**Website:** https://www.gov.nl.ca/psc/disability-supports/
**Toll Free:** 1-888-729-7690 **Email:** openingdoors@gov.nl.ca
**Tel:** (709) 729-5881 **Email:** patrickmolloy@gov.nl.ca

**Mandate:** To increase the representation of persons with disabilities employed in the Provincial Public Service

**Target Population:** Persons with disabilities throughout Newfoundland and Labrador

**Highlight of Programs / Services Offered:**

- Opening Doors Program
- Wage Subsidy Initiatives
- Career Development Initiative for Agencies, Boards, Commissions and Crown Corporations
- Student Summer Employment Program
- Career Development Services

## Spinal Cord Injury Newfoundland and Labrador

Suite 101, 10 Austin St. , P.O. Box 21284, St. John's, NL, A1A 5G6

**Youtube:** Spinal cord Injury NL **Tel:** (709) 753-5901
**Twitter:** @SCI_NL **Toll-Free:** 1-877-783-5901
**Facebook:** @SpinalCordInjuryNL **Fax:** (709) 753-4224
**Email:** mburry@sci-nl.ca **Website:** www.sci-nl.ca

**Mandate:** To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self- reliance and full community participation. Formerly the Canadian Paraplegic Association of Newfoundland.

**Target Population:** Persons of all ages with disabilities

**Highlight of Programs / Services Offered:**

- Career and Employment Services: Assists individuals to identify vocational alternatives and obtain employment consistent with their values, abilities and interests. Employers can also use this service to evaluate work site accessibility and job accommodation.
- Peer Support Counselling: Someone who has been there can act as a mentor and role model to encourage and sustain the client through the challenges they face.
- Peer Reach Out Program: Spinal Cord Injury Newfoundland and Labrador's Peer Reach Out Program presents a unique opportunity to connect with those outside the normal reach of support through technology.
- SCI NL Peer Grub Club: Each month Spinal Cord Injury Newfoundland and Labrador host a Peer Support Event at the Miller Centre for Individuals currently in rehabilitation, their families and individuals with a spinal cord injury who have integrated back in to the community.
    - The Event is filled willed with great conversation about life after a spinal cord injury including an opportunity to share experiences with someone who has been there, ask questions, develop a relationship with others who have and are going through the same changes and most importantly there is food and good times as well.
- Quality of Life Program: Individuals living with a mobility disability or have an individual with a mobility disability living at home may receive assistance from SCI NL to access or raise funds to offset their enormous financial burdens. These funds provide payments directly to the service providers who offer products and services that will promote independence, self-reliance and full community participation.
- Online services include: the Swap n Shop, which provides an online forum for buying, selling, and trading equipment, wheelchairs, lift equipped vehicles and other related items; and the Accessibility Roadmap, which is a tool designed to assist individuals with a spinal cord injury or significant mobility impairment identify accessible locations while travelling across the island of Newfoundland and Labrador.

## The Vera Perlin Society

40 O'Leary Avenue P.O. Bx 7114, St. John's NL, A1E 3Y3

**Tel:** (709) 739-6017
**Facebook:** @Vera Perlin Society
**Website:** www.veraperlinsociety.ca
**Email:** info@veraperlinsociety.ca
**Fax:** (709) 739-5532

**Mandate:** To encourage personal growth, to foster financial independence and to promote community integration of individuals with developmental disabilities. To secure and/or provide quality service and support for all individuals with a developmental

disability and their families in the St. John's and surrounding areas, enabling them to participate in all areas of community living

**Target Population**: Individuals with developmental disabilities aged 18+ in St. John's and surrounding areas

**Highlight of Programs / Services Offered:**

- Career Development: The *Perlin Centre* offers a variety of quality day programs to individuals with developmental disabilities 18 years of age and older living in St. John' s and the surrounding areas. The Perlin Centre is located at 350 Pennywell Road West and that hours of operation are 8:30AM-4:00PM.
- Employment: The Employment Division attempts to provide the best possible ways and means to access community based employment opportunities. Programming includes:
    - **W.O.R.C. (Work Orientation Rehabilitation Centre):** The W.O.R.C program matches employer needs with client abilities.
    - **Supported Employment:** Works to secure community based paid employment for individuals with a developmental disability.
    - **C.E.E (Career Education and Exploration)**: A pre-employment skills program for adults with a developmental disability. This program is housed out of the College of the North Atlantic (Prince Philip Drive Campus), and runs from September to June.
    - The Button Shop: The clients who work at The Button Shop can choose to either work full or part time. All work completed at The Button Shop is done on a contract basis which is secured through the business community. You can contact the Button shop at 738-1500, Fax: 738-1744, thebuttonshop@nfld.net, or at 235-237 Pennywell Road.

## Newcomers

### Association for New Canadians (ANCNL)

144 Military Road, P.O. Box 2031, Station C, St. John's, NL A1C 5R6

**Email (general):** information@ancnl.ca
**Website:** http://www.ancnl.ca/ **Tel:** (709) 722-9680
**Facebook:** @AssociationForNewCanadians **Twitter:** @ANC_of_NL

**English as a Second Language Training Program**
**Tel:** (709) 726-6848 **Fax:** (709) 726-6841
**Email:** linc@ancnl.ca

**AXIS Career and Employment Services**
**Tel:** (709) 579-1780 **Fax:** (709) 754-5559
**Email:** axis@nfld.net
**Website:** http://www.axiscareers.net

**Main Office – Settlement Services**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** settlement@ancnl.ca

**Main Office – Volunteer Connections**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** volunteer@ancnl.ca

**Main Office – Diversity Training**
**Tel:** (709) 722-0718 **Fax:** (709) 754-4407
**Email:** diversity@ancnl.ca

**Settlement Workers in the Schools Program (SWIS)**
**Tel:** (709) 722-2828 **Fax:** (709) 726-4407
**Email:** swis@ancnl.ca

**Mandate:** To settle and integrate newcomers, and to empower them with the skills, knowledge and information necessary to become independent, contributing members of the community and country.

**Target population:** Refugees and immigrants.

**Highlight of Programs / Services Offered:**
Settlement and Orientation

- Resettlement Assistance Program (RAP) Provider
- Settlement, Orientation, and Integration Services
- Health and Wellness Initiatives
- Social and Recreation Activities
- Toll Free Information Line
- Assistance to AIPP participants and employers
- Diversity workshops and training

***Language and Training Assessment***

- **ESL Training Program—LINC (Language Instruction for Newcomers to Canada)**
  - This program assists adult learners in acquiring the language skills necessary to settle and integrate into Canadian society. Computer Assisted Language Learning (CALL) is a key component of the curriculum, incorporating advanced interactive software as well as instruction in basic computer technology.
- **Outreach Tutor Program**
  - This program is designed to provide those eligible clients who reside outside the St. John's region with programming that will help ensure they acquire strong, appropriate language skills to support their community integration and labour market attachment.
- **Itinerant Program**
  - This program provides language training to eligible newcomers who are unable to access such training due to issues related to waitlists, priority seats and childcare.
- **LINC Home Study (Distance)**
  - This distance ESL program is offered to LINC-eligible newcomers who wish to improve their listening, speaking, reading, and writing skills in English. This self-paced course is offered via correspondence or online. All participants are provided with a weekly half-hour session with an instructor.
- **ESL Evening Classes**

- The Association offers evening classes one evening per week to eligible newcomers. For more information or to register, please contact (709) 726-6848. NOTE: (these programs are not operating at the moment).

***Employment Services***

- Career and Employment Services—AXIS (Acquiring Experience; Integrating Skills)
- Pre-Employment Readiness Training
- Bridge-to-Work
  - Internship Placement Program (IPP)
  - Strategic Transitions & Employment Partnerships (STEP)
  - Mentoring Link
  - Business Development Support
- Settlement Workers in the Schools (SWIS) Program
- Summer ESL Programs
- Homework Club
- Youth Group

***Support Services***

- Childminding and Daycare
- Transportation

## Kids Help Phone

PO Box 26062, St. John's, NL A1E 0A5

**Local Office Tel:** (709) 685-0629
**Youtube:** KidsHelpPhone
**Website:** www.kidshelpphone.ca/
**Facebook:** @KidsHelpPhone
**Text:** Talk to 686868
**Email:** emily.cardwell@kidshelpphone.ca
**Counselling Line:** 1-800-668-6868
**Twitter:** @KidsHelpPhone
**Instagram:** @kidshelpphone

**Mandate:** To improve the well-being of children and youth in Canada by providing them anonymous and confidential professional counseling, referrals, and information through technologically-based communications media; to continue to improve and grow, ensuring delivery of the most effective, timely and valuable counselling, referrals and information to every young person who could benefit from the support.

**Target Population:** Children and youth ages 5+

**Highlight of Programs / Services Offered:**

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

Professional Phone Counselling

Professional, confidential, anonymous counselling services to youth, available 24/7 in English and French. Also accessible in Ukrainian, Pashto, Dari, Mandarin, and Arabic through interpretation.

Professional Chat Counselling

Professional, confidential, anonymous web based counselling services to youth available from 7pm to midnight E.T. in English or French.

Crisis Text Line

Trained volunteer crisis responders support through text message or Facebook messenger, available 24/7 in English or French.

Youth (age 5-25) text "CONNECT" to 686868 or Facebook messenger

Adults (age 25+) text "WELLNESS" to 686868 or Facebook messenger

If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available) by messaging "FIRST NATIONS", "INUIT" or "METIS" to 686868 or through Facebook Messenger.

If you identify as African, Caribbean, Black or a part of the Afro-diaspora, you can message "RISE" (EN) or "SURMONTER" (FR) to 686868 or through Facebook Messenger.

Peer to Peer

An online community of support with other young people across Canada. Throughout these moderated forums, youth can privately share their experiences, offer inspiration and ask questions to connect, comfort and cheer each other on. The forums feature a wide range of topics so that youth can find and share information for specific questions or concerns.

**Note:** Forums can be accessed at any time, but posts are reviewed by youth moderators before they are published. While moderators are not available 24/7, posts are generally reviewed within 24 hours

Resources Around Me

Database of local and web based mental health/wellness services accessible to young people in their community.

Kids Help Phone's Gateway

Online resource that connects youth and caring adults to e-mental health services and information.

- Get information about how your thoughts, feelings and behaviours are connected and what you can do to care for your well-being.
- Practise with tools, tips and resources to help build your skills and improve

your wellness in the way that feels best for you. Learn how to identify your strengths, communicate thoughts and feelings, overcome obstacles and connect with support.
- Explore lived experiences from other young people across Canada. Learn from real-life youth stories, gain new ideas and ask questions to connect and inspire your own wellness journey.
- If you need help right now, you can talk to a trained volunteer crisis responder about anything you're going through. No issue is too big or too small.
- Connect with a professional counsellor to better understand what you're going through and help take a step in the direction you want to go.
- Search for physical or virtual support programs and services available to kids, teens and young adults across Canada.

## Multicultural Women's Organization of NL (MWONL)

Box #9, Nuport Building, 44 Torbay Road, St. John's, NL A1A 2G4

**Tel:** (709) 726-0321 **Website:** www.mwonl.org/ **Facebook:** @MWONL.WOW
**Fax:** (709) 726-0322 **Email:** kaberi.debnath@gmail.com

**Email:** multicultural.mwonl@gmail.com

**Mandate:** To deliver specialized services that facilitate the integration and full participation of newcomer, immigrant women and families from diverse background in the community. Women from diverse immigrant backgrounds are empowered to achieve their goals of advancing towards equality and becoming contributing members of our Canadian society. This gender-based organization delivers culturally appropriate services for the women and families who are culturally and linguistically diverse (CALD).

**Target population:** Newcomer**,** Immigrant women and their families, seniors, International students and others who get benefitted from our programs.

**Highlight of Programs / Services Offered:**
MWONL provides professional, gender-based, culturally competent, comprehensive services to meet the diverse needs of immigrant women and their families. Programs and services are easily accessible and are offered by skilled and dedicated staff supported by committed board members and volunteers. Programs and services include:

- Violence Prevention
- Information and Awareness Sessions
- Social Empowerment Programs
- Health and Wellness Programs
- Seniors' Programs
- Children and Youth Programs
- Social Programs (Art, Craft, Cooking, Movie and more)
- Community Partnership
- Career Development and Employment Support

- Trans-Cultural Competency & Awareness (TCAA) Training
- Leadership and Skills Development
- Professional Social Work Counseling and Support
- Volunteer Development Programs
- Resource Directory (a listing of interpreters)

## Other……

### Ches Penney Centre of Hope - Salvation Army

18 Springdale Street, St. John's, NL  A1E 2R1

**Tel:** (709) 739-0290  **Twitter:** @SalArmyNL
**Facebook:** The Salvation Army Ches Penney Centre of Hope
**Ches Penney Centre of Hope** Brochure

**Mission Statement:** The Salvation Army Ches Penney Centre of Hope exists to promote the opportunity for personal growth and empowerment by responding to the physical, emotional and spiritual needs of the individual.

**Vision Statement:** Through the love of Jesus Christ, The Salvation Army Ches Penney Centre of Hope will be a beacon of light that provides care, guidance and hope to all in our community while valuing dignity, diversity and the uniqueness of each individual.

**Target Population:** Marginalized population (adults/families)

**Highlight of Programs / Services Offered:**

- **COMMUNITY MEALS**
  - Tuesday/Wednesday/Thursday: 11:30 – 12:30
  - For more information, please contact the Kitchen/Cook at (709)-739-0290
- **COMMUNITY & FAMILY SERVICES**
  - Offers monthly food hampers to individuals and families. An interview with the intake worker is required. Clothing vouchers are also available every six months for The Salvation Army Thrift Store.
- **FOOD BANK**
  - Tuesday: 12:30 – 3:00
  - Wednesday: 9:00 – 11:30 & 12:30 – 3:00
  - Thursday: 12:30 – 3:00
  - For more information, please contact Community & Family Services Phone: (709) 237-0270/237-0095
- **PATHWAY OF HOPE**
  - Offers case management and spiritual care to individuals and their families. We can provide service connections to job training, health services, childcare, education, housing, and legal services.
  - For more information, please contact the Pathway of Hope Caseworker Phone: (709) 237-0270

- **CHIROPRACTIC SERVICES**
  - The NL Chiropractic Association provides Chiropractic services to clients of the Centre of Hope on Tuesday and Thursday mornings.
  - For further information, please contact our Receptionist at (709) 739-0290
- **CLINICAL COUNSELLING**
  - Offers in-house Clinical Counselling services to support mental health and addiction concerns.
  - For more information or to book an appointment, please contact the Clinical Counsellor Phone: (709) 237-0255
- **CORRECTIONS & JUSTICE SERVICES**
  - Offers support for those navigating the court system, incarcerated individuals, and those post-release.
  - For more information, please contact Correctional & Justice Services Phone: (709) 237-0059
- **EMPLOYMENT TRAINING**
  - Employment Training Programs are delivered by the College of the North Atlantic and take place in the Fry Learning Centre at the Centre of Hope. These programs are available to individuals who are in receipt of income support and would like to enter or re-enter the workforce.
  - For details, please contact the Employment Readiness Program Coordinator Phone: (709) 237-0075
- **SOCIAL WORKER / COMMUNITY NAVIGATOR**
  - Offers assistance to individuals to obtain identification cards, apply for income support, complete housing applications and support individuals with navigating the housing and healthcare system. Appointment and drop-in services available.
  - For more information, please contact the Social Worker/Community Navigator Phone: (709) 726-5026
- **SPIRITUAL CARE**
  - Offers individual spiritual counselling sessions, prayer, spiritual resources and/or referrals to local faith communities. Group activities include:
  - **Spiritual Care Group –** 1st Tuesday monthly 10-11 am (Bible study, conversation, prayer)
  - **Mindful Movement -** Wednesday 1-2 pm (Improve strength, mobility, and coordination while also developing body, mind, and spirit connection).
  - For more information, please contact the Director of Spiritual Care Phone: (709) 237-0227

## Contact Information

**Reception**
Phone: (709) 739-0290

**Administrative Coordinator**
Phone: (709) 237-0283

**Chiropractic Services**
Receptionist at (709) 739-0290

**Director of Operations**
Phone: (709) 237-0275

**Director of Spiritual Care**
Phone: (709) 237-0227

**Executive Director**
Phone: (709) 237-0225

**Clinical Counsellor**
Phone: (709) 237-0255

**Community & Family Services**
Phone: (709) 237-0270/237-0095

**Correctional & Justice Services**
Phone: (709) 237-0059

**Employment Programs Coordinator**
Phone: (709) 237-0075

**Kitchen/Cook**
Phone: (709) 739-0290

**Pathway of Hope Caseworker**
Phone: (709) 237-0270

**Social Worker / Community Navigator**
Phone: (709) 726-5026

**Volunteer Coordinator**
Phone: (709) 237-0217

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**
**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**
To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**
Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support

- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## John Howard Society of NL

342 Pennywell Road, St. John's, NL, A1E 1V9

**Tel:** (709) 726-5500 **Facebook:** JohnHowardSociety **Email:** info@jhsnl.ca
**Fax:** (709) 726-5509 **Website:** johnhowardnl.ca **Twitter:** @JohnHowardNL

**Mandate:** To reduce crime by providing opportunities for the rehabilitation of offenders and advocating reform through successful program interventions; public education; crime prevention strategies; and restorative justice principles.

**Target Population:** Men, women and youth involved in the criminal justice system or those who may be at risk.

**Highlight of Programs / Services Offered:**

Residential Services

- Howard House: A community residential centre for adult male offenders on day parole, full parole, statutory release, a temporary release, or a probation order. (St. John's).
- West Bridge House: A community residential facility for male and female offenders released on Day Parole, Full Parole, Statuary Release, Temporary Absence or Probation Order (Stephenville).
- Garrison Place: Provides permanent supported housing to both male and female adults (St. John's). Referrals come through End Homelessness St. John's Coordinated Access.
- Home For Youth: Young people participating in the program have been sentenced to a period of Open Custody by the Youth Court. (St. John's)
- Loretta Bartlett Home For Youth: Youth are sentenced to a period of Open

Custody by the Youth Court and/or the Director of Child Youth, and Family Services can have a young person placed on an Order to Reside Designation. (Corner Brook).

## Employment/Training Services

- Employment Service Program (ESP): Provides support to individuals who are looking to make positive changes in their lives. Employment Practitioners will assist participants with resume building, job interview skills, educational/employment opportunities, as well as, helping with other community referrals.
- Employment Programs: Linkages, Upskills, In Motion and Momentum+ and Training Courses are programs offered through Employment Services.
- Record Suspension Support: A record suspension (formerly pardon) allows people who were convicted of a criminal offence, but have completed their sentence and demonstrated they are law-abiding citizens for a prescribed number of years, to have their criminal record kept separate and apart from other criminal records. Employment Practitioners are available to assist individuals through each step of the process.

## Interventions

- Learning Resource Program (LRP) in St. John's and the Community Based Intervention Program (CBIP) in Stephenville comprises of seven intervention programs that are delivered in both group and individual formats. The programs are designed to support participants in taking responsibility for their actions and decisions, and educate participants on coping strategies for responding to challenges. The goal of LRP and CBIP is to reduce recidivism rates by concentrating on the individual criminogenic needs of participants. LRP and CBIP offer the following programs:
    - Anger Management
    - Criminal Behaviour Awareness
    - Dad's Program
    - Impaired Driving Workshops
    - Pathways to Acceptance and Recovery (PAR) - Programming for individuals who have a history of sex offences
    - Safety and Repair (an intimate partner violence program)
    - Seeking Safety (a recovery program for addictions and trauma)

## Prison Services

- Annual Family Prison Visit: Selected families from various locations in Newfoundland and Labrador will visit inmates serving sentences in Federal Institutions in the Maritimes. Provides transportation and accommodations for families of Newfoundland inmates.
- 1-2-1 Prison Visitation Program: Offers support to prisoners during, and after, their imprisonment through contact with "friendship volunteers" from outside H.M.P. This is on a one-to-one basis.
- Prison Library Program: The library at H.M.P. is staffed and operated by John Howard Society volunteers. Inmates have regular access to library resources.

## Other Services

- Public Education and Advocacy

## Single Parent Association of Newfoundland (SPANL)

PO Box 21421, St. John's, NL A1A 5G6

**Tel:** (709) 738-3401
**Email:** span@spanl.ca
**Website:** https://spanl.ca/
**Foodbank:** 739-0709
**Fax:** (709) 738-3406
**Facebook:** @SPANL

**Mandate:** To provide services and support for single parent families in Newfoundland and Labrador.

**Target Population:** Single Parents and their families.

**Highlight of Programs / Services Offered:**

- Information and referral
- Crisis intervention
- Foodbank
- Employment Support Program
- Back to School Project
- Christmas supports

## Skills Canada NL

**Address:** 75 Barbour Drive, Mount Pearl, NL A1N 2X3. (SCNL is on the back side of the building and can be accessed from the Jackman Drive entrance).

**Facebook:** @SkillsCanadaNewfoundlandandLabrador
**Email:** scnl@skillscanada.com **Website:** http://www.skillscanada-nfld.com/
**Tel:** (709) 739-4172 **Fax:** (709) 739-4198
**Instagram:** @SkillsCanadaNL **Twitter:** @Skills_NL

**Mandate:** Skills Canada works to encourage and support a coordinated approach to promoting skilled trades and technologies to youth. The goals of Skills Canada NL are to raise awareness of skilled trades and technologies by bringing youth into a competitive spotlight; to improve competencies, self-esteem and the achievement level of individuals pursuing careers in the skilled trades and technologies; and to educate and encourage young Canadians to develop skills that address labour shortages and support Canada's economic well-being.

**Target Population:** Young Canadians primarily, but also parents and educators.

**Highlight of Programs / Services Offered:**

- **Main Program**: Competitions – regional, provincial, national and international trades technology competitions for junior high, high school and post-secondary / apprenticeship students
- **Skilled Futures:** The goal of the Skilled Futures program is to offer junior high

and high school-aged students across the province the opportunity to engage in interactive skilled trade and technology workshops and virtual events. SCNL has expanded the Skilled Futures program to tackle many relevant career options for students and offers focused workshops for female students and inclusive events for co-ed students.

- In-school presentations outlining a wide array of career choices available to young Canadians.
- ENTER:preneur Program: Provides young tradespersons and technologists with the tools and knowledge to translate their skills into successful self-employment. This is accomplished by merging skilled trades and technology with professional business development in the form of interactive events for youth, instructors and education administration at the intermediate, secondary and post-secondary levels. Programs include Apprenticeship Conferences, Dragon Lairs, the Pitch Competitions and Educator Lunch and Learns

## St. John's Military Family Resource Centre (MFRC)

145 Churchill Avenue, St. John's, NL A1A 0N9

**Tel:** 709-570-4636 **Facebook:** @stjohnsmfrc
**Instagram:** @st.johns_mfrc **Twitter:** @SJMFRC
**Email:** info@stjohnsmfrc.com **Fax:** 709-722-3145
**Website:** www.cfmws.ca

**Mission:** Providing services that strengthen Military Families

**Target Population:** Military Families

**Highlight of Programs / Services:**

- The Military and Veteran Family Services Program recognizes the important role families have in enabling the operational readiness of the Canadian Armed Forces, so we endeavor to respond to families evolving realities and needs to provide services that enhance family resilience and stabilization that address military challenges.

- The MFRC is the first point of contact for military and Veteran families as they navigate and access services they require, either provided directly through the MFRC or through connections with local community service providers that best meet the family needs.

- The Veteran Family Program offers tailored services to help address some of the unique challenges faced by newly transitioning Veterans and their families.

- At the end of each school year the St. John's MFRC, through Support Our Troops, offers a scholarship that is open to all CAF Member dependents who reside in Newfoundland and Labrador.

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females, ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.
- Live-In Parent Model Program(s) is a residential program for children and youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive, nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.
- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of

today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**

- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**

- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp

## Writers Alliance of Newfoundland and Labrador (WANL)

223 Duckworth Street, Suite 202. Haymarket Square, St. John's, NL A1C 6N1

**Tel:** 709.739.5215 **Toll free:** 1.866.739.5215 **Email:** info@wanl.ca
**Website:** http://wanl.ca/ **Facebook:** @writersalliance **Twitter:** @WANL

**Mandate:** Founded in 1987, the Writers' Alliance of Newfoundland and Labrador (WANL) contributes to a supportive environment for writing in the province; works to

nurture and inspire writers at all levels and stages of their careers; fosters public recognition of NL writers; advocates for the well-being of writers; and promotes the enhancement of the literary arts in the province and beyond.

**Target Population:** WANL is a not-for-profit, member-based organization. Membership is open to anyone with an interest in the writing/publishing sector.

**Highlight of Programs / Services Offered:**

- Manuscript Evaluation Service: The Manuscript Evaluation Service is designed for writers at all levels who are interested in having their manuscript evaluated by a qualified writer and who are willing to hear constructive criticism. It can be particularly valuable for writers living in rural areas where access to workshops and other literary opportunities are limited.

- Mentorship Program for Emerging Writers: The apprentice position is designed for writers who have a substantial work-in-progress and who are committed to the creative development of their writing. The mentor position is designed for writers with a history of publication and a commitment to the craft of writing.

- Inkpod Podcast

- Writers for Hire: A directory of writers in Newfoundland and Labrador available for hire. WANL works to enhance and protect the rights of our writers and has identified the right to be fairly compensated for their work as a high priority for our members.
  - Writers must be paid for their services, including readings, manuscript evaluations, proposal writing, editing, school visits, etc (funding for some of these activities, such as school visits, may be available through sources such as the Newfoundland and Labrador Arts Council and school boards).

- Workshops: Workshops are offered at various times throughout the year. Workshops have included topics on both the craft and business of writing, such as creative non-fiction, advanced poetry, character development, writing dialogue, grammar basics, book reviewing, play writing, script writing, digital marketing, taxes and the writer, writing for radio, editing, creative writing for youth, and more.

## Women Focused……

### Multicultural Women's Organization of NL (MWONL)

Box #9, Nuport Building, 44 Torbay Road, St. John's, NL A1A 2G4

**Tel:** (709) 726-0321 **Website:** www.mwonl.org/ **Facebook:** @MWONL.WOW
**Fax:** (709) 726-0322 **Email:** kaberi.debnath@gmail.com
**Email:** multicultural.mwonl@gmail.com

**Mandate:** To deliver specialized services that facilitate the integration and full participation of newcomer, immigrant women and families from diverse background in

the community. Women from diverse immigrant backgrounds are empowered to achieve their goals of advancing towards equality and becoming contributing members of our Canadian society. This gender-based organization delivers culturally appropriate services for the women and families who are culturally and linguistically diverse (CALD).

**Target population:** Newcomer**,** Immigrant women and their families, seniors, International students and others who get benefitted from our programs.

**Highlight of Programs / Services Offered:**
MWONL provides professional, gender-based, culturally competent, comprehensive services to meet the diverse needs of immigrant women and their families. Programs and services are easily accessible and are offered by skilled and dedicated staff supported by committed board members and volunteers. Programs and services include:

- Violence Prevention
- Information and Awareness Sessions
- Social Empowerment Programs
- Health and Wellness Programs
- Seniors' Programs
- Children and Youth Programs
- Social Programs (Art, Craft, Cooking, Movie and more)
- Community Partnership
- Career Development and Employment Support
- Trans-Cultural Competency & Awareness (TCAA) Training
- Leadership and Skills Development
- Professional Social Work Counseling and Support
- Volunteer Development Programs
- Resource Directory (a listing of interpreters)

## NL Organization of Women Entrepreneurs (NLOWE)

58 Glencoe Drive, Suite 102, Mount Pearl, NL A1N 4S9

**Tel:** (709) 754-5555 **Email:** info@nlowe.org **Website:** www.nlowe.org/
**Twitter:** @nlowe_org **Facebook:** @nlowe.org **Instagram:** @nlowe_org
**LinkedIn:** @NLOWE **Youtube:** @NLOWE

**Mandate:** Provide the support women entrepreneurs need to overcome challenges and take advantage of opportunities as they a venture or grow an existing business. NLOWE provides programs and services that connect and support women within Newfoundland and Labrador to start, grow and advance their businesses.

**Target Population:** NLOWE's target population include women in business.

**Highlight of Programs / Services Offered:**

- NLOWE offers various services free of charge, no matter where you live. Business Advisors are located in every region of the province and can travel to you.

- NLOWE offers business counseling services for start-up businesses that includes business concept assessment, business plan counseling, advice on conducting market research, assistance in identifying sources of financing, access to Self-Employment Assistance Program and access to networking opportunities.
- NLOWE also provides one-on-one training opportunities for businesses that want to grow. These services include business diagnostic assessment, business plan development, financial and growth analysis, human resource strategy development and business management training assessment.
- Along with one-on-one training NLOWE offers training programs include Mastermind Groups, Boost, as well as various other training workshops that are offered throughout the year.

## Office to Advance Women Apprentices (OAWA)

89 McNamara Drive, Paradise, NL A1L 3W2

**Website:** www.womenapprentices.ca **Tel:** (709) 757-5434
**Email:** kwalsh@womenapprentices.ca
**Facebook:** @OfficetoAdvanceWomenApprentices **Twitter:** @OAWANL

**Mandate:** OAWA is dedicated to ensuring that there are employment opportunities for female apprentices who have graduated from the various trades training programs. The Office works with female apprentices after completing their in-school training to connect them to employers, unions, government and training institutions with the ultimate goal of helping them achieve journeyperson status.

**Target Population:** All female tradespersons or students currently enrolled in a trades training program, as well as partners including employers, unions, government and training institutions

**Highlight of Programs / Services Offered:**

- Maintains a registry database of female tradesperson which identifies their trade, level of apprenticeship, employment status, and resumes. This database is continually updated as more women enter the trades, and helps connect prospective employers to qualified women tradespersons looking for apprenticeships.
- The Wage Subsidy Program assists employers with the costs associated with hiring apprentices.
- The Mentorship Program allows female tradespersons to mentor new women entering the trades, women interested in taking a trade, and high school girls who are taking skilled trade classes.

## Women in Resource Development Corporation (WRDC)

175 Hamlyn Road, St. John's, NL A1E 5Z6

**Tel:** (709) 738-3713 **Toll Free:** 1-800-738-3713 **Fax:** 9709) 738-3743
**Email:** info@wrdc.ca **Website:** www.wrdc.ca **Twitter:** @WRDC_News

**Facebook:** @wrdcnews **Instagram:** @wrdc_news **LinkedIn:** WRDC

**Mandate:** Women in Resource Development Corporation (WRDC) is a provincial non-profit organization committed to increasing women's participation in trades and technology.

**Target Population:** Women in trades and technology careers

**Vision:** Newfoundland and Labrador women are enabled and empowered to achieve successful careers in advanced technology and skilled trades

**Highlight of Programs / Services Offered:** With both private and public funding, WRDC, and its Educational Resource Center (ERC), offer a variety of programs and services to address the challenges surrounding the attraction, recruitment, retention, and advancement of women in these sectors. WRDC offers these programs and services at no charge thanks to the support of Industry partners and the Department of Advanced Education, Skills and Labour, Government of Newfoundland and Labrador. WRDC key activities include:

- Career exploration programs;
- Career development and employment assistance services;
- Recruitment and retention consultation and training for employers; and
- Collaborating with key stakeholders such as training institutions, employers, labour unions, government departments and community groups to identify solutions to issues commonly identified by women in trades and technology.

## Women in Science and Engineering NL (WISENL)

PO Box 23176, Churchill Square, St. John's, NL A1B 3J9

**Tel:** (709) 864-2484 **Email:** ssepadministrator@wisenl.ca
**Twitter:** @WISE_NL **Facebook:** @WISENL
**Website:** www.wisenl.ca

**Mandate:** To increase the participation of women in science, technology, engineering and mathematics careers by increasing awareness that these professions are rewarding and exciting options for women. To provide mentoring, professional development and networking opportunities to facilitate the success of women in these fields, and advocate for equitable workplaces.

**Target Population:** Women in Science and Engineering in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- Speaker Series
- Workshops
- Mentorship Program
- Indigenous Youth Conferences
- WISE Student Summer Employment Program (SSEP) for High School females

- CareerLinks: Smart Choices for Women
    - An interactive tool that connects users to career information on science, engineering, trades, and technology (SETT).
- WinSETT Leadership Program
    - Professional development workshops tailored to early and mid-career female engineers, scientists, technologists, and tradespersons in science and technology-based sectors.
- Post-Secondary Students:
    - WISE US for undergraduate students
    - WISE GSS for graduate students
- In addition, WISENL members can take advantage of:
    - Monthly meetings
    - Networking sessions
    - E-mail connections
      Career talks
    - Workplace tours
    - Social activities
    - Science fairs awards
    - Youth group mini training sessions (e.g. Girl Guides)

## Youth

### Choices for Youth

261 Duckworth Street, St. John's, NL, A1C 1G9

**Tel:** (709) 754-0446
**Website:** www.choicesforyouth.ca
**Email:** info@choicesforyouth.ca
**Facebook:** @choicesforyouth

**Main Shelter Line:** (709) 757-3050
**Fax:** (709) 726-3125
**Twitter:** @choicesforyouth

**Mandate:** Help youth to secure stable housing, education, and employment, while working toward family stability and better health, through innovative programming and social enterprise.

**Target Population**: Youth aged 16-29

**Highlight of programs/services Offered:**

**Housing**

- **The Choices Shelter**: For Young Men and Gender Non-Conforming Youth
  Youth are able to stay at the shelter for up to a month, while working on their own housing plan and connecting to financial and other support services.
- RallyHaven: Accessible supportive housing for at-risk youth facing homelessness.
    - With 26 housing placements spread over multiple units in downtown and central St. John's, the RallyHaven program provides long-term supportive housing to any youth at risk of homelessness.
- The Lilly: Affordable longer-term housing located in downtown St. John's for

youth facing homelessness to begin individualized support programs
    - The facility provides affordable housing and related supports to 14 homeless and at-risk youth. It consists of 1- and 2-bedroom units, with shared community spaces in the larger kitchens and eating areas, as well as in the living, recreational, and art spaces.
    - Tel: (709) 739-1019

**Outreach, Health and Family Services**

- **Outreach and Youth Engagement:** The Choices for Youth Outreach Centre is often the first point of contact with youth in need of support.
    - Youth can personal care items, warm meals, access to a telephone or computer, access to a shower, and the chance to get out of the elements and into a warm, safe space. There are also medical professionals on-site to support youth with emergent healthcare needs. Once basic needs have been met, we can work towards identifying challenges in a young person's life and helping them navigate the systems and boundaries to help them move forward
    - Drop-In Centre: 12-16 Carter's Hill Place, St. John's
    - Phone: (709) 754-3047
- **Momma Moments:** A community based, healthy-living, peer-to-peer program for young pregnant and parenting women.
    - The Program currently runs in St. John's and Conception Bay South, where groups meet once a week for programming that emphasizes overall wellness – mental, physical, spiritual, and social – for mother and child.
- **Family Reconnect:** This program supports and facilitates the reconnection of youth with a family member - a cousin, a sibling, a parent, an uncle or aunt, or a grandparent.
    - The Family Reconnect team supports young people and their families by facilitating the process of reconnection, offering counselling, and continuously working with the young person to help them achieve their goals.
- **Youth in Transitions:** Skill building and lifestyle coaching with the Department of Children, Seniors and Social Development
    - Youth in Transitions is a life-skills based program which provides up to 60 individuals with individualized support staff connected to the Outreach and Youth Engagement Team.
    - Youth in the program work to develop skills like budgeting, meal planning, laundry, and transportation -- and with the host of programs available at Choices for Youth, they are positioned to provide additional support to youth in the program as required.

**Education, Employment and Social Enterprise**

- **Jumpstart:** Pre-employment skills training for youth ready to transition to longer- term employment or educational programs.
    - The program operates three times a year and ranges from 6-8 weeks depending on the employment sector focus. Youth build skills such workplace responsibility, team work, financial management, and personal

development.
    - Other opportunities include household repairs, carpentry, gardening, and more recently, a variety of art programs.
- **Impact Construction:** A social enterprise construction company that offers on-the- job safety and construction training for at-risk youth ready to secure long-term, sustainable employment or pursue skilled trades training.
    - Tel: (709) 631-9256
- **Neighbourhood**: A retail social enterprise, which sells gently used clothing for children, youth, and adults.
- **The Shop:** At The Shop, young people manufacture, package, and ship products for partner agencies, including building Sucseed hydroponic units, assembling SmartICE sea-ice monitoring systems, and bottling Wild Mother Provision's Beer Vinegar.
- **Youth Leadership Council:** Leaders who give back by consulting on youth programs, providing mentorship, and supporting CFY with their perspectives and experiences.
- **General Educational Development (GED):** Youth are able to access on-site GED support to prepare them to write the GED test.
- **Employment Support** – For young people looking to remove barriers to competitive employment or accessing education, they can access a support worker and training sessions to help reach their goals.

## Conservation Corps NL

Suite 103, 10 Austin Street, St. John's, NL A1B 4C2

**Tel:** (709) 729-7265 **Email:** contactus@ccnl.ca **Fax:** (709) 729-7270

**Website:** http://www.ccnl.ca **Twitter:** @CorpsNL **Youtube:** CCNL

**Facebook:** @ConservationCorpsNL **Instagram:** @conservationcorpsnl

**LinkedIn:** Conservation Corps NL

**Mandate:** Conservation Corps of NL is a not-for-profit organization dedicated to providing youth with training and employment in environmental and cultural heritage conservation. Their goals are to help young people gain leadership, teamwork and employment skills; to work with communities and partners to enhance, restore, and sustainably develop the natural and cultural resources of the province; and to develop and promote a strong conservation ethic in Newfoundland and Labrador.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- Green Team Program – Offers youth meaningful employment and skill development opportunities in a supportive team setting. Green Teams focus on

local environmental and cultural projects developed in partnership with communities, organizations, and corporate partners.

- Internship Program – Provides non-profit organizations, community groups and municipalities an opportunity to host an intern on a project focusing on environmental or cultural heritage conservation. This program allows for meaningful, paid employment opportunities for recent graduates, while supporting important cultural and environmental initiatives in communities throughout the province.
- Climate Change Education Centre (CCEC) –Offers in-classroom presentations to schools across the province.
- Water Conservation Project – Focuses on water conservation throughout the province of Newfoundland and Labrador. CCNL is addressing various aspects of our water resources through the delivery of a pan-provincial education campaign and an action-based conservation study of residents on the Northeast Avalon.
- Adele Poynter Memorial Award – Awarded to a youth who is a resident of Newfoundland and Labrador and who has demonstrated an active commitment to the environment or cultural resources of the province through their volunteer/work activities

**Youth Employment:**

- Each Green Team employs four youth (ages 16-30). Three team members and a team leader work closely with the Corps senior staff and the corporate and community partners involved in individual community projects.
- Each internship placement must involve the enhancement, restoration, and sustainable development of our natural or cultural resources; and create relevant and challenging work experiences for recent graduates of natural resource management, environmental technology, rural development, community development and biology programs.

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**

**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**

To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**

Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Junior Achievement of NL

3rd Floor, Delgado Building, 171 Water Street, P.O. Box 7468, St. John's, NL A1E 4V8

**Tel:** (709) 753-9533 **Fax:** (709) 753-2612 **Email:** info@janl.org

**Website:** http://janl.org

**Mandate:** To inspire and prepare young people to succeed in a global economy.

**Target Population: Primary,** elementary, junior high and high school students.

**Highlight of Programs / Services Offered:**

JA helps shape our future leaders through innovative in-school and after-school business education programs. Program delivery methods include: virtual (jacampus.org), in-person and webinars. On the jacampus.org, some programs are self-directed, meaning students can access whenever, where ever at no cost.

Programs educate youth on workforce readiness, financial literacy, and entrepreneurship. Programs are supported by local industry, service groups, and community groups. Business volunteers are a big part of JA's success.

JA programs help students:

- Explore future school and career options
- Learn teamwork and communication skills
- Gain creative problem-solving skills
- Understand leadership and entrepreneurship
- Discover budgeting and saving skills for independent living
- And much, much more

## Skills Canada NL

**Address:** 75 Barbour Drive, Mount Pearl, NL A1N 2X3. (SCNL is on the back side of the building and can be accessed from the Jackman Drive entrance).

**Facebook:** @SkillsCanadaNewfoundlandandLabrador
**Email:** scnl@skillscanada.com **Website:** http://www.skillscanada-nfld.com/
**Tel:** (709) 739-4172 **Fax:** (709) 739-4198
**Instagram:** @SkillsCanadaNL **Twitter:** @Skills_NL

**Mandate:** Skills Canada works to encourage and support a coordinated approach to promoting skilled trades and technologies to youth. The goals of Skills Canada NL are to raise awareness of skilled trades and technologies by bringing youth into a competitive spotlight; to improve competencies, self-esteem and the achievement level of individuals pursuing careers in the skilled trades and technologies; and to educate and encourage young Canadians to develop skills that address labour shortages and support Canada's economic well-being.

**Target Population:** Young Canadians primarily, but also parents and educators.

**Highlight of Programs / Services Offered:**

- **Main Program**: Competitions – regional, provincial, national and international trades technology competitions for junior high, high school and post-secondary / apprenticeship students
- **Skilled Futures:** The goal of the Skilled Futures program is to offer junior high and high school-aged students across the province the opportunity to engage in interactive skilled trade and technology workshops and virtual events. SCNL has expanded the Skilled Futures program to tackle many relevant career options for

students and offers focused workshops for female students and inclusive events for co-ed students.

- In-school presentations outlining a wide array of career choices available to young Canadians.
- ENTER:preneur Program: Provides young tradespersons and technologists with the tools and knowledge to translate their skills into successful self-employment. This is accomplished by merging skilled trades and technology with professional business development in the form of interactive events for youth, instructors and education administration at the intermediate, secondary and post-secondary levels. Programs include Apprenticeship Conferences, Dragon Lairs, the Pitch Competitions and Educator Lunch and Learns

## The Murphy Centre – Youth Works Well Program

*Prince Philip Drive Location*
**All Services**
1 Prince Philip Drive
St. John's, NL A1A 5B2
Tel: (709) 579-6606
Fax: (709) 579-2655
**For Academic Information:**
academics@murphycentre.ca

*Torbay Road Location*
**Career Services**
Fall River Plaza 320 Torbay Road,
Suite 201 St. John's NL A1A 0L3
Tel: (709) 753-2830
Fax: (709) 579-8022
**For Career Information:**
careerservices@murphycentre.ca

**Website:** https://murphycentre.ca/
**Facebook:** The Murphy Centre
**Instagram:** @themurphycentre
**Youtube:** Murphy Centre

**Mandate:** Within a challenging and respectful environment, the Murphy Centre provides individuals with opportunities for growth through the integration of creative learning experiences designed to achieve academic, career and life goals.

**Target Population:** The Murphy Centre helps:

- youth and adult learners who want to complete or upgrade in the High School Credit (HSC), Adult Basic Education (ABE) or General Educational Development (GED) programs;
- youth and older workers find employment wherever they are in their career: entry-level work or professionally trained positions;
- people explore, start, or change careers.

**Highlight of Programs / Services Offered:**

**Academic Services:** The Murphy Centre offers adults (18+) three options to complete a high school equivalency or diploma:

- Adult Basic Education (ABE): is a Newfoundland and Labrador provincial program for adults to achieve a high school equivalency diploma, or to upgrade specific subject areas to meet entrance requirements to post-secondary programs.
    - The Murphy Centre offers Level II and Level III ABE at our Prince Philip Drive location. However, if it is determined that an applicant needs to complete Level I, the Murphy Centre will refer to an organization who offers it.
    - Applicants for the ABE program must be 19 years old and residents of Canada. (This includes permanent residents, landed immigrants or persons with refugee status.)
    - *ABE is a funded program. To check if you are eligible for funding, or if you have further questions about ABE, please contact our academic outreach coordinator (Sondria) at 709-753-2830 or by email: sondriabrowne@murphycentre.ca or call our intake coordinator (Trudy) at 709-576-6606 or email trudymorgancole@murphycentre.ca*
    - To apply, click here.
- General Educational Development (GED):
    - The General Educational Development (GED) is an international high school equivalency testing program for adults. It consists of a series of five tests in the following areas:
        - Language Arts Reading, Language Arts Writing, Mathematics, Social Studies, and Science
    - The Murphy Centre runs a GED preparation program for adults (30+) at our Torbay Road location. We offer a flexible class schedule and time commitment that is designed to work around you.
    - In addition to the in-class preparation services we offer, the Murphy Centre is now able to offer a virtual preparation program to people wishing to complete their GED. GED Academy™ is an online, mobile-friendly prep program
    - *There is no cost to participate in the GED program.*
    - If you have questions about the GED program, please contact Corey at 709-753-2830 or email coreyfollett@murphycentre.ca
    - To apply, click here.
- High School Credit (HSC):
    - The Murphy Centre, at our Prince Philip Drive location, offers the high school credit program as per the requirements of the Department of Education and Early Childhood Development in Newfoundland and Labrador.
    - There are two levels of programing offered at The Murphy Centre:
        - **Academic Diploma:** The academic program is intended for participants planning to pursue a post-secondary education at the university and college level.
        - **General Diploma:** The general program is intended for participants interested in the majority of trades or for direct entry into the workforce.
    - Applicants must be 18 years of age and out of school for 6 months (unless a direct referral from District School).

- *There is a $20 fee per semester.*
- If you have questions about the HSC program, please contact Kim at 709-579-6606 or email kimsturge@murphycentre.ca
- To apply, click here.

***Career Services*** located at 320 Torbay Road, offers a holistic approach to career development and employment supports, which includes group-based programming and one on one meetings.

- Transitions to Work is a 9-week workplace readiness program for individuals who are:
  - Unemployed;
  - Currently receiving income support, or feel you would qualify for income support, if you applied;
  - Non EI eligible;
  - Between the ages of 19 and 45 years;
  - Have a minimum of grade ten high school completed; and
  - Interested in obtaining a job
  - If you would like more information about Transitions to Work, please contact (709) 753-2830

- Two Roads is a career development service for people who are 16 years of age and older who are seeking support in pursuing career and/or academic goals.
  - Two Roads regularly offers a variety of **workshops** intended to support individuals in attaining their career and employment goals.
  - To become a participant or for more information on Two Roads, please contact one of our Outreach Coordinators (Deanne or Sondria) email deannebambrick@murphycentre.ca or sondriabrowne@murphycentre.ca or call (709) 753-2830
  - To apply, click here.
- The Youth Works Well Navigator Program (YWWNP): is the Murphy Centre's new Federal Youth Employment and Skills Strategy Program. The goal of YWWNP is to assist youth in making a successful transition into the labour force.
  - Youth between the ages of 18 and 30, who are not in employment, education or training, are eligible to apply.
  - If you would like more information on YWWNP please contact Stephanie at (709) 753-2830 or email stephaniehoskins@murphycentre.ca
  - To apply, click here.
- SOAR is designed to support the academic and employment goals of those training for the skilled trades, as well as employees currently working in the skilled trades.
  - SOAR **provides tutoring** to students in training, **career consultation**, and **counselling** to anyone in the skilled trades who would like to talk about their issues at work or home.
  - **To access tutoring services please contact:**
    - Courtney Clarke, Project Coordinator, at (709) 693-2050
  - **To access counselling or career consultation services contact:**

- Raven Waren, Counsellor (CCC), at (709) 727-4050.

## YMCA Summer Work Student Exchange

Regional Coordinator, Atlantic-Eastern Quebec: Florence Lux-Côté
**Email:** florence.luxcote@halifax.ymca.ca

**General information email:** Info-SWSE@ymcagta.org
**Toll-Free:** 1-877-639-9987 **Email:** stjohns.swse@ymcagta.org
**Facebook:** @YMCAExchanges **Twitter:** @YMCAExchanges
**Website:** https://swse.ymcagta.org/ **Instagram:** @YMCAExchanges
**Blog:** www.ymcaexchanges.com

**Mandate:** The YMCA Summer Work Student Exchange Program (SWSE) offers 16-17 year old youth an incredible six week work exchange opportunity to develop French language skills, gain paid work experience, connect with a host family through a reciprocal homestay, and discover a community in Quebec through group activities. This national program enhances personal growth, community involvement, and leadership.

**Target Population:** Youth aged 16-17 in St. John's and surrounding areas.

**Highlight of Program / Services Offered:**

- The program runs for six weeks in the summer, beginning in early July and ending mid-August.
- Participants work in a paid position at a local non-profit and will be assigned an employment mentor, giving them an opportunity to gain work experience in a supportive environment.
- Participants stay with a host family in their exchange community, while another participant travels to Newfoundland to stay in their home. If a family cannot host they will need another adult/family to host on their behalf.
- Participants make new friends and enhance their community connection through group activities which are led and supported by their YMCA Local Coordinator.
- Well-trained YMCA Local Coordinators provide support for participants before and during the exchange in order to help them navigate their way through this great journey.
- It is free to apply at www.summer-work.com. After being accepted into the program there is a registration fee of $125. If the cost presents a challenge for participation, SWSE staff can work with you on a solution.
- SWSE is committed to seeing a diversity of participants, such as youth of various ethnicities, races, income levels, religious beliefs, abilities, sexual orientations, and gender identities, among others. Youth applicants and their families can let SWSE staff know if they require any accommodations to support their participation.

## Youth Canada

**Tel:** 1-800-O-CANADA (1-800-622-6232) **Fax:** 1-819-997-1820

**TTY:** 1-800-926-9105 **Facebook:** @LeadersToday
**Instagram:** @leaderstoday
**Website:** www.canada.ca/en/services/youth.html and https://linkin.bio/leaderstoday

**Mandate:** To be a one-stop online access point for youth-related employment information on the internet. The Youth Canada webpage is an information hub used to provide the resources formerly provided by the Service Canada Centres for Youth.

**Target Population:** Canadian youth and employers

**Highlight of Programs / Services Offered:**

- The YC website provides information on Government of Canada services that are available for youth and employers.
  - Resume Writing
  - Find Work
    - Youth and Student Employment
  - Student Loan Calculator
  - Explore Careers
  - Training
  - Education
    - It acts as an online first point of contact to find the information/services youth need, providing links and resources for unemployed youth about available programs and services to facilitate job searching, furthering their education, and seeking out government benefits if they are in need of money while unemployed.
    - The YC website also provides information for employers of youth, facilitating their employment by linking to various programs that will fund youth employment initiatives.

## Youth Ventures

**Provincial Office:** 1694 Topsail Road, Suite 104 Paradise, NL A1L 1V8

**Tel:** (709) 745-4406 **Facebook:** @YouthVenturesNL
**Twitter:** @YouthVentures **Instagram:** @youthventuresnl
**Toll-free:** 1-800-833-1829 **Website:** www.youthventuresnl.com
**Fax:** (709) 745-4414 **Email:** provincial@youthventuresnl.com

**Mandate:** Youth Ventures empowers young people to turn their hobbies, interests, and passions into money making profitable ventures.

**Target Population:** Youth age 12-29

**Highlight of Programs / Services Offered:**

- Youth Ventures empowers young people to turn their hobbies, interests and passions into money making profitable ventures.
- The program itself is available to students across the province from May-September every year, however, the Provincial Coordinator is available year round for anyone that still needs assistance or has any questions regarding their business.
- Youth Ventures is there from the very beginning to help students come up with an idea; create a business plan; do market research; find financing to get the business up and running; and to provide marketing support.

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females, ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.
- Live-In Parent Model Program(s) is a residential program for children and youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive, nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and

group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.

- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**

- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**

- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp

## Addictions……

### Adult Mental Health & Addictions Services – Eastern Health

PO Box 8700, 1st Floor, West Block, Confederation Bldg., St. John's, NL A1B 4J6

**Email:** david.kielly@easternhealth.ca **Tel:** (709) 752-4922

**Website:** https://mha.easternhealth.ca/adults/

**Adult Central Intake: Tel:** (709) 752-8888 **Fax:** (709) 752-6852

**Email:** MHAintake@easternhealth.ca

**Mandate:** Eastern Health's mental health and addictions programs provide service to a wide range of people including those experiencing acute psychotic episodes, forensic clients, geriatric residents and people trying to live and work each day with mental illness, addictions and mental health issues. Our interdisciplinary teams can be found on inpatient units, in outpatient or community clinics, correctional facilities, and are also involved in numerous support groups, training sessions, life skills programs and work settings.

**Target population:** Individuals 18+ experiencing mental health & addictions issues.

**Different ways to access help:**

- **Over the Phone, In person, Online, in an Emergency.**

**Services Offered:**

- Intake For Adults
- Mental Health and Addictions Systems Navigators
- Doorways
- Counselling in the Community
- Psychiatric Emergency
- Psychiatric Rehabilitation
- Psychiatric Assessment Unit
- Acute Care
- Day Treatment Program
- Clinical Efficiency
- Eating Disorder Services
- Treatment Centres and Withdrawal Management
- Support Groups
- Housing Services
- Opioid Treatment and Naloxone
- Geriatric Psychiatry Services
- Ambulatory Care
- Forensic Services
- Assertive Community Treatment
- Concurrent Addictions Specialized Treatment (CAST)
- Psychosis Intervention Early Recovery (PIER)
- Clinical Sexology
- Traumatic Stress Services
- Electroconvulsive Therapy (ECT) Service

## Al-Anon / Alateen Family Groups

303 Thorburn Rd Box G, St. John's NL, A1B 4R1

**Tel:** (709) 722-2666 **Email:** info.al-anon.nl@nf.aibn.com
**Toll-free:** 1-888-455-2666 **Website:** www.al-anonandalateen.nl.ca

**Mandate:** Al-Anon is a fellowship of relatives and friends of alcoholics who share their experiences, strength and hope in order to solve their common problems. Alateen is a fellowship of young Al-Anon Members, usually teenagers, whose lives have been affected by someone else's drinking.

**Target Population:** Relatives and friends of alcoholics

**Highlight of Programs / Services Offered:**

- Support meetings for adults and youth who have been affected by someone else's drinking
- Helps families of alcoholics by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.
- These 20 questions are to help you decide whether Alateen is for you.
- Podcasts: Audio recordings on the Internet that are available by subscription.
- An easy way to hear what Al-Anon has to offer. The podcast, "First Steps to Al-Anon Recovery" are at www.al-anonfamilygroups.org
- Subscriptions are free; an automated e-mail notifies subscribers when a new instalment is posted.
- Al-Anon's Public Outreach: Serves the general public, professionals, and media requesting information. Public Outreach is available to correctional centres, schools, social workers, community and crisis centres, and social workers.

## Alcoholics Anonymous – St. John's Intergroup

183 Kenmount Road, Suite 117, St. John's, NL A1B 3P9

**Help Line:** (709) 579-5215 **Toll Free Help Line:** 1-888-579-5215
**Meeting Info & Fax:** (709) 579-6091 **Website:** http://www.aastjohns.com/
**Email:** sjintergroup@nl.rogers.com

**Mandate:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The primary purpose is to stay sober and help other alcoholics achieve sobriety.

**Target Population**: The only requirement for membership is a desire to stop drinking.

**Highlight of Programs / Services Offered:**

- Weekly meetings for those dealing with Alcohol Abuse
- Open Meetings: speakers tell how they drank, how they discovered A.A., and how the program has helped them. Members may bring relatives or friends.

Anyone interested in A.A. is welcome to attend.
- Closed Meetings: are for Alcoholics only. There are group discussions, and members can speak up, ask questions and share their thoughts with other members. Members can get help with personal problems in staying sober and with everyday living, and share information on coping, resolving issues, practicing the Twelve Steps, etc.
- A variety of literature (Books, Pamphlets, Medallions) available for ordering.

## Canada Atlantic Region of Narcotics Anonymous (CARNA)

PO Box 26025, 407 Westmorland Road, Saint John, NB E2J 4M3

**St. John's Tel:** (709) 728-9084 **Email:** contact.us@carna.ca
**Website:** www.carna.ca **Meeting Information:** 1-800-564-0228
**Find a Meeting (Toll-Free):** 1-855-562-2262

**Mandate:** To reach a day when every addict in the world has an opportunity to experience the message of recovery in his or her own language and culture.

**Target Population:** Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. Membership is not limited to addicts using any particular drug.

**Highlight of Programs / Services Offered:**

- NA, an international, community-based fellowship for recovering drug addicts, provides peer support to other addicts who desire a drug-free outcome. NA members learn from one another how to live drug- free and recover from the effects of drug addiction in their lives.
    - NA is a global organization with a multi-lingual and multicultural membership.
    - Membership is free, and they have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations.
- Weekly meetings: Recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings.
- Click here to view Information about NA and the relied-upon booklet In Times of Illness, which was recently revised to reflect members' experiences with challenges such as mental health issues, chronic illness and pain, and supporting members with illnesses.
- Reaching Out! helps incarcerated addicts who are unable to attend regular NA community meetings connect to the NA program of recovery. It offers experience from members who successfully transitioned from the 'inside' to be productive members of society.
    - From the Inside is filled with letters and artwork from incarcerated addicts who share their experience, strength and hope as they find and maintain recovery from addiction through NA.
    - From the Outside features stories from members who are living drug free in the community and have previously been incarcerated. Often, there is artwork from members on the 'outside'.

## CAST (Concurrent, Addictions, Specialized Treatment) Services – Eastern Health

657 Topsail Road, St. John's, NL

**Reception:** (709) 777-5074 **Program Manager:** (709) 752-4923
**Clinical Lead:** (709) 752-4203
**Website:** https://mha.easternhealth.ca/adults/cast/

**Mandate:** To provide integrated care for clients who are experiencing both mental health and addictions issues, known as concurrent disorders, where there is a significant impairment in functioning and/or a high level of distress.

**Target population:** Adults 18+ with concurrent disorders involving significant and severe mental health and substance use issues and/or gambling. These issues substantially interfere with or limit one or more major life activities (ex: school, employment, personal safety, and housing).

**Highlight of Programs / Services Offered:**

- Outpatient, community-based counseling services for individuals that have a high severity of both mental health and addictions needs.
- Services may include individual, couple, family, and/or group therapy.
- Recovery-focused goals for treatment may include:
  - Increasing knowledge about concurrent disorders
  - Taking a harm-reduction approach to substance use
  - Receiving help for mental health issues
  - Learning more adaptive ways of coping
- Physicians and other health professional can fax or email a referral by contacting intake for adults. Individuals may call the Adult Central Intake line directly at (709) 752- 8888 for information and self-referral.

## Gamblers Anonymous

**24/7 Problem Gambling Helpline: 811**
**Facebook:** https://www.facebook.com/GANewfoundland/

**Mandate:** Gamblers anonymous is a fellowship of men and women who share their experience, strength and hope with each other such that they may solve their common problem and help others to recover from a gambling problem. The main purpose is to help compulsive gamblers stop gambling.

**Target Population:** The only requirement for membership is a desire to stop gambling.

**Highlight of Programs / Services Offered:**

- Gamblers Anonymous offers a 12 Step Program

- Weekly meetings (St. John's Metro):
    - 8:00pm (Mondays and Thursdays), Canon Wood Hall, Military Road.
- Recovery Centre
    - 222 Lemarchant Road (temporary location), St. John's, NL A1C 2H7
    - The Recovery Center is operated by Eastern Health and is located St. John's.
    - It is open to men and women over the age of 16 who are experiencing symptoms of alcohol and other drug withdrawal or who need assistance with a gambling problem.
    - Admission to the centre can be through self-referral or through hospital emergency units, health professionals and community agencies (i.e.: RNC).
    - The centre is able to provide contact information for Gamblers Anonymous contacts within the province.

## Gambling Helpline

**24/7 Gambling Helpline:** 811

**Service Provider Website:**
https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/helplines-and-navigator/

**Mandate:** The Gambling Helpline is dedicated to supporting gamblers and their families; and reducing and eliminating problem gambling in NL.

**Target Population:** Individuals who are concerned about their own or another's gambling. The Helpline is available for anyone experiencing a problem or negatively impacted by gambling, as well as family or friends.

**Highlight of Programs / Services Offered:**

- A 24 hour, 365 days of the year, telephone service for people who are concerned about their own or another's gambling. The helpline provides:
    - Information
    - Basic education regarding gambling problems
    - Crisis intervention
    - Possible referral to other appropriate support services
- All calls are confidential and free of charge.

## Mental Health and Addictions Division – Health and Community Services – Gov. of NL

PO Box 8700, 1st Floor, West Block, Confederation Bldg., St. John's, NL A1B 4J6

**Contacts:** Contact Information - Health and Community Services (gov.nl.ca)
**Website:** Mental Health and Addictions - Health and Community Services (gov.nl.ca)

**Mandate:** The Mental Health and Addictions Division is responsible for

providing leadership in the planning, development, implementation and evaluation of provincial policies and programs related to mental health and addiction in Newfoundland and Labrador. The division works in partnership with the four regional health authorities (RHAs),community groups, the provincial Mental Health and Addiction Advisory Council and Recovery Council, family members and individuals with lived experience, as well as other stakeholders in Newfoundland and Labrador.

**Experiencing a mental health and/or addictions crisis?** Call 811. 811 HealthLine nurses are available 24/7 to listen, provide support, and connect you to health services in your area. If you are experiencing a mental health and addictions crisis, need support, or are looking for health information, call 811.

**Bridge the gapp**: Bridge the gapp is a free online resource for youth and adults. It connects you to self-help information and local supports through a searchable service directory. You can also access a variety of tools to support your wellness. There's something for everyone.

For more information please visit: Home - Bridge the gapp

## Nar-Anon Newfoundland

Mondays at 8:00 PM
Church of the Good Shepherd
111 Richard Nolan Drive, Mount Pearl

Thursdays at 8:00 PM
St. Teresa's Church, 120 Mundy Pond Rd.
WEST (LEFT) side BASEMENT ENTRANCE

**Contact Naranon NL:**

**Facebook Group:** Naranon NL
**Email:** naranonstjohns@gmail.com **Tel:** (709) 770-5213
**Website**: naranonstjohns.wix.com/nar-anonstjohns

**Mandate:** The Nar-Anon Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strengths, and hope at weekly meetings.

**Target Population:** Nar-Anon members are relatives and friends of people who are struggling with addiction or drug problems.

**Highlight of Programs / Services Offered:**

- Our program may be beneficial for those family members of addicts you may come in contact with. We know the disease of addiction can affect the family members and friends of addicts, physically, emotionally and spiritually.
- Nar-Anon provides support and hope to those in despair because of a relative or friend's addiction.
- Nar-Anon Family Groups is a twelve step fellowship that offers a recovery program for those affected by someone's addiction. The only requirement for membership is that there be a problem of addiction in a relative or friend.

- Nar-Anon is adapted from Narcotics Anonymous and uses Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts. Nar-Anon cooperates, but is not affiliated, with Narcotics Anonymous and other recovery programs.
- Our program is based on a set of spiritual principles; we have no affiliation with any particular religion.
- Meetings every Monday and Thursday.

## NL Alliance for the Control of Tobacco (ACT NL)

29 Rowan Street, St. John's, NL A1B 2X2

**Tel:** (709) 753-0079 **Email:** melissamoore@actnf.com **Twitter:** @actnl
**Fax:** (709) 753-0109 **Facebook:** facebook.com/actnl **Website:** www.actnl.com/

**Mandate:** ACT is a partnership of both government and non-government organizations, dedicated to reducing the negative health, economic, and environmental effects of tobacco use in NL.

**Target Population:** All segments of population with particular attention to youth

**Highlight of Programs / Services Offered:**

- Together with its partners, ACT is responsible for developing, implementing and monitoring the Provincial Tobacco Reduction Strategy which sets out a coordinated plan for tobacco control activities in the Province.
- Mass media campaigns including T.V., radio and print commercials which educate youth on the tobacco industry.
- Mass media campaigns which educate the entire population on the dangers of 2nd hand smoke exposure in the home and in the work place.
- Delivery of anti-tobacco presentations to schools and community groups
- The ACT Grant Program is a year-round program designed to assist community partners around the province as they implement projects to show that every action counts when it comes to tobacco control in NL.

## Overeaters Anonymous

**Tel:** (709) 738-1742 **Website:** https://oanl.org/ **Email:** info.oa.nl@gmail.com
**Meetings:** oanl.org/nl-meetings/

**Mandate:** OA is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. OA's primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

**Target Population:** Individuals who want to stop eating compulsively

**Highlight of Programs / Services Offered:**

- Weekly meetings – OA is a 12 step program modeled after AA. Members share their experience and strength in hope to help solve their common problem.
- Check the website's "Find a Meeting" page for meeting times and locations, as they may vary.

## Smokers' Helpline - Lung Association of NL

15 Pippy Place, 3rd Floor, Carnell Building, PO Box 13457, Station A, St. John's, NL A1B 4B8

**Smokers' Helpline:** 1-800-363-5864 **Fax:** (709) 726-2550
**Website**: www.smokershelp.net/ **Email:** shl@nf.lung.ca
**Twitter:** @SmokersHelpNL **Facebook:** @smokershelp
**Instagram:** @smokershelpnl

**Mandate:** The SHL is dedicated to improving public health and the quality of life by reducing and eliminating tobacco use in NL; reducing the provincial smoking rate; and by encouraging and supporting Newfoundlanders and Labradoreans of all ages to quit using tobacco and stay tobacco free.

**Target Population:** All ages across the province; smokers and non-smokers

**Highlight of Programs / Services Offered:**

- The SHL offers a variety of services to help individuals quit (or reduce) smoking. Smoking cessation information and support is available over-the-phone, online, and through texts and emails.
- The SHL is not only for smokers, the Helpline regularly receives calls from others such as health professionals, employers, and friends/family members of smokers.
- Individuals may sign-up to receive support with quitting through a text message program (receive 1 text per day for up to 12 weeks) and an email program (receive 1 email per week for 5 weeks).
- There is a web-based app, KickAsh, which provides helpful and fun tools to help individuals get motivated and stay on track with quitting.
- The online program Mindful E-Quit provides a variety of online tools including a training video and guide, interactive workbook and quit tips based on mindfulness themes.
- Healthcare providers, workplaces, post-secondary institutions and community organizations are invited to help individuals connect to the SHL services through the Helpline's Referral Program.

## Stella's Circle

Administration Offices: 142 Military Road, St. John's, NL A1C 2E6

**Main Switchboard:** (709) 738-8390 **Email:** info@StellasCircle.ca
**Fax:** (709) 738-7808 **Shelter Tel:** (709) 579-8432
**Website:** www.StellasCircle.ca **Twitter:** @StellasCircle

**Facebook:** @stellascircle **Instagram:** @stellascirclenl

**Mandate:** To help adults remove barriers to participating in their community. Barriers can include: mental health issues; addictions; poverty; criminal justice involvement; homelessness; low literacy; and periods of unemployment. Transforming lives through Real Homes, Real Help and Real Work.

**Target Population:** Men and women age 18 and older; women ages 16-30 (Naomi Centre)

**Highlight of Programs / Services Offered:**
**Real Homes Program**

Real Homes: Safe, secure and stable housing is essential to wellbeing. Stella's Circle helps address the need for affordable housing by offering more than 100 housing units to rent and supportive housing for those who need it. Programs include:

- **Brian Martin Housing Resource Centre**

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457, housing@StellasCircle.ca

- Offers counselling, advocacy, and other support services to help people find secure housing
- Open 9:00am-4:30pm; Monday-Friday
- Monday to Thursday from 1:30-3:30 pm, we offer Housing Help – we invite anyone to drop in to ask questions of our staff or to use our resources to search for housing.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing housing assistance. There is no application or form to complete; simply drop in or contact us for assistance.

- **Naomi Centre**

*4 Patrick Street, St. John's, NL A1E 2S6*
(709) 579-8641, naomi@StellasCircle.ca

- An emergency shelter that offers safe and supportive temporary housing for women aged 16-30 within a harm reduction model.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing emergency housing.
- Jess's Place

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457

- Transitional housing program for women 18+ in recovery
- Up to three women share a house, live independently, and care for their

own needs.
- Accepts self-referrals or referrals from others.

**Real Help Program**

Real Help: Stella's Circle offers a range of residential, community and correctional based counselling services to support people through life's challenges. Stella's Circle believes that with the necessary supports people can flourish. Programs include:

- **Emmanuel House**

*83 Cochrane Street, St. John's, NL A1C 3L7*
(709) 754-2072, emmanuelhouse@StellasCircle.ca

- Men and women over the age of 18 can live while they address their social and emotional challenges.
- Participants stay for a four-month period and take part in individual counselling, therapeutic groups, and life skills support.
- We accept self-referrals or referrals from others.

- **Community Support Program (CSP)**

*114 Cabot Street, St. John's, NL A1C 1Z8*
(709)738-5590, cspinfo@StellasCircle.ca

- Provides intensive assistance to men and women with complex mental health needs over the age of 18.
- The goal of the program is to improve the overall quality of participants' lives, and to reduce the length and number of admissions to hospitals and prisons.

- **Just Us Women's Centre**

*142 Military Road, St. John's, NL A1C 2E6*
(709) 738-0658, justus@StellasCircle.ca

- Provides counseling and support to women over the age of 18 who have been in conflict with the law.
- We accept self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.

**Real Work:** Stella's Circle offers a range of employment and education programs to assist people with limited work experience or interrupted career paths find and maintain employment. Programs include:

- **Employment Counselling & Support Transition Groups**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1181, employment@StellasCircle.ca

- **Adult Basic Education (ABE) Level 1:**

*114 Cabot Street, St. John's NL A1C 1Z8*

709-579-2738, abe@StellasCircle.ca

- Adult Basic Education (ABE) Level I offers basic literacy and numeracy education in a supportive environment through delivery of standardized provincial government curriculum.

➢ **Work Experience:**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1178, employment@StellasCircle.ca

- We offer practical workplace-based learning to suit individual participant interests, needs and abilities. These placements provide opportunities for future employment and ensure a suitable fit for employer and employee. We offer social enterprise training and employment in three streams:
  - The Hungry Heart Café offers training to help people enter the food service industry as cooks, servers, or kitchen staff.
  - The Trades Helper Program allows participants to gain practical experience in the construction trades.
  - Clean Start provides on-the-job training in office cleaning and maintenance.

## Counselling (Therapeutic) ……

### AIDS Committee of Newfoundland and Labrador (ACNL)

47 Janeway Place, St. John's, NL A1A 1R7

**Tel:** (709) 579-8656 **Shelter Tel:** (709) 579-8348 **Fax:** (709) 579-0559
**Email**: info@acnl.net **Website:** www.acnl.net **Toll Free:** 1-800-563-1575
**Facebook:** @AIDSCommitteeNL

**Mandate:** To prevent the spread of HIV and Hepatitis C. ACNL works to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C. ACNL advocates for change while networking on a provincial, regional, national, and international level regarding HIV/AIDS and Hepatitis C issues.

**Target Population:** People living with, affected by, or at risk for HIV/AIDS and Hepatitis C.

**Highlight of Programs / Services Offered:** ACNL provides a range of services to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C, as well as providing services to the general population of the province.

- HIV/HCV Services
  - HIV/Hepatitis C/STBBI Education
  - Provincial HIV Services Special Assistance Program
  - Support Services (advocacy, referrals, appointment accompaniment, supportive counselling, etc.)

- Safe Works Access Program (SWAP)
  - St. John's Office
  - Corner Brook Office

- Transitional Housing
  - Six independent living units (one 2-bedroom and five 1-bedroom)
  - Applicants must be 18 years or older living with and/or affected by HIV/AIDS or Hepatitis C
  - For more information, please contact our Housing Coordinator, Christine Bryne, at 709-579-8656 or 1-800-563-1575, through the contact form on ACNL's website, or via email

- Tommy Sexton Centre Emergency Shelter
  - 4-bed emergency, short-term shelter for individuals ages 16 and up. Priority for individuals living with HIV/AIDS and/or Hepatitis C. Gender-neutral facility, further priority for LGBTQ2S+ shelter placement. However, all individuals experiencing homelessness are able to access shelter
  - Residential Counsellors provide housing search support, crisis and supportive counselling, linkage and referrals to community and government programs, assistance with life skills development, and other services
  - For more information on the Emergency Shelter Services Program, please contact the Shelter Services Coordinator, Alexe Morgan, by phone at (709) 579-8656, through the contact form on ACNL's website, or via email.

## Amal Youth and Family Centre

92 Elizabeth Avenue, St. John's

*General Inquiries*
**Tel: (709)** 552-1175
**Email(s):** **info@amalnl.ca**

*Wellness Centre*
(709) 769-1285
**wellness@amalnl.ca**

**Website:** **www.amalnl.ca**
**Facebook:** Amal Youth and Family Centre

**Mandate:** Amal Youth and Family Centre is a non-profit organization located in St. John's, Newfoundland and Labrador, Canada.

Established in 2021, the mission of Amal Youth and Family Centre is to provide a range of innovative services responsive to the needs of individuals, families and communities, including educational, social, cultural, outreach, clinical, family-based, alternate care and networking activities. Amal aims to provide trauma-informed, neuro-diverse, and culturally, racially, linguistically, and developmentally sensitive services for youth and families, and to promote diversity in all forms with respect to citizenship status, culture, religion, race, ethnicity, gender identity, sexuality, age, and ability.

**Target population:** Amal serves children, youth, families and adults

**Highlights of Programs / Services Offered:** Services offered through Amal include family engagement services; respite; specialized out-of-home care for young people and adults; individual, couple and family therapy; and therapeutic groups and activities including Community Acupuncture, Mindfulness and Meditation, and social groups for children and adults with autism.

## CAST (Concurrent, Addictions, Specialized Treatment) Services – Eastern Health

657 Topsail Road, St. John's, NL

**Reception:** (709) 777-5074 **Program Manager:** (709) 752-4923
**Clinical Lead:** (709) 752-4203
**Website:** https://mha.easternhealth.ca/adults/cast/

**Mandate:** To provide integrated care for clients who are experiencing both mental health and addictions issues, known as concurrent disorders, where there is a significant impairment in functioning and/or a high level of distress.

**Target population:** Adults 18+ with concurrent disorders involving significant and severe mental health and substance use issues and/or gambling. These issues substantially interfere with or limit one or more major life activities (ex: school, employment, personal safety, and housing).

**Highlight of Programs / Services Offered:**

- Outpatient, community-based counseling services for individuals that have a high severity of both mental health and addictions needs.
- Services may include individual, couple, family, and/or group therapy.
- Recovery-focused goals for treatment may include:
  - Increasing knowledge about concurrent disorders
  - Taking a harm-reduction approach to substance use
  - Receiving help for mental health issues
  - Learning more adaptive ways of coping
- Physicians and other health professional can fax or email a referral by contacting intake for adults. Individuals may call the Adult Central Intake line directly at (709) 752- 8888 for information and self-referral.

## Day Treatment Program – Eastern Health

St. Clare's Hospital, 154 LeMarchant Road, St. John's, NL A1C 5B8

**Tel:** (709) 777-5252 **Fax:** (709) 777-5093
**Email:** MHADayTreatment@easternhealth.ca

**Service Provider Website:**
https://mha.easternhealth.ca/adults/day-treatment-program/

**Mandate:** To provide outpatient services to adults with a major psychiatric disorder.

**Target population:** Individuals with a major psychiatric disorder who are in remission from the acute phase of their illness.

**Highlight of Programs / Services Offered:**

- Day Treatment is an 8-week adult group program which runs from Monday to Thursday, 9 am. to 2 pm.
- The program can help individuals avoid hospitalization for mental health concerns or to transition out of hospital.
- Referral by a psychiatrist is needed.

## Doorways Walk-In Counseling Service – Eastern Health

Back of Building 532, Pleasantville, St. John's, NL

**Tel:** (709) 752-4903
**Service Provider Website:** https://mha.easternhealth.ca/doorways/

**Mandate:** *Doorways* provides rapid access to mental health and addictions counselling services 'one session at a time.' While most *Doorways* locations offer a walk-in service, some locations provide same-day or next day services or appointments by phone. Walk-in counselling services are available without an appointment or referral.

**Target population:** Men, women and children over the age of 12.

**Highlight of Programs / Services Offered:**

- Doorways is NOT an emergency service. Individuals experiencing a mental health crisis should proceed to the nearest hospital or emergency department.
- No triage, no intake process, and no wait list. No formal assessment and no formal diagnostic process.
- Offered at eight sites throughout the region. To view walk-in service locations and clinic hours, visit Eastern Health's website.
- Service is provided by a team of Mental Health Clinicians, including Mental Health Social Workers, Nurses, Psychologists, and Addictions Counselors.
- You will meet with a mental health clinician for a single session (approximately 1 hour) to address a mental health and/or addictions issue.

DOORWAYS WALK-IN CLINIC

- A full list of Doorways clinics, addresses, telephone numbers, and times can be found here.

## Mental Health and Addictions Division – Health and Community Services – Gov. of NL

PO Box 8700, 1st Floor, West Block, Confederation Bldg., St. John's, NL A1B 4J6

**Contacts:** Contact Information - Health and Community Services (gov.nl.ca)

**Website:** Mental Health and Addictions - Health and Community Services (gov.nl.ca)

**Mandate:** The Mental Health and Addictions Division is responsible for providing leadership in the planning, development, implementation and evaluation of provincial policies and programs related to mental health and addiction in Newfoundland and Labrador. The division works in partnership with the four regional health authorities (RHAs),community groups, the provincial Mental Health and Addiction Advisory Council and Recovery Council, family members and individuals with lived experience, as well as other stakeholders in Newfoundland and Labrador.

**Experiencing a mental health and/or addictions crisis?** Call 811. 811 HealthLine nurses are available 24/7 to listen, provide support, and connect you to health services in your area. If you are experiencing a mental health and addictions crisis, need support, or are looking for health information, call 811.

**Bridge the gapp**: Bridge the gapp is a free online resource for youth and adults. It connects you to self-help information and local supports through a searchable service directory. You can also access a variety of tools to support your wellness. There's something for everyone.

For more information please visit: Home - Bridge the gapp

## North Star Child and Youth Advocacy Centre

**Mailing Address:** P.O. Box 39142, Topsail Rd, St. John's, A1E-5Y7
**Telephone Number(s):** 709-552-9195; 763-6724
**Email:** info@northstarcyac.org
**Website:** www.northstarcyac.org
**Facebook:** North Star Child and Youth Advocacy Centre
**Twitter:** @NorthStarCYAC

**Mandate:** The services North Star Child and Youth Advocacy Centre (CYAC) provides are essential for the well being of children and youth who have experienced or been witnessed to abuse. North Star CYAC provides support for children/youth and their non-offending family members, right at the onset of when abuse is first suspected. Supporting in the beginning is called early intervention - it can help create the best opportunities for understanding what children and youth need to heal. Early intervention has a higher success for lowering possible adverse effects from child abuse.

**Target population:** Children and Youth and their non-offending family members

**Highlights of Programs / Services Offered:**

North Star CYAC provides a safe space for children and youth to complete their forensic interview, medical, and received advocacy and support. As well, children and youth can avail of a Navigator to help support and assist in navigating the system. North Star can

facilitate multidisciplinary team meetings (MDT) to support children and youth as they already have a lot of stress and anxiety on their shoulders from needing to come in for the forensic interview.

North Star CYAC also helps to create a team approach to support children and youth who have been victims of violence or abuse. We work with police, child protection, health services and victim services to ensure your family gets the support needed. A collaborative approach like this enhances the ability for important information to not get missed and helps us all support our clients in the best way possible. North Star provides the important and on-going support, programs, advocacy and/or counselling needs for the children, youth, and their families. With the support of a navigator, children and youth are assisted in navigating the system; something that many families need.
North Star CYAC is proud to be a safe place for children, youth, and their support systems!

(Requests for services come directly from CSSD and/or police services at this time)

## Ruah Counselling Centre

Suite 200, The Lantern Building, 35 Barnes Road, St. John's, NL A1C 3X1

**Tel:** (709) 579-0168 **Fax:** (709) 579-2799
**Email:** info@ruahcounselling.ca **Website:** https://ruahcounselling.ca/

**Mandate:** Ruah Counselling Centre believes in the intrinsic core value of each person, embracing their spirit as they strive to reach full potential. The Centre provides services through a client-centered approach that promotes the well-being of individuals, families, and communities.

**Target Population:** Clients 16 years of age and older. There is a standard fee for counselling services, however, we also offer a rate based on a sliding scale including a reduced fee or no fee, depending on one's ability to pay.

**Highlight of Services / Programs Offered:**

- Ruah Counselling Centre offers a wide range of counseling services, workshops, and support groups.
- Individual, couple, family and group counseling services.
- Groups on a variety of topics that include the following:
    - Parenting Children 0-10 years
    - Parenting Teenagers
    - Parenting your Children After Separation and Divorce
    - Rebuilding After the End of a Relationship, Separation and Divorce
    - Single Moms Series
    - Self-Empowerment for Women
    - When you see Red for Women
    - When you see Red for Men
    - Workshops for Teens (Anxiety, Stress Management, Mindfulness)

    - Effective Communication Skills
    - Introduction to Meditation
    - Mantra Meditation Group
    - Stress Management

- Click Here for additional information about our programs and scheduling.

## St. John's Women's Centre (SJWC)

170 Cashin Ave. Ext., St. John's, NL A1E 3B6

**Website:** sjwomenscentre.ca/ **Fax:** (709) 753-3817 **Twitter:** SJSWC
**Facebook:** @SJWomensCentre **Tel:** (709) 753-0220 **Instagram:** @sjsowc
**Email:** reception@sjwomenscentre.ca

**Mandate:** Working to achieve equality and justice through political activism, community collaboration and the creation of a safe and inclusive space for all women in the St. John's area.

**Target Population:** All women

**Highlight of Programs / Services Offered:**

**Marguerite's Place:** From the comfort and safety of their own apartments, Marguerite's Place assists women move toward independence.

- Contact Nikki Browne for more information,
- (709) 753-0220; nikki@sjwomenscentre.ca
- Current housing services include:
    - 8 units open to women over the age of thirty who are not accompanied by dependents, and who are experiencing difficulty finding or maintaining housing due to circumstances in their lives or the complexity of their needs.
    - Each self-contained apartment has its own bathroom and kitchen. A communal space invites connection and the chance to enjoy the company of neighbours.

- **The SJWC offers:**
    - All programs are offered free of charge and women centered. For our monthly calendar of program events please visit https://sjwomenscentre.ca/programs/
    - **Right Here Right Now:** Individual, Drop-In Counselling Services
    - **Group Counselling** – Support for Women who have experienced Intimate Partner Violence.
    - **Thursday Tea Time** – Tea, coffee & light snack, connection with other women.
    - **Clothing Boutique & Personal Care Pantry:** Our Clothing Boutique Program is available to any woman in the community and appointments are available monthly on Thursdays and Fridays. This program has been a great

resource to women experiencing homelessness, living on fixed or low incomes, experiencing violence, or simply seeking something new to wear.
    - **Pre-Release Program at the Newfoundland and Labrador Correctional Centre for Women:** Every five weeks, a staff member visits the Correctional Centre in Clarenville, Newfoundland (140 km west of St. John's) as part of their pre-release process to talk about programs in the community.
    - **Holistic Programs:** Offered seasonally in a variety of forms, yoga, mindfulness, arts and crafts.

**S.H.O.P. (Safe Harbour Outreach Project):** The Safe Harbour Outreach Project (SHOP) is the only sex worker advocacy program in Newfoundland and Labrador.

- SHOP's mandate is to advocate for the human rights of all women who have engaged in sex work across our city and province, both on an individual and collective level.
    - One-on-one individual support, including home visits and accompaniments to appointments
    - Give out and deliver safer sex supplies and clean drug use supplies
    - Peer drop-in hours in our private, confidential space
    - Weekly community meal
    - Workshops and info sessions for sex workers
    - Street outreach
    - Health care supports
    - System navigation and referrals
    - Individual and community advocacy

## Survivors of Suicide (S.O.S.) Loss Support Group

99 Dorans Lane, St. John's, NL
**Tel:** (709) 726-4223 **Contact:** Tina Davies **Email:** tgdavies99@gmail.com

**Mandate:** To offer a safe and supportive environment where you can share your feelings, talk about the suicide and learn from each other's experience

**Highlight of Programs / Services Offered:**

- **Richard's Legacy Foundation for Survivors of Suicide Loss Support Group Meetings**:
    - The support group meets twice monthly:
    - The **2nd** and **4th** Monday of each month at 7:30 pm.
    - Meeting location is 878 Topsail Road, St. John's, NL (in the Lifewise offices).
- Counselling available one on one for individuals, and families.

## Food Security……

### Bridges to Hope

39 Cookstown Road, St. John's NL A1C 4G7

**Tel:** (709) 722-9225 **Email:** info@bridgestohope.ca
**Website:** **https://www.bridgestohope.ca/**
**Facebook:** https://www.facebook.com/BridgesToHope
**Instagram:** https://www.instagram.com/bridgestohope/?hl=en
**Twitter:** https://twitter.com/bridges2hopeinc

**Mandate:** Our programming offers help to anyone requiring food assistance. It's not a hand out – it's a hand up, helping Newfoundland families and individuals move forward in life. Our clients are your neighbours, co-workers, and friends. That's why at Bridges to Hope our focus is "neighbours feeding neighbours."

**Target population:** Bridges to Hope serves anyone requiring food assistance on the Northeast Avalon.

**Highlights of Programs / Services Offered:**

**Food Pantry**: Clients can access one full hamper and one emergency hamper per month. The full food hamper includes fresh baked bread, homemade soups and stews prepared in our community kitchen, plus other essential food items required to feed a family or an individual for up to five days. Our emergency hamper is designed to last 24 to 36 hours.

**Bag to School**: Bridges to Hope supports students in our community through an education outreach program called "Bag to School." The program provides K-12 and post-secondary students with quality, curriculum-based school supplies, all packaged in a backpack and ready to go. Registration for the program occurs annually in July. For more information, please visit our website.

**Christmas Hampers**: Every year in December Bridges to Hope distributes an average of 300 Christmas Hampers in the community. Registration occurs annually in November. For more information, please visit our website.

### Canada Without Poverty

334 MacLaren St, Unit 300, Ottawa, Ontario K2P 0M6

**Tel:** (613) 789-0096
**Toll Free:** 1-800-810-1076
**Email:** info@cwp-csp.ca
**Twitter:** CWP_CSP
**Instagram:**@cwp_csp
**Facebook:** @CanadaWithoutPoverty

**Website:** https://cwp-csp.ca/

**Mandate:** Canada Without Poverty seeks to eradicate poverty in Canada for the benefit of all by educating Canadians about the human and financial cost of poverty, and by identifying public policy solutions.

**Target Population:** Anyone living in poverty in Canada and service providers

**Highlight of Programs / Services Offered:**
CWP works to relieve poverty in Canada by:

- **Advancing the knowledge of, and the study of, poverty in Canada** by organizing conferences and workshops on topics related to poverty;
- **Undertaking and supporting research into factors that contribute to poverty** and the most appropriate ways to mitigate these;
- **Producing and disseminating articles, commentary and reports** on topics related to relieving poverty;
- **Providing information to government officials and the public** to increase knowledge of poverty related issues and how to more effectively relieve poverty;
- **Working with food banks, soup kitchens, homeless shelters, social housing providers and other social agencies** to relieve poverty while promoting respect for the human rights of people living in poverty;
- **Directing people to the government programs and offices** by which people may access benefits to which they may be entitled;
- **To uphold and ensure compliance with international human rights law** as it relates to the relief of poverty, including, among others, the Universal Declaration of Human Rights, the International Covenant on Economic, Social and Cultural Rights and the Convention on the Rights of Persons with Disabilities;
- **To receive and maintain a fund or funds** and to apply all or part of the principal and income therefrom, from time to time, to charitable organizations that are also registered charities under the Income Tax Act (Canada);
- **To do all things incidental and ancillary to the attainment of the above objects.**
- **Income Tax Act Charter Challenge**
- **This is Poverty**
- **CWP at the UN**
- **CWP in the Courts**
- **CWP on the Hill**
- **Dignity for All**
- **Human Rights Education**
- **Submissions and Reports**
- **Speeches and Presentations**

## Canadian Red Cross

17 Majors Path, St. John's, NL A1A 4Z9

**Tel:** (709) 758-8400
**Instagram:** @redcrosscanada
**Website:** http://www.redcross.ca
**Fax:** (709) 758-8417

**Email:** rhonda.kenney@redcross.ca **Twitter:**@redcrosscanada
**Facebook**: @canadianredcross

**Mandate:** We help people and communities in Canada and around the world in times of need and support them in strengthening their resilience.

**Target Population:** Those who are the most vulnerable in Canada and around the world

**Highlight of Programs / Services Offered:**

- To search for Programs and Services in the St. John's Metro region, click here.
  - Red Cross delivers core programs such as:
    - Disaster services change to Emergency Management
    - Injury and Abuse Prevention
    - First Aid and CPR training
    - RemoveHealthcare Equipment Loans
    - Meals on Wheels
    - Friendly Calls (Newfoundland and Labrador Programs and Services Results - Newfoundland and Labrador - Canadian Red Cross)
    - Volunteer Programs (Volunteer With Us – Canadian Red Cross - Canadian Red Cross)

The Newfoundland and Labrador Region offers a variety of unique, community-based services to help ensure the well-being and human dignity of those in our province.

## Community Food Sharing Association

21 Mews Place, PO Box 6291, St. John's, NL A1C 6J9

**Email:** cfsa@nl.rogers.com **Tel:** (709) 722-0130 **Fax:** (709) 722-1611

**Website:** http://www.cfsa.nf.net/

**Mandate:** To endeavor to alleviate hunger by the efficient distribution of food to food banks; To encourage mutual support among members of the association in efforts to achieve these objectives; To encourage recipients of food aid to become involved in the struggle to improve their situation

**Highlight of Programs / Services Offered:**

- The Community Food Sharing association presently supplies 54 food banks throughout Newfoundland and Labrador.
- Acts as a collection and distribution agency by the collection and distribution of bulk donations of food to food banks
- Raises funds for the fulfilment of the objectives of the Association
- Upon request, assists in the development of new food banks
- Assists in the development of public awareness of the causes of poverty in our society

## Community Sector Council of NL

**Website:** www.communitysector.nl.ca

**Twitter:** @CSC NL

**Facebook:** www.facebook.com/cscnl

**St. John's Office**

25 Anderson Avenue, St. John's NL A1B 3E4

**Tel:** (709) 753-9860 **Toll-Free:** 1-866-753-9860 **Fax:** (709) 753-6112

**Email:** csc@cscnl.ca or Pennyrowe@cscnl.ca

**Gander Office**

Arts and Culture Centre, Airport Boulevard, Gander, NL A1V 2N9

**Tel:** (709) 651-1140 **Toll-Free:** 1-877-651-1140 **Fax:** (709) 651-1142

**Email:** bettinaford@cscnl.ca

**Mandate:** The Community Sector Council of Newfoundland and Labrador is an independent, nonprofit organization promoting social and economic well-being whose goal is a prosperous and inclusive society that supports individuals, families and communities. CSC NL's mission is to encourage citizen engagement, promote the integration of social and economic development and to provide leadership in shaping public policies.

**Target Population:** Non-profit, community-based groups and volunteers in Newfoundland and Labrador

**Highlight of Programs / Services Offered:**

- Web Portal and Virtual Resource Centre (www.communitysectornl.ca) – A comprehensive web portal for community organizations with an online resource centre, interactive volunteer postings, event listings, bulletin board, sector news, resources and more.
- Web Directory of Community Organizations – The CSC NL Online Directory now has 2,600+ members and helps connect individuals to non-profit websites.
- E-newsletter and Social Media – CSC NL's newsletter goes to more than 4700 recipients. Follow CSC NL on social media through Twitter (@CSC NL) and Facebook (facebook.com/cscnl).
- Research, Publications and Surveys – Conducts in-person and online research and surveys on issues of interest to the non-profit sector including the Community Sector Pulse

Survey. CSC NL initiates, undertakes and collaborates in research and publications related to community capacity building, social and economic development, the social economy, volunteerism, the voluntary community-based sector, public policy and other issues of concern.
- Training – Conducts training in areas such as youth engagement, board governance, volunteer recruitment and management, charitable obligation, financial management, HR management and digital literacy.
- National Volunteer Week – Volunteer Week NL information can be found on our website and you can follow us on Facebook (facebook.com/VolunteerWeekNL) and on Instagram (@VolunteerWeekNL).
- CSC NL Vibrant Communities – St. John's poverty reduction initiative. Part of a nation-wide program, CSC NL Vibrant Communities brings together people living in poverty, government, the community sector and the private sector to develop solutions collaboratively.
- Public Access Program – CSC NL's volunteer-led Public Access Program helps individuals navigate the income support system and access the Social Assistance Policy Manual.

## Eating Disorders Foundation of NL (EDFNL)

13 Pippy Place, St. John's, NL A1B 3X2

**Tel:** (709) 722-0500 **Fax:** (709) 722-0552
**Email:** info@edfnl.ca **Instagram:** @eatingdisorderfoundationnl
**Twitter:** @edfnl **Facebook:** @eatingdisorderfoundationnl

**Mandate:** EDF-NL is a leadership advocacy group dedicated to providing public support services and information on available treatment services for individuals and families who experience disordered eating and eating disorders, as well as promoting research relating to eating disorders.

**Target Population:** Individuals and families who experience disordered eating and eating disorders

**Highlight of Programs / Services Offered:**

- **Client Consultation Program**
- **Family Consultation Program**
- **Families Supporting Families Support Group**
- **Bridge to Hope Education and Support Group**
- **Siblings of Hope Support Group**
- **Emotion Focused Family Therapy Workshop**
- **Public Awareness and Education Presentations**
- **Eating Disorder Awareness Week**
- **Scholarship Program**
- **Resource Material Loaner Program**

## Food Banks in St. John's-Metro

## Centre City

- ***Bridges to Hope:*** 39 Cookstown Road, St. John's, NL
  **Tel:** (709) 722-9225 **Email:** info@bridgestohope.ca
  **Hours of Operation:** Tuesday-Friday: 10 am - 12:50 pm
  No proof of income required. Clients need to bring MCP cards for each member of the household and proof of address (such as a driver's license or utility bill). Clients can receive one full hamper once a month, as well as one emergency hamper. Serves all areas of St. John's.

- ***Teresa's Parish:*** St. Vincent De Paul Society, 120 Mundy Pond Road, St. John's, NL
  **Tel:** 579-5467
  **Hours of Operation:** Please call to find out dates and times of operation as hours and days are subject to change. Call before 1 pm for a hamper.
  Clients need their MCP and drug card number. Full hampers are available monthly.

- ***Emmaus House:*** Bonaventure Avenue (at the end of Bon's school next to the Basilica), St. John's, NL
  **Tel:** 753-6380
  **Hours of operation:** Monday to Friday between 1 pm – 3 pm
  Clients need their MCP and drug card number if possible. Full hampers are available every 30 days. Serves all areas of St. John's. Closed for 1 week during the months of June, July and August.

- ***Campus Food Bank***
  Memorial University Campus, Corti Reale Building (near Burton's Pond), St. John's, NL
  **Tel:** 864-3467
  **Hours of operation:** Mondays and Thursdays 3:30pm – 5:30pm and 7pm – 8pm; Sundays 3pm – 5 pm.
  Need a student number and MCP number if possible. Serves mainly students of the university and others connected to the university. Get a full hamper monthly.

- ***Pius X Parish:*** Located in the MacMorran Community Centre (behind Brophy Place), St. John's, NL
  **Tel:** 739-1329
  **Hours of operation:** Mondays and Thursdays 9 am – 1 pm (You must call before 12 pm). Hamper pick-up is 12 pm-1 pm.
  You need to call Monday and Thursday Mornings and leave a message – they will call back to tell you when to come in. No walk-ins available. Serves only the surrounding area. You will need your MCP and AES file number. You get a full hamper every 30 days. Also has a clothing room – get a garbage bag for a dollar – those inside the area can go twice a month and those outside the area can go once a month.

- ***Salvation Army Ches Penney Centre of Hope***: 18 Springdale Street, St. John's, NL
  **Tel:** 739-0290 or 237-0270 or 237-0095
  **Hours of operation:**
  - Tuesday 12:30pm – 3:00pm
  - Wednesdays 9:00am – 11:30am, 12:30pm – 3:00 pm
  - Thursday 12:00pm – 3:00pm

- Note: You will need an MCP or hospital card for every member of your household. You can get a full hamper every 4 weeks, with exceptions for emergencies. Serves all areas.

## East End

- ***Mary Queen of Peace Food Bank:*** 110 McDonald Drive, St. John's, NL
  **Tel:** 726-9924 or 685-6400
  **Hours of operation:** Wednesday 9:30 – 12:30 only.
  You will need your MCP card and proof of address. **Note:** You should live within the area of Mary Queen of Peace church.

- ***Single Parents' Food Bank:*** 472 Logy Bay Road, St. John's, NL
  **Tel:** 739-0709
  **Hours of operation:** Monday, Wednesday & Friday 10 am – 1 pm, 2-4 pm.
  Single parents need custody papers, MCP card or AES File number, Child Tax Credit and Assessment Info from Revenue Canada. **Note:** the clothing outlet for adults and children is also open at the hours above. Identification etc. is not required for this service.
- ***Paul's Parish:*** 340A Newfoundland Drive, St. John's, NL
  **Tel:** 754-1980
  **Hours of operation:** 3:15 – 4pm (Only on Food Hamper days), Please come to the BACK DOOR. Food hampers are available **once a month** (Except December, you may come twice). Need the MCP number of all family members in your house, AES File number or pay stub, as well as proof of address is required.
  Note: you should live within the area of St. Paul's church.Hamper distribution days: March 23, April 11 or 20, May 11 or 23, June 13 or 22, July 11 or 25, August 10 or 24, September 12 or 21, October 12 or 24, November 9 or 21, December 5 and January 11 or 23, 2018.Registration for Christmas Hampers will take place November 9, 21 and December 5 distribution days.

## West End

- ***Corpus Christi:*** Vincent de Paul Society on Waterford Bridge Road (behind the church), St. John's, NL
  **Tel:** 364-4116
  **Hours of operation:** Mondays, Wednesdays, and Fridays between 10 am – 12 noon, the third Saturday of each month between 10 am – 12 pm. Closed on Saturdays in July and August.

Call the day before or before 10 am and they will call back, ask a few questions and you go in to pick up a hamper. You will need MCP number, proof of address and file number if possible. Get a full hamper once a month (some emergency hampers available). Serves the Corpus Christi Parish.

### Mount Pearl

- ***Mary Queen of the World:*** 775 Topsail Road (basement of the church), Mount Pearl, NL
  **Tel:** 364-7140
  **Hours of operation:** Tuesday to Friday 9:00 am to 11 am.
  Call one day before and leave a message – they will call in the morning when it is ready and give you a time to pick up a hamper. Serves only the surrounding area (Parish Hall). You will need MCP and drug card number. Get a full hamper every 30 days.

- ***Peters Parish:*** St. Vincent de Paul Society at 110 Ashford Drive (basement of the church), St. John's, NL
  **Tel:** 747-3320
  **Hours of operation:** Monday to Thursday 7 – 7:30 pm.
  Need the MCP number of all family members in your house and proof of address unless already on record. Get a full hamper once a month (some emergency hampers available). Serves the surrounding area.

- ***Salvation Army Mt. Pearl:*** 106 Ashford Drive, St. John's, NL
  **Tel:** 364-6465
  **Hours of operation:** Mondays 12 noon – 2 pm, Tuesdays and Fridays 10:30 am – 2:30 pm
  You can drop in but they would prefer if you call during Food Bank hours. You need your MCP number and proof of address. A person can apply for a hamper once a month. Serves Mt. Pearl, Goulds, Paradise, Kilbride and Southern Shore

## Food First NL

44 Torbay Rd, Suite 302, St. John's, NL A1A 2G4

**Tel:** (709) 237-4026 **Email:** info@foodfirstnl.ca
**Website:** http://www.foodfirstnl.ca/
**Twitter:** https://twitter.com/foodfirstNL
**Facebook:** https://www.facebook.com/foodfirstnl
**Instagram:** https://www.instagram.com/foodfirstnl/

**Mandate:** Food First NL is a provincial non-profit organization that supports and collaborates with many like-minded organizations and individuals to actively promote comprehensive, community-based, and equitable solutions to improve food security across Newfoundland and Labrador.

Food First NL works collaboratively across all parts of the food system. Their programs and partnerships span production, distribution, access, consumption, and disposal of food. They aim to help build a province where people have both economic access to food and a thriving local food system to participate in.

**Target Population**: Everyone

**Highlight of Programs / Services Offered:**

- **Current Projects:** Community Food Helpline, Community Food Action Space, Monthly Newsletter, Cooking Posters, Food Skills Resources, Best-Practices Guides

- **Select Resource:** Wasteless Resources, Fit to Eat Podcast, Healthy Eating Resource Centre, Reports, Monthly Newsletter, Food Film Library, Best Practices Toolkits, Cooking Posters, Food Skills Workshops, Community-Led Food Assessments

## George Street United Church

**Physical Address:** 130 George Street West, St. John's, NL, A1C5L4
**Mailing Address:** 25 Buchanan Street, St. John's, NL A1C0A4
**Facebook:** George Street United Church **Tel:** (709) 726-8775
**Email:** office@georgestunitedchurch.com **Website:** georgestunitedchurch.com
**Fax:** (709) 726-8780

**Mandate:** To provide hot, nutritious meals, conversation and fellowship to those in need

**Target Population:** Men and women of all ages

**Highlight of Programs / Services Offered:**

- The Jimmy Pratt Memorial Outreach Centre offers a free hot meal, conversation and fellowship every Friday between 10am – 12:30pm.
- Individuals can also sit and relax, watch TV / videos and access the internet to job hunt, email, etc.
- A free hot breakfast is offered every Monday between September and May from 9-10:30am.

## HOPE (Eating Disorders Program) Eastern Health

Renata Elizabeth Withers Centre for HOPE
35 Major's Path, Suite 101, St. John's, NL A1A 4Z9

**Tel:** (709) 777-2041
**Website:** https://mha.easternhealth.ca/adults/eating-disorder-services/hope-program/

**Mandate:** To help individuals change eating disorder symptoms, challenge thoughts and behaviors, and develop new means of coping with everyday stressors.

**Target Population:** The HOPE Program is for you and your family if you are 15 years of age or older and have been diagnosed with anorexia nervosa, bulimia nervosa or other specified feeding and eating disorder. The program is voluntary and clients must be medically stable.

- The client must be aware of his/her referral to the program and agree to participate in therapy.
- The client must be medically stable as per Eastern Health's guidelines.
- We do not accept referrals for eating difficulties (e.g. fear of swallowing, weight loss management).
- Individual services can be provided for those following a vegan diet.

**Highlight of Programs / Services Offered:**

The HOPE Program is an intensive program available to clients across the province. The HOPE program is an outpatient program, meaning that individuals receive treatment without being admitted to hospital. We

- provide group-based and individual therapy as needed,
- help individuals explore alternative coping strategies,
- help individuals improve their relationship with food,
- help individuals improve their sense of self-worth and body esteem, and
- facilitate effective communication between you and your loved ones.

**How to access this service**

A referral to the program can be made by a physician or nurse practitioner using the adult eating disorders referral form (PDF). Medical follow-up is required during participation in the HOPE program. All referrals for clients under the age of 18 will be sent to the Adolescent Medicine team, this will determine if you will require more intensive services at HOPE.
Once a referral is received, you will be invited to attend an orientation session and complete an intake assessment to determine your treatment pathway.

## Jimmy Pratt Memorial Outreach Centre – George Street United Church

**Physical Address:** 130 George Street West, St. John's, NL A1C 5L4
**Mailing Address:** 25 Buchanan Street, St. Joh's, NL A1C OA4
**Tel:** (709) 726-8775 **Email:** contact@jimmyprattcentre.ca
**Website:** jimmyprattcentre.ca **Fax:** (709) 726-8780

**Mandate:** To provide food, companionship and support to those facing homelessness or poverty.

**Target population:** Individuals in the downtown core of St. John's.

**Highlight of Programs / Services Offered:**

- Part of George Street United Church Outreach Programming
- Friendship Corner: Visitors can relax and watch some TV or a video, or even surf the internet.
    - Computer Access Program: Computer access is available for those who want to search for jobs, send an e-mail or just browse the internet.
- Hot lunch every Friday from 10 a.m. to 12:30 p.m.
- Soup Kitchen
- Hot Breakfast every Monday Morning for the winter months (Jan-Mar) from 8:30 a.m. to 10 a.m.
- Senior's Inclusion Program Committee (SIPC): Delivers regularly scheduled programs and special events from the outreach centre. Objectives of the Senior's Inclusion Program are:
    - Provide a venue for social interaction
    - Provide an exercise program suitable to their age groups
    - Create a welcoming and friendly environment
    - Offer healthy lunch menus each week
- Hot Soup Cool Jazz Fundraiser: Gourmet soup competition in support of ending poverty and homelessness in our community.
    - http://www.hotsoupcooljazz.org/
- Gifts with Vision: Jimmy Pratt is one of the registered charities included in the Gifts with Vision Calendar—a national program coordinated by the United Church of Canada.

## Kids Eat Smart Foundation Newfoundland and Labrador

201-55 Elizabeth Avenue, Elizabeth Business Center, St. John's, NL A1A 1W9

**Tel:** (709) 722-1996 **Toll Free:** 1-877-722-1996
**Facebook:** @KidsEatSmartNL **Fax:** (709) 722-7250
**Email:** info@kidseatsmart.ca **Website:** www.kidseatsmart.ca/

**Mandate:** Kids Eat Smart Foundation Newfoundland and Labrador partners with schools, communities, volunteers, and sponsors to set up and support nutritious food programs called Kids Eat Smart Clubs, organized by volunteers for school age children. Our vision is that every school age child in Newfoundland and Labrador attends school well-nourished to be ready to learn.

**Target Population:** School age children and youth

**Highlight of Programs / Services Offered:**

- 269 Kids Eat Smart Clubs operate in schools and community centres throughout Newfoundland and Labrador. Every school day with help of volunteers we serve over 38,000 meals to children and youth in Kindergarten to Grade 12. Our KES Clubs serve breakfast consisting of nutritious foods, such as fruit, yogurt, toast, whole grain cereal and milk. Our menu planning is guided by Canada's Food Guide and the Provincial School Food Guidelines.

- KES Clubs are volunteer run and are available to any child or youth who wishes to have breakfast in a warm, welcoming and non-stigmatizing environment, at no cost to families.
- Kids Eat Smart Foundation NL provides KES Clubs with financial resources, fundraising tools, volunteer recruitment and recognition support and along with Food Safety Training.

## Saint Vincent De Paul Society (SSVP)

**Tel:** (709) 685-8657
**Email:** stvincentdepaul@icloud.com
**Facebook:** SSVP Canada
**Website:** https://ssvp.ca/

**Mandate:** The St. Vincent de Paul Society is a lay Catholic society whose mission is to live the Gospel message by serving Christ in the poor with love, respect, justice, and joy.

**Target Population:** Individuals in the geographical area of the various conferences.

**Highlight of Programs / Services Offered:**

- **Their volunteers seek people in need**, wherever they live—in their homes, on the street, in shelters, in hospital or in prison.
    - Volunteers work in their own area, and respond to local needs. This means that the Society's work around the world is extremely varied: health; agriculture; education; housing; employment support; help for elderly, disabled, isolated or excluded people, and more.
- Provide **emergency food services** to people in need.
- It also provides **emergency assistance and rehabilitation** for victims of natural or humanitarian disasters, and finances development projects.
- There are four conferences in the city of St. John's:
    - **Peter's Food Bank**: 747-3320
    - **Mary Queen of the World Food Bank**: 364-7140
    - **Corpus Christi Food Bank:**364-4116
    - **Theresa's Food Bank:**579-5467
- As well as providing **groceries on an emergency basis** to people in the surrounding areas, some conferences also offer assistance in other ways on an as-needed basis.
- Please **call the closest conference to you for further information**.
- **Seeds of Hope**: The **Canada Learning Bond (CLB)** provides up to **$2,000 in free money for post-secondary education** for children born after **January 2004** whose families receive the **National Child Benefit Supplement**. No parental contributions are needed.
- **Emergency Relief**: The Committee is responsible for ensuring a response and follow-up to International Council General (ICG) and National Councils financial assistance requests as a result of natural disasters and humanitarian catastrophes.

## School Lunch Association

425 Topsail Road, St. John's, NL A1E 5N7

**Tel:** (709) 454-5323 **Fax:** (709) 754-4520
**Email:** sla@schoollunch.ca **Website:** www.schoollunch.ca

**Mandate:** To operate a non-stigmatizing program that provides a hot nutritious lunch to school children regardless of their family's financial situation.

**Target Population:** School children.

**Highlight of Programs / Services Offered:**

- The School Lunch Association serves hot, nutritious lunches to the children of Newfoundland and Labrador every school day.
- The School Lunch Association serves approximately 6,200 lunches per day, in 36 different schools. Meals are cooked onsite in each of their 36 locations. They also employ 75 people.
- To appeal to the children's different tastes the employees prepare well-balanced nutritious meals for a diverse monthly menu.
- By sending home a monthly menu and envelope, parents are involved in what their child eats each day at school. To remove any stigma that might be associated with being provided a lunch, all children in the school are given a menu and envelope to be delivered to their parent(s) or guardian(s). The actual amount contributed by each family remains confidential.
- Parents are also able to place their orders online at schoollunch.ca.
- They encourage all parents to visit their website for further information.

## The Gathering Place

172 Military Road, PO Box 1761, St. John's NL A1C 5P5

**Tel:** (709) 753-3234 **Email:** info@gatheringstjohns.ca
**Website:** www.kindnesswanted.ca **Twitter:** @GatheringNL
**Facebook:** @gatheringstjohns

**Mandate:** The Gathering Place is a non-profit, street level, community service centre that provides a primary health care collaborative to persons who are homeless or precariously housed, through health and social supports in an inclusive, low barrier setting.

**Target Population:** All adults over the age of 26.

**Highlight of Programs / Services Offered:**

- Health Clinic is currently being operated from 193 LeMarchant Road Phone: 709-777-1190
- **Mental Health and Addictions Counselor:** Monday, Tuesday, Wednesday, Thursday 11:00 AM – 3:00 PM
- **Hot Meal Program:**
  - Hot breakfast Mon- Sunday 8:00 AM – 9:00 AM

    - Noon meal 11:30 AM- 1:00 PM
    - Supper: 5:00 PM – 6:30 PM
- Case Management onsite Monday-Saturday
- Dental services; please contact the front desk for more information
- **Social Supports:**
    - Showers
    - Laundry/clothing
    - Food
    - Social Inclusion
    - Computer Access/literacy
- **Work empowerment:** work-based projects such as art and community garden.
- **Guest Empowerment Activities:** Greif and loss group, peer support group, listening post, my sister's kitchen, library, weekly mindfulness and DVD exchange.
- Bike repairs Friday mornings throughout Summer and Fall (weather permitting)
- Music room with pianos and guitars for guest usage.
- Law Clinic Monthly.

## Thrive

807 Water Street, PO Box 26067, St. John's, NL A1E 1C4

**Tel:** (709) 754-0536 **Fax:** (709) 754-0842
**Email:** info@thrivecyn.ca
**Facebook:** @thrivecyn **Twitter:** @thrivecyn
**Instagram:**@thrivecyn **Youtube:** Thrive CYN

**Mandate:** To assist vulnerable individuals in achieving their full potential and enhance the capacity of youth serving agencies.

**Target Population:**

*To Individuals:* Thrive provides low barrier supports and services to empower vulnerable individuals (ages 12 and up) who struggle with issues including education, sexual exploitation, trauma, mental health, and addictions.

*To Organizations:* Thrive also provides innovative programs and collaborations (including professional development and knowledge sharing) to address critical gaps in services and expand the capacity of social service providers and organizations.

**Highlight of Programs / Services Offered:**

- ***Education Program*:**
    - Supports youth aged 16-29 who have left the mainstream school system and would like to pursue educational opportunities.

    - Offers individualized programming based on educational needs ranging from foundational literacy & numeracy through to GED (General Educational Diploma) preparation and testing.

- Offers individual supports to help address non-academic issues that are impacting learners.

- Offers GED testing to the general public:
  - To register for **paper-based public** GED testing please visit https://www.gov.nl.ca/eecd/ged/
  - To register for **computer-based public GED testing,** create an account at: https://ged.com/en-ca/

To complete a referral for the Education Program, please click here.

- ***Street Reach:*** A barrier free outreach service for anyone 16 years & over. Program is guided by the principles or harm reduction, and person-centered care.

  - Drop in services daily and a minimum of one evening per week. Through drop in services people can access safer injection supplies, snack/meal, telephone & WIFI access, outerwear, personal care items, and condoms.

  - Outreach walks in the downtown core at various times throughout the week

  - Intensive individualized supports for people needing help with a variety of issues including, but not limited to housing, justice, mental health & addictions, physical health.

  - Naloxone kits & training available

- ***Blue Door:*** An "exiting" program for individuals primarily 14-29 years who are engaged in the sex trade, sexually exploited situations, including sex trafficking.

  - Supports range from **education & employment**, **outreach**, **system navigation**, **counselling**, and **intensive individual supports**. Program is inclusive of all gender identities and sexual orientations.
    - **For a referral form, click here.**

*Programs for Service Providers*

- ***Community Support and Development****:* Offers services for professionals working with young people, and includes:

  - **"What's Up!"** Community Newsletter

To sign up for the weekly community newsletter, click here.

  - **Directory of Services** (updated annually)

  - Community development and capacity building, and more.

- For additional information on any of these initiatives, please contact **Angela Crockwell** at acrockwell@thrivecyn.ca or 754-0536 ext. 201

- ***Coalition Against the Sexual Exploitation of Youth (CASEY):*** CASEY is comprised of community members, experiential voices, and stakeholders. Working together, the coalition creates awareness and understanding about this issue, advocates for appropriate supports, resources, and prevention programs, supports survivor leadership, and works to build capacity to effectively prevent and respond to sexual exploitation of youth. CASEY offers two training programs.
  - First, the Notified Training program. Notified is free, self-paced and appropriate for folks living and working with youth, and youth themselves. Access Notified here.
  - Additionally, CASEY offers a 7 hour training that can take place in-person or virtually. This training is offered twice a year to the general public, or by request for groups (e.g. community organizations). Please email acorenlius@thrivecyn.ca for more information about the 7-hour training."

To find out more about CASEY or to book a presentation or training session, please contact Amnesty Cornelius at 754-0536 ext. 203 or acornelius@thrivecyn.ca

## Inpatient……

## Hope Valley Centre

15 Lincoln Road Grand Falls Windsor NL A2A 2E1

**Tel:** (709) 292-8360 **Fax:** (709) 489-6810
**Website:** https://www.centralhealth.nl.ca/hope-valley-centre

- Hope Valley is a live-in treatment center for 12-18 year olds in the province who are concerned about their drug or alcohol use.
- Hope Valley is located in Grand Falls-Windsor and the average stay is 3-4 months. The Centre houses up to 12 youth and provides a variety of services such as detox, counselling, schooling and life skills training.
- Please discuss Hope Valley with your health care provider or contact us at **709-292-8360** to help decide if this service is right for you or a loved one.
  - For more information check out these resources:
    - Referral Form
    - Caregiver Questionnaire
    - Medical Assessment Form
    - Youth Handbook

        - Parent/Caregiver Handbook
- **Out-of-Province Treatment Policy:** The Department of Health and Community Services has guidelines for the application process of Out-of-Province (OOP) addictions treatment and specialized mental health services. Treatment options within the province must first be fully utilized and/or deemed not appropriate to meet specific client needs before funding approval for out-of-province treatment is provided. For more information, visit our website.

# Humberwood

- Humberwood is a live-in, non-medical treatment Centre located in Corner Brook. If you are a resident of Newfoundland and Labrador and over the age of 19, Humberwood may be able to help with your drug, alcohol and/or gambling concerns.
- Humberwood offers a structured program that focuses on your needs through individual, group and family counselling. There are private rooms and the usual stay is 21 days.
- Most people go to counselling or other programs first, but if you feel that you need residential services, ask your physician, nurse or counsellor about Humberwood. They can assist with a referral if Humberwood is right for you.
- **For more information call 709-634-4506 or visit the webpage.**

## The Recovery Centre (16+)

**Website:** https://mha.easternhealth.ca/adults/treatment-centres-and-withdrawal-management/the-recovery-centre-16/

**Where we are:**
The Recovery Centre 80 Charter Ave Building 532, Pleasantville St. John's, NL A1A 1S5

**How to Reach Us:**
**Telephone:** 709-752-4980 or **toll-free** at 1-877-752-4980.

**What we do**

The Recovery Centre is a 19-bed provincial inpatient treatment and withdrawal management centre.

We offer a non-threatening, non-judgmental environment that encourages you to begin a recovery process. The program focuses on stabilizing your physical and psychological health through the withdrawal process. An addictions counsellor is available to meet with you while at the Recovery Centre for assessment, crisis counselling and discharge planning purposes. You will also have access to in-house education and group sessions, as well as onsite self-help meetings. The length of stay is determined by individual need.

**Target Population:** The service is available to anyone 16 years of age and older, who is intoxicated or experiencing withdrawal from alcohol, drugs and/or gambling.

**How to access this service**

You can self-refer by calling us at 709-752-4980 or toll-free at 1-877-752-4980. We will ask you some questions over the phone to make sure this is the best service for you.

A referral (PDF) can also be made through a hospital emergency unit, a health professional or community agency.

**Our Team**

- Social worker
- Registered nurse
- Nurse practitioners
- Licensed practical nurses

We also have service providers from the community who come in for groups.

## The Grace Centre

- The Grace Centre is a live-in addiction treatment Centre located in Harbour Grace. If you are a resident of Newfoundland and Labrador and over the age of 18, The Grace Centre may be able to help with your drug and/or alcohol concern.
- The Grace Centre offers a structured program that focuses on your needs through individual, group and family counselling. There are 18 private rooms and the usual stay is 28 days.
- Most people go to counselling or other programs first, but if you feel that you need residential services, ask your physician, nurse or counsellor about The Grace Centre. They can assist with a referral if The Grace Centre is right for you.
    - For more information:
    - Click here for the Grace Centre Video Tour.
    - The Grace Centre Brochure (PDF, 2016).
    - Click the link for Frequently Asked Questions.
    - The Grace Centre Client Handbook (PDF, 2018)
    - Visit the webpage
    - Or, Phone: 709-945-4500

## The Janeway Children's Health and Rehabilitation Centre

300 Prince Phillip Drive, St. John's, NL A1B 3V6

*Open: 24hrs/day*

**Emergency:** (709) 777-4575
**General Inquiries and Patient Information:** (709) 777-6300
**Health Information and Advice for Pediatrics & Poison Control:** 811
For an online Phone Directory, click here.

**Service Provider Website: https://www.easternhealth.ca/facilities/janeway/**

**Mandate:** The Janeway Children's Health and Rehabilitation Centre, part of the Health Sciences Centre Complex, is Newfoundland and Labrador's only hospital specializing in pediatric health care. The Janeway is a tertiary care centre with modern emergency, diagnostic, operating and development and rehabilitation departments.

**Target Population:** Children and Adolescents

**Highlight of Programs / Services Offered:**

The Janeway Children's Health and Rehabilitation Centre provides specialized pediatric and maternal health care for people throughout the entire province.
Room accommodations include:

- 42 acute care medical surgical beds
- Seven acute care psychiatry beds
- 28 neonatal intensive care beds
- Six pediatric intensive care beds

For accommodations for parents, please see Ronald McDonald House.
For other accommodations, please see Places to stay.

**Services**

- Blood collection
- Computed Tomography (CT Scan)
- Emergency Services (ER)
- Janeway child and adolescent psychiatry unit (J4D)
- Janeway family centre
- Janeway resource centre
- Magnetic Resonance Imaging (MRI)
- Medical Imaging Program
- Memorial university (MUN) family medicine clinic
- Pastoral care, ethics and bereavement
- Radiography (X-ray)
- Ultrasound
- Virtual care
- Volunteer Services
- Youth Outpatient Psychiatry

## Tuckamore Centre

**Website: https://www.easternhealth.ca/facilities/tuckamore-centre/**

- Tuckamore is a live-in treatment Centre for 12 – 18 year olds in Newfoundland and Labrador who have complex mental health concerns.
- Tuckamore is located in Paradise and the average length of stay for young people is between 6 - 12 months.
- The program includes individual counselling, skills group and

family support as well as occupational therapy, therapeutic recreation and art and music therapy. The therapeutic mileau at Tuckamore is Dialectical Behaviour Therapy (DBT)

- Tuckamore provides a safe, comfortable, home-like environment, an on-site school (NLESD), a multipurpose room, a physical fitness area, gymnasium, and an apartment for family visiting overnight.
- You can also ask your physician, nurse, clinician or social worker about other supports for youth in your area (i.e., counselling). If Tuckamore is right for you, a mental health clinician can make make the referral.
    - For more information:
    - Click here for the Tuckamore Centre Youtube video.
    - Youth Treatment Centre Brochure (PDF, 2019)
    - Or, Call **709-752-3914**

## Living with Disabilities……..

### Autism Society of NL

70 Clinch Crescent, PO Box 14078, St. John's, NL A1B 4G8

**Twitter:** @AutismSocietyNL **Toll-free:** 1-866-722-2803 **Tel:** (709) 722-4926
**Facebook:** @AutismSocietyNL **Email:** info@asnl.ca
**Instagram:**AutismSocietyNL **Website:** https://asnl.ca/

**Mandate:** Promoting the development of individual, lifelong, and community-based supports and services for autistic individuals, their families and caregivers. Their vision is a province where the autistic community and their families are valued and respected, and where they receive services and supports based on their individualized strengths, needs and preferences.

**Target Population:** The autistic community and their families.

**Highlight of Programs / Services Offered:**

- **Family Events:** ASNL offers a number of events that provide an opportunity to meet others, build friendships, and experience community and leisure activities in a group setting. These events are available for children, youth, and adults.

- **Pre-Employment & Career Services:** Programming options exist for career coaching and mentorship during high school, a full year of work skill enhancement through community volunteerism and work experience, and employment skill refinement through self and career exploration. Individualized services are available for interview practice, resume building, and employment agency referrals. Career services also work with employers to build community understanding and inclusive hiring practices.

- **Community Recreation:** ASNL forms partnerships with a number of community organizations to support the inclusion of the autistic community in their programs.

**ASNL Engagement Services:**

- **Autistic Led Support Groups:** Provides adults the opportunity to meet new people, socialize with peers, discuss interests and challenges and develop self-advocacy skills with others community members.

- **Family Support Groups:** A family engagement initiative designed to connect parents and create an active network of autistic allies.

- **Classroom Acceptance and Understanding Presentations:** ASNL staff provide fun and meaningful presentations to students. Presentations are designed according to grade level, these engaging presentations use age-appropriate stories, videos, games, and discussions to educate students and create understanding and empathy among peers.

- **Autism Acceptance and Understanding Presentations:** Through tailored sessions ASNLs team can provide support to community organizations, business or anyone offering services to the autistic community.

## Canadian Hard of Hearing Association NL

1081 Topsail Road, Mount Pearl, NL A1N 5G1

**Tel:** (709) 753-3224 **Text:** (709) 753-3225 **Toll-Free:** 1-888-753-3224
**Fax:** (709) 753-5640 **Email:** programs@chha-nl.ca. **Website:** www.chha-nl.ca

**Mandate:** To improve the quality of life of hard of hearing people of all ages in NL, to promote the understanding of the prevalence, causes and prevention of hearing loss and to advocate for accessibility in public places.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- **Hearing Awareness Training:** Classes, workshops and specialized training
- Hearing Assistive Technology loans (amplified telephones, personal and group listening systems, signalling systems and more)
- **Information Services:** providing consultations on a variety of topics related to hearing (available in- person, or Provincially via phone, e-mail, Skype or Facetime)
- Resource lending library (books & DVDs)
- Resource groups for Youth with hearing loss, families of children with hearing loss, those with Cochlear Implants, those with Meniere's & Tinnitus
- **Youth and Young Adult programming:** Summer Camp,

Scholarships, Toastmasters Youth Leadership program
- Advocacy and Accessibility for hard of hearing persons in public areas

## Canadian National Institute for the Blind (CNIB) – Newfoundland and Labrador Division

70 The Boulevard, St. John's, NL A1A 1K2

**Tel:** (709) 754-1180 (ext. 5804)
**Fax:** (709) 754-2018
**Toll Free:** 1-800-563-2642
**Email:** infonl@cnib.ca
**Website:** https://cnib.ca/en?region=nl
**Facebook:** @myCNIB

**Mandate:** CNIB strives to enhance independence for Canadians who are blind or partially sighted. Our mission is to change what it is to be blind or partially sighted through innovative programs and powerful advocacy that enable Canadians impacted by blindness to live the lives they choose.

**Target Population:** CNIB is committed to helping anyone with a vision problem that cannot be corrected using ordinary lenses and that significantly affects the person's independence.

**Highlight of Programs/Services Offered:** CNIB Newfoundland and Labrador passionately provides community-based support, knowledge and a voice to ensure those who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life. We deliver innovative programs and powerful advocacy that empower people impacted by vision loss to live their dreams and tear down barriers to inclusion. Through a wide range of programs, individuals who are blind or partially sighted have the opportunity to learn, socialize and enjoy life to the fullest. Some of the CNIB's programs and initiatives include:

- **Group and Self Advocacy Programs:** The advocacy group meets monthly to discuss opportunities and solutions in navigating some of the day-to-day challenges, and tackle advocacy issues in our communities and beyond. We provide training, tools and resources to our advocates, so they are empowered to drive their own advocacy campaigns forward. If you are interested in learning how to become a strong self-advocate, why not join our program and we can help you raise your voice and create a better understanding of the importance of building inclusive and accessible communities. The program is open to those with sight loss, caregivers and family members.
- **Post Secondary Orientation Program:** This annual program allows students the opportunity to participate in sessions on student aid, finding accommodations, budgeting, healthy eating (with some Independent Living Skills tips on independent cooking) and Orientation and Mobility Skills for cities with public transit. Students are also given the opportunity to learn about the supports available through Memorial University's Blundon Centre and the College of the North Atlantic Disability Services
- **Academic Community Partnerships:** The CNIB Foundation collaborates with

Memorial University and the College of the North Atlantic to provide experience in the students' chosen field by offering co-op and workplace learning internships.

- **CNIB Card:** A CNIB card gives clients benefits like discounts and services from governments, businesses, and community partners; discounts vary by location but may include free or discounted, air, train and bus fares for you or your sighted guide, free or discounted events and attractions admissions for you or your sighted guide, and additional accessibility services from banks and other businesses. Your CNIB card can also be used as proof of disability for some government programs and tax benefits. Eligibility criteria apply.

- **CNIB Monthly Socials:** Our CNIB Foundation Socials are a great way to participate in fun activities. Clients come together to participate in a variety of activities such as craft nights, bingo games and holiday parties. Join us on the fourth Sunday of each month, from 2 to 4 p.m., at CNIB, 70 The Boulevard in St John's.

- **Tech Time:** Technology can level the playing field for people who are blind or partially sighted – but only when it's accessible, available and affordable. We're helping connect people of all ages with the cutting-edge technology they need and want, and helping them build the skills to capitalize on its potential. Tech Time programs educate people of all ages and skill levels about assistive technology that can aid them in their everyday lives. In addition to presentations, the participants are also given one-on-one or small group instructional training for using assistive technologies, while having opportunity to socialize with others with sight loss. This group runs on the second Tuesday of each month from 2 to 3 p.m. (except for February, May, August and November when it takes place from 7 to 8:30 p.m.) in the St. John's CNIB office.

- **Vision mate Program:** Vision mates are volunteers who are matched with a CNIB client with sight loss, and who will visit for one or two hours a week in the client's home or another suitable place, at a mutually convenient time. Vision mates provide social visits, can read to clients, accompany clients on outings etc.

- **Phone It Forward:** 'Phone it Forward' is a new program that gives donated smartphones to people with sight loss who need them the most. This program gives Newfoundlanders and Labradorians a unique opportunity to donate their old smartphones, receive a tax receipt for fair market value, and empower people who are blind in the process.

- **Audio Book Club:** Clients read an agreed upon audio book and then come together to discuss. This group takes place on the second Thursday of each month at the Mount Pearl Library at 65 Olympic Drive, from 7 to 8 p.m.

- **Walking Club:** Our Walking Club is on the third Tuesday of each month from 6:30 – 7:30 p.m. It is the perfect excuse to get out of the house and an opportunity for individuals living with vision loss to get out for a walk together in

the community and then stop for a coffee/chat afterwards.

- **Coffee Time:** There is nothing like a hot coffee or tea with friends in the morning. CNIB's staff invites you to drop by our offices the third Thursday of each month from 10:30-11:30 a.m. This is an informal time to just chat about topics that are important to you and get to know our team.

- **Heavyweights**: Join Coach Darren at Heavyweights gym on Saturday mornings from 10:15 to 11 a.m. for an opportunity to train in a group setting with other CNIB clients. There is a gym fee associated with this activity.

- **Rug Hooking:** Rug hooking is very much a part of the culture in Newfoundland and Labrador. Join us the third Sunday of each month from 5 to 6:30 p.m. at CNIB, 70 The Boulevard, St John's.

- **CNIB's Eye Safety Program:** Our staff educates organizations and employees about eye safety in the workplace, at home and at play, and teaches how to build a culture of safety and reduce the costs of workplace eye injuries throughout the province.

- **Cooking class:** Learning how to cook a new dish is a great way to spend a Sunday afternoon with friends. Great conversation pairs well with learning how to prepare a new recipe and is hosted on the first Sunday of every month from 12:00-3:00 PM at Sobeys' on Kelsey Drive, St John's. This program requires registration and comes with a cost of $10.00. Contact us to find out what's on the menu and/or to register.

## Coalition of Persons with Disabilities-NL (COD-NL)

460 Torbay Road, St. John's, NL A1A 5J3

**Email:** info@codnl.ca **Website:** www.codnl.ca
**Twitter:** @NLCODNL **Facebook:** @coalitionofpersonswithdisabilities

**Mandate:** Educate all people by changing attitudes concerning the rights of persons with disabilities; Influence regulations, laws, and actions at all levels of government to ensure that all persons with disabilities have opportunity to participate fully in society; and, Involve members and all persons with disabilities in influencing change.

**Target Population:** All persons with all types of disabilities

**Highlight of Programs / Services Offered:**

- A social enterprise which provides Inclusive Service Delivery training certification sessions as well as accessibility audits of the built environment
- Acts as a catalyst, bringing together various organizations of and for persons with

disabilities among themselves and with government and other non-government agencies to address issues of mutual concern
- Works with individual and representatives organizations to address policy and program issues around education, training, employment, labour market strategies, social and economic development, human rights, accessibility, accommodations, income support, home support services, etc.
- Works with Federal and Provincial government departments in consultation and advocacy capacities.
- For a list of Resources, click here.
- To Join the Coalition, click here.

## Community Supports Program (CSP) – Eastern Health

**CSP Intake Tel:** (709) 752-4835 or **Email:** CSPUrban.Referrals@easternhealth.ca

**Adult Disabilities and Adults who May Need Protection:** 709-752-4717
**Seniors:** 709-752-4835
**Children with Disabilities (Special Child Welfare Allowance):** 709-752-4368
**Autism Services:** 709-752-4319
**Adult Protection Act Reports:** 855-376-4957 (toll-free)

**Website:** https://ltc.easternhealth.ca/about-us/contact-information/

**Mandate**: To support individuals, families and care providers by promoting independence, community inclusion, safety and overall well-being.

**Target Population:** Individuals 18 years of age and older with physical and/or intellectual disabilities, individuals requiring protection under the Adult Protection Act, families of children under school age who have delayed development, and youth under 18 requiring Special Child Welfare Allowance.

**Highlight of Programs / Services Offered:** Referrals to the CSP can be made by the individual or their family, as well as a health care professional. The professional CSP team will determine eligibility for service.
Services provided under the CSP include:
- Financial Assessment Services: Individuals wishing to avail of home supports and other benefits, with the exception of Autism Services, are subject to a financial assessment.
- Home Support Program: Includes the approval and registration of Home Support Agencies.
    - The Home Support Program provides services to eligible individuals who require assistance with activities of daily living in order to remain in their home.
- Intervention Services: Provides behavioral and skill teaching interventions to individuals and their families.
    - Community Behavioral Support Program
    - Direct Home Services.

    - Direct Home Services – Intensive Applied Behavioral Analysis.
- Residential Services Programs: Includes the approval and registration of Alternate Family Care Homes.
    - Adult individuals who choose not to reside in their own home or reside with family, may be assessed for some of the other following residential options.
        - Board and Lodging Non-Relatives
        - Alternate Family Care
        - Individual Living Arrangements
        - Co-operative Living Program
- Special Assistance Program (SAP): Provides basic medical supplies and equipment to assist with activities of daily living for individuals living in the community.
- Special Child Welfare Allowance (SCWA): Assists families with the cost of services and supports incurred in the at-home care of children under 18 years with intellectual and/or physical disabilities.
- Supports for Adults Who May Need Protection: Provides legislative authority to deliver services to any adult in NL, regardless of residence, who may be in need of protective intervention

## Diabetes Canada - NL Region

Our regional Office Servicing Newfoundland and Labrador is only mailing inquiries, not to the public. This address can be found below.

**Mailing Address:** P.O. Box 8003. St. John's, NL A1B 3X2

**General Inquiries:** 1-800-BANTING (toll free) **Email:** info@diabetes.ca
**Website:** https://www.diabetes.ca/

**Mandate:** To lead the fight against diabetes by: helping those affected by diabetes to live healthy lives; preventing the onset, and consequences of diabetes; and to work towards discovering a cure.

**Target Population:** People affected by diabetes and those at risk

**Highlight of Programs / Services Offered:**

- Patient Literature
- Consumer literature
- Information Sessions and Forums
- Resource Centres/Libraries
- Research
- Advocacy
- Summer Camps
- Aboriginal Programs and Services
- Reusable Goods Donation Program

## Easter Seals Newfoundland and Labrador

206 Mount Scio Rd, St. John's, NL, A1B 4L5

**Twitter:** @EasterSealsNL **Toll Free:** 1-888-601-6767 **Fax:** (709) 754-1398

**Email:** info@eastersealsnl.ca **Website**: www.eastersealsnl.ca **Tel:** (709) 754-1399

**Facebook:** @EasterSealsNL

**Mandate:** Our vision is for a community where all people with disabilities live full, healthy, and active lives. Our mission is to engage, inspire, and maximize opportunities for people with disabilities of all ages by providing meaningful programs and services.

**Target population:** People with disabilities and their families

**The highlight of Programs and Services Offered:**

- **Recreation Programs:** Easter Seals Newfoundland and Labrador offer over 20 programs and services that help people with disabilities, ranging from camps, and recreational activities such as wheelchair basketball, sledge hockey, swimming, and boccia to creative expression through music, dance, art, and family events. These programs successfully assist those with disabilities in achieving new heights year after year. This includes everything from increased physical ability and self-esteem, to increasing their self-expression and independence.

- **Camps**
  Easter Seals NL Camps is a place where everyone is welcome, it is a safe and secure place for participants and families to connect and have fun. Camp provides an opportunity for everyone to enjoy the camp experience. Camp promotes independence for campers and allows them to have new experiences and expand their horizons.

- **Equipment Loan Programs**
  Easter Seals NL offers **equipment loan programs** to families and participants looking to utilize equipment to participate in outdoor recreational activities. Equipment such as Trailriders, Hippocamp, Ice Sledges, and Snowcoach along with others are available for a short-term loan for any of our Easter Seals families, participants, community groups, or schools to loan.
  If you have a piece of used adaptive equipment that you are no longer in need of, consider donating it to **"Linda's Equipment Crossing"**. Any equipment donated is eligible for a tax receipt if submitted with an official appraisal from AIM Services or Eastern Medical for its depreciated value.

- **Career and Educational Services:** As a provincial community coordinator for the **Opportunities Fund** for People with Disabilities Program, we bring employees and employers together by providing a wage subsidy for employers to hire people with disabilities.

  **Horizons** is Easter Seals NL's work experience program for youth who face barriers to employment. Participants take part in four weeks of skills training and certifications, then one day a week of classes and workshops for the remainder of the 9-month program. They receive a stipend at the minimum wage rate for their time in skills training and classes.

  **"I Can Too!"** is a disability awareness program that allows children, from kindergarten to grade six, to learn about disability in a fun, interactive way! Through the use of a video, books, and a collection of dolls with adaptive equipment, children learn that disability does not equal inability and that people with a disability are the same as everyone else, they may just do things a little differently.

- **Easter Seals NL Park** An Accessible & Inclusive Space. Once fully constructed our park will be the biggest accessible park East of Toronto. Phase I of our Easter Seals NL Park includes an accessible playground. Phase II includes the construction of a pavilion with a fire pit, a BBQ event plaza with a seating area, and sensory gardens all in accordance with the Canadian Standard Association's Accessible Design for the Built Environment. Phase III will include an outdoor arena and an outbuilding. There are countless public green spaces and walking trails throughout St. John's where many residents can enjoy the outdoors at no cost on their own time. Easter Seals NL simply wishes to extend this concept to be able to reach the disabled community, by creating a park that is truly for everyone.
- To find out more about programs and services, visit eastersealsnl.ca

**Finding us:** https://eastersealsnl.ca/contact/

## Empower, The Disability Resource Centre

4 Escasoni Place, St. John's, NL A1A 3R6

**Tel:** (709) 722-4031 **Toll Free**: 1-866-722-4031 **Website:** www.empowernl.ca
**Fax:** (709) 722-0147 **Email:** info@empowernl.ca **TTY:** (709) 772-7998

**Mandate:** To provide support, resources and opportunities for empowerment, which enable persons with disabilities to make informed choices about their lives.

**Target Population:** People of all ages who have any type/combination of disabilities.

**Highlight of Programs / Services Offered:**

- **Advocacy Services:** Empowering the consumer to do their own advocacy, we

help people build their own skills and determine their own approach to solve the problems they face.

- **Employer Supports and Services:** Providing services, supports, and education to business, employers, government, and service providers, this program aims to showcase the value of hiring people with disabilities as a viable labour source.
- **Career Services:** Offering help in a variety of ways as requested by the individual.
- **Independent Living Internships**: Allows those with disabilities to access help within their own communities while providing an opportunity for them to provide the same services to others.
    - For additional information about interns available in your community, or if you are interested in becoming an intern, contact the IL Manager at 709-722-4031 ext 203, 866-722-4031, and Email: penny@empowernl.ca.
- **Peer Support:** A number of groups provide opportunities to share and learn with those who have personally experienced a similar issue.
    - Peer Support Groups
    - Find a Support Group
    - Peer Support FAQ

- **Technology Services:** Providing the tools and knowledge needed to access the internet and computers in general.
    - In the CAP room, there is a wide range of computer hardware and software all in a fully accessible environment. Anyone can come in and try out a piece of equipment to see what works best for them.
    - Adaptive Technology (AT) Program
    - AT Internship
    - Community Access Program (CAP)
- **Volunteer Services:** Volunteers play an important role in ensuring programs and services are offered and the needs of those who use them are met. Click here for the Volunteer FAQ page.

## Epilepsy Newfoundland & Labrador

351 Kenmount Road, St. John's, NL A1B 3P9

**Tel:** (709) 722-0502 **Toll-free:** 1-866-EPILEPSY **Email:** info@epilepsynl.com
**Fax:** (709) 722-0999 **Website:** epilepsynl.com/ **Facebook:** @EpilepsyNL
**Twitter:** @EpilepsyNL **Instagram:** @epilepsynl709

**Mandate:** To share information, and educate the public on the subject of epilepsy; and to adopt any measures necessary to improve the health, strength and well-being of those with epilepsy, wherever possible, in the province of NL.

**Target Population:** Persons with epilepsy, their friends, families and the community

**Highlight of Programs / Services Offered:**

- Epilepsy Information Sessions: Epilepsy Newfoundland and Labrador offers in- house Epilepsy Information Sessions, free of charge in the St. John's and surrounding areas.
- Information & Resource Centre: provides extensive access to all sorts of medical and social information regarding such topics as treatment, medication, employment, health matters and social issues. Epilepsy will mail out an information kit on the topic you're interested in.
    - Explaining Epilepsy
    - Diagnosing Epilepsy
    - Types of Epilepsy
    - Epilepsy Syndromes
    - First Aid For Seizures
    - Photosensitive Epilepsy
    - SUDEP
    - Information Packages
- A quarterly newsletter to keep our members up to date on the very latest happenings in the world of epilepsy.
- Alerts: When anything happens that could have a serious impact on people living with epilepsy such as a recall of medication or discovery of new side effects, it is sent out to members through Info Alerts and posted on the Anti-Epileptic Drug Warnings and Alerts section of the website.
- Newly Diagnosed Support & Advocacy: In person or by phone across the province. One on one support for the issues you may be facing.
- Public Presentations: We offer a wide variety of presentations and information sessions for groups, organizations, and classrooms of all ages and sizes.
- Thrift Store: Previously Loved Clothes and Things is open 10am-9pm seven days a week. Because it is a charity there isn't any sales tax, and the best part is that 100% of the profits stay in Newfoundland to help fund their other services.
- Resources and Assistance.
    - Resource Centre
- Scholarships

## Fetal Alcohol Spectrum Disorder Newfoundland & Labrador Network - FASDNL

495 Water Street, St. John's, NL A1E 6B5

**Email:** contact@fasdnl.ca **Phone: 709-704-4244**
**Twitter:** @FASDNL **Instagram:** @fasdNL
**Facebook:** @fasdnl **Website:** http://www.fasdnl.ca/

**Mandate:** FasdNL is a pan-provincial organization working to educate, provide supports

and resources, and raise awareness about fetal alcohol spectrum disorder (FASD) in Newfoundland and Labrador.

**Target Population:** Individuals, families, caregivers, communities, and professionals who are affected by or working with individuals with Fetal Alcohol Spectrum Disorder.

**Highlight of Programs / Services Offered:**

- Education Initiatives
- Connecting individuals with diagnostic, support, and intervention options within Newfoundland and Labrador
- Networking Opportunities
- Provision of FASD related Resources
- FASD Training
  - Introductory FASD 101 Training
  - FASD 101 in the Justice System
- Virtual Support Group for caregivers and parents

## Inclusion Canada Newfoundland and Labrador

**Head Office**
74 O'Leary Avenue
St. John's, NL A1B 2C7

**Mailing Address**
P.O. Box 8414
St. John's, NL A1B 3N7

**Tel:** (709) 722-0790 **Fax:** (709) 722-1325
**Email:** info@inclusioncanadanl.ca
**Facebook:** InclusionCanNL **Twitter:** @InclusionCanNL
**Website:** www.inclusioncanadanl.ca

**Mandate:** To work with and on behalf of individuals with an intellectual disability and their families. To advocate for individuals to live as full participants in the community based on the values of Equality, Inclusion and Independence.

**Target Population:** Persons with intellectual disabilities, their families, and communities

**Highlights of Programs / Services offered:**

- Provide support to individuals, families and local associations re. housing and community inclusion
- Work with government and service agencies to build supportive communities
- Lobby for changes in social policy, programs and laws
- Facilitate research, training and planning
- Serve as a centre for gathering and distribution of information
- The maintenance of a resource centre containing literature and videos on numerous topics.
- Provincial Incentive Program – This program promotes the uptake of the Registered Disability Savings Plan (RDSP) throughout the province by providing eligible individuals with an opportunity to participate in RDSP information sessions, as well as receiving a one-time $150 stipend from the Inclusion Canada Newfoundland and Labrador as an incentive to open an RDSP.

- Students Exploring through Mentoring (SET) – Helping students with Intellectual Disabilities transition from high school to the labour market.
- Ready, Willing, and Able – Working with employers to increase awareness of benefits of inclusive hiring practices. Aligning employer human resources demand to supported employment agencies.
- NEW!!! - Imagine – A resource guide for youth entering into adulthood. A list of services and supports in the Metro Area IMAGINE… (inclusioncanadanl.ca).

## Learning Disabilities Association NL (LDANL)

Address: Learning Disabilities Association of Newfoundland and Labrador, 120 LeMarchant Road, St. John's, NL A1C2H2

**Tel:** 709 753 1445 **Fax:** 709 753 4747
**Email:** info@ldanl.ca **Website:** https://www.ldanl.ca/
**Facebook:** https://www.facebook.com/LearningDisabilitiesNL/
**Twitter:** https://twitter.com/LDANL

**Target Population:** Individuals with Learning Disabilities and/or ADHD, their families and allies

**Mandate:** Learning Disabilities Association of Newfoundland and Labrador (LDANL) is a registered charity dedicated to the advancement of education, employment, social development, legal rights and general well-being of people with Learning Disabilities in the province.

**The highlight of programs/services offered:** It is the vision of LDANL to enable all individuals with learning disabilities to reach their full potential. LDANL offers programs to build literacy and mathematical skills; awareness and empowerment services; assistive technology training; and advocacy and navigation support.

- Tutoring Program (Reading) for both children and adults (online and in-person)
- Tutoring Program (Math) for both children and adults (online and in-person)
- Adult Literacy Support
- Specialized Reading Support for Vulnerable Youth
- Navigation and Advocacy Support
- LD Empowerment and Awareness Presentations (for persons with LD, their families, service providers and the general public)
- Assistive Technology Training and Support
- Resource Materials
- Support Groups
- Workshops and Conferences
- Presentations, seminars and workshops

## Neuropsychiatric Patients' Association of Newfoundland and Labrador

Mailing address: P.O. Box 369, Bay Bulls, NL, A0A 1C0

**Facebook:** Neuropsychiatric Patients' Association
**Website:** npanl0.wixsite.com/npacanada
**Twitter:** @npa_nl
**Email:** npanl@live.com
**Instagram:** @npa_nl
**Tel:** (709) 740-4794

**Mandate:** The NPA is a nonprofit organization created to provide services to people who have experienced neuropsychiatric conditions which includes brain injury or brain insults of any kind. The 3 pillars of the NPA are: 1) Advocacy, 2) Neurocognitive Rehabilitation, and 3) Research. Through advocacy, NPA aims to ensure patients are treated with proper care and respect. Through our Neurocognitive Rehabilitation program we can help aid our province's Neuropsychiatric patient population on their road to recovery. Through our research on neuropsychiatric conditions we hope to improve the lives of neuropsychiatric patients all around the world.

**Target Population:** The NPA serves individuals of all ages with Neuropsychiatric conditions (brain injuries/insults), as well as their families. Some examples of Neuropsychiatric conditions include: Parkinson's, Huntington's, multiple sclerosis, autism, "concussions" (including brain injuries that have happened through sports injuries, motor-vehicle accidents, or domestic violence), whiplash, neurotoxicant inhalation, drowning, strokes, suicide attempts, eating disorders, lyme disease, among many others.

**Highlight of Programs / Services Offered:**

- Within Neurocognitive Rehabilitation, the NPA provides a free service of weekly meetings, in which patients participate in activities that promote brain plasticity (i.e. healing and repair). These activities are instructed by experienced professionals.
    - These activities are often "manual-mental", where patients need to use both their brain and their hands simultaneously. For instance, sewing, painting, woodworking, chess, or learning an instrument.
    - Through research, the NPA's aim is to better educate medical professionals and to ensure that brain injuries are properly assessed, diagnosed, and treated.
- We work to raise awareness about neuropsychiatric conditions and to provide advocacy for those with neuropsychiatric conditions.
- We provide the community with a monthly calendar of free or low cost ($5 or less) activities to promote brain health happening in and around the province. Examples of these activities would include meditation, yoga, physical activity, support groups and more. These activities are not directly offered by the NPA – we just provide the service of compiling brain-health-promoting activities held by various organizations for the benefit of the community.

## NL Association for the Deaf (NLAD)

33 Pippy Place, Suite 201. St. John's, NL A1B 3X2

**TTY/Voice:** (709) 726-6672 **Fax:** (709) 726-6650
**Email:** nlad@nlad.org **Website:** www.nlad.org
**Facebook:** @NLAssociationofthedeaf **Youtube:** NLAssociationofthedeaf
**Twitter:** https://twitter.com/NL_Assoc_Deaf

**NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
**Interpreting Services Phone number** : (709) 726-6523
**Email:** interpreting@nlad.org

**Mandate:** To protect and promote the rights, needs and concerns of people who are profoundly Deaf or who communicate in American Sign Language within the Province of Newfoundland and Labrador

**Target Population:** People who are profoundly Deaf or who communicate in American Sign Language

**Highlight of Programs / Services Offered:**

- Employment Services and Support: NLAD Employment Services seeks to ensure that deaf clients have full access to career and employment services which enables them to seek, obtain and keep employment.
  - Employment Readiness
  - Career Exploration/Career Options
  - Job Search Techniques
  - Interview Preparation
  - Outreach to Local Labour Market/Employers
  - Job Maintenance/Employment Monitoring
  - Job Accommodations and Supports (TTY's/Communication Devices)
- Public Awareness and Education Workshops
  - Inclusive Education: Inclusive Education for the deaf means the education of students with various hearing levels in a way that addresses the students' individual differences and needs. An inclusive education program for Deaf students must be customized to address each individual student's unique needs.
- Family Communication Program: The Family Communication Program supports family communication for families with Deaf family members by teaching American Sign Language (ASL) and provides information about the Deaf community and Deaf culture.
- Sign Language Classes: Classes in ASL are offered to the community from beginner to intermediate.
- Community Support Worker: The Community Support Worker is responsible for providing services to Deaf adults who use American Sign Language (ASL) and supporting Deaf adults as a member of the Deaf community.
  - Contact our Community Support Worker communitysupport@nlad.org
- Health and Wellness Counselling Services: Provides a friendly, confidential and non-judgmental environment where individuals who are culturally Deaf can find support and encouragement for the many problems that can happen during the path of life. Health & Wellness

Counselling Services offers assistance to individuals dealing with:

- Anxiety
- Depression
- Deaf Identity
- Abuse
- Feeling Lonely
- Grief & Loss
- Addictions
- Family Problems
- Life Changes (new job, relationships, health concerns)

- Interpreting Services
  Interpreting Services – ASL-English Interpreting Services within Newfoundland and Labrador. Founded under the NL Association of the Deaf September 2019, we offer both in person and virtual ASL/English interpreting.
  - **NLAD Interpreting Services:** https://www.facebook.com/NLADInterpretingServices/
  - **Interpreting Services Phone number**: (709) 726-6523
  - **Email:** interpreting@nlad.org

## Newfoundland and Labrador Stuttering Association

44 Torbay Road, Suite 100, St. John's NL, A1A 2G4

**Tel:** (709)753-7500 **Email:** info@nlstuttering.ca **Website:** nlstuttering.ca
**Twitter:** @ourvoiceNLSA **Fax:** (709) 753-7599
**Facebook:** Newfoundland and Labrador Stuttering Association

**Mandate:** To provide support, friendship, and information to the stuttering community, instilling a sense of self-worth, which is often missing in the lives of people who stutter. The NLSA consists of a passionate team of volunteers who are dedicated to bringing hope and empowerment to children, adolescents, and adults who stutter, their families, and professionals, through advocacy and support.

**Highlight of Programs/Services:**

- Stuttering Support Group
  - 3rd Thursday of each month; open to people who stutter, their families, friends, and significant others.
- Run & Walk Awareness
  - A Million Things I Need to Say' 1k/5k Walk, Run, and Roll for Stuttering Awareness: Proceeds of this event go towards supporting NLSA initiatives such as a bursary program to subsidize treatment programs and equipment for people who stutter, public awareness campaigns, educational events, etc
- PWS Conference
  - This one-day event is a chance to learn about stuttering, interact with people who stutter, and attend workshops and seminars about stuttering. The event features information about stuttering in school, the workplace and in family life, issues surrounding treatment, fluency, current research,

mental health, common misconceptions, employment barriers, and more.

- Provide the general public with the most up-to-date information about stuttering.
- Support research into the causes and treatments of stuttering.
- Ensure that the VOICE of people who stutter is heard by influencing and advancing issues relevant to people who stutter at all political levels.
- Support speech-language pathologists and allied health professionals who work with those who stutter.

## Rainbow Riders - Therapeutic Riding Newfoundland and Labrador Inc.

103 Mount Scio Rd., PO Box 23199, St. John's NL, A1B 4J9

**Tel:** (709) 738-1055
**Email:** rainbowridersnl@gmail.com
**Facebook:** @rainbowridersnl
**Twitter:** @rainbowridersnl
**Website:** www.rainbowridersnl.com

**Mandate:** Rainbow Riders operates a therapeutic horseback riding program to help countless Newfoundland and Labrador children grow and develop despite physical, cognitive and emotional disabilities. By uniting these children with an equine partner and a team of volunteers, Rainbow Riders provides the rider with one of the more progressive forms of therapy, improving the rider's strength, circulation, muscle tone and sensory integration.

**Target Population:** People with disabilities age 3+

**Highlight of Programs / Services Offered:**

- Rainbow Riders offers a horseback riding program for recreation, therapy and competition for people with disabilities.

- Through therapeutic riding, horses help physically and mentally challenged children achieve things that may seem impossible. They help an autistic child make connections and improve communication skills. They lend a child confined to a wheelchair legs to run through a field.

To learn more about volunteering with Rainbow Riders please click here.

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## Spinal Cord Injury Newfoundland and Labrador

Suite 101, 10 Austin St. , P.O. Box 21284, St. John's, NL, A1A 5G6

**Youtube:** Spinal cord Injury NL
**Tel:** (709) 753-5901
**Twitter:** @SCI_NL
**Toll-Free:** 1-877-783-5901
**Facebook:** @SpinalCordInjuryNL
**Fax:** (709) 753-4224
**Email:** mburry@sci-nl.ca
**Website:** www.sci-nl.ca

**Mandate:** To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self- reliance and full community participation. Formerly the

Canadian Paraplegic Association of Newfoundland.

**Target Population:** Persons of all ages with disabilities

**Highlight of Programs / Services Offered:**

- Career and Employment Services: Assists individuals to identify vocational alternatives and obtain employment consistent with their values, abilities and interests. Employers can also use this service to evaluate work site accessibility and job accommodation.
- Peer Support Counselling: Someone who has been there can act as a mentor and role model to encourage and sustain the client through the challenges they face.
- Peer Reach Out Program: Spinal Cord Injury Newfoundland and Labrador's Peer Reach Out Program presents a unique opportunity to connect with those outside the normal reach of support through technology.
- SCI NL Peer Grub Club: Each month Spinal Cord Injury Newfoundland and Labrador host a Peer Support Event at the Miller Centre for Individuals currently in rehabilitation, their families and individuals with a spinal cord injury who have integrated back in to the community.
    - The Event is filled willed with great conversation about life after a spinal cord injury including an opportunity to share experiences with someone who has been there, ask questions, develop a relationship with others who have and are going through the same changes and most importantly there is food and good times as well.
- Quality of Life Program: Individuals living with a mobility disability or have an individual with a mobility disability living at home may receive assistance from SCI NL to access or raise funds to offset their enormous financial burdens. These funds provide payments directly to the service providers who offer products and services that will promote independence, self-reliance and full community participation.
- Online services include: the Swap n Shop, which provides an online forum for buying, selling, and trading equipment, wheelchairs, lift equipped vehicles and other related items; and the Accessibility Roadmap, which is a tool designed to assist individuals with a spinal cord injury or significant mobility impairment identify accessible locations while travelling across the island of Newfoundland and Labrador.

## Mental Health……

### AIDS Committee of Newfoundland and Labrador (ACNL)

47 Janeway Place, St. John's, NL A1A 1R7

**Tel:** (709) 579-8656 **Shelter Tel:** (709) 579-8348 **Fax:** (709) 579-0559
**Email**: info@acnl.net **Website:** www.acnl.net **Toll Free:** 1-800-563-1575
**Facebook:** @AIDSCommitteeNL

**Mandate:** To prevent the spread of HIV and Hepatitis C. ACNL works to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C. ACNL advocates for change while networking on a provincial, regional, national, and international level regarding HIV/AIDS and Hepatitis C issues.

**Target Population:** People living with, affected by, or at risk for HIV/AIDS and Hepatitis C.

**Highlight of Programs / Services Offered:** ACNL provides a range of services to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C, as well as providing services to the general population of the province.

- HIV/HCV Services
  - HIV/Hepatitis C/STBBI Education
  - Provincial HIV Services Special Assistance Program
  - Support Services (advocacy, referrals, appointment accompaniment, supportive counselling, etc.)

- Safe Works Access Program (SWAP)
  - St. John's Office
  - Corner Brook Office

- Transitional Housing
  - Six independent living units (one 2-bedroom and five 1-bedroom)
  - Applicants must be 18 years or older living with and/or affected by HIV/AIDS or Hepatitis C
  - For more information, please contact our Housing Coordinator, Christine Bryne, at 709-579-8656 or 1-800-563-1575, through the contact form on ACNL's website, or via email

- Tommy Sexton Centre Emergency Shelter
  - 4-bed emergency, short-term shelter for individuals ages 16 and up. Priority for individuals living with HIV/AIDS and/or Hepatitis C. Gender-neutral facility, further priority for LGBTQ2S+ shelter placement. However, all individuals experiencing homelessness are able to access shelter
  - Residential Counsellors provide housing search support, crisis and supportive counselling, linkage and referrals to community and government programs, assistance with life skills development, and other services
  - For more information on the Emergency Shelter Services Program, please contact the Shelter Services Coordinator, Alexe Morgan, by phone at (709) 579-8656, through the contact form on ACNL's website, or via email.

## Amal Youth and Family Centre

92 Elizabeth Avenue, St. John's

*General Inquiries*
**Tel: (709)** 552-1175
**Email(s): info@amalnl.ca;**

*Wellness Centre*
(709) 769-1285
**wellness@amalnl.ca**

**Website: www.amalnl.ca**
**Facebook:** Amal Youth and Family Centre

**Mandate:** Amal Youth and Family Centre is a non-profit organization located in St. John's, Newfoundland and Labrador, Canada.

Established in 2021, the mission of Amal Youth and Family Centre is to provide a range of innovative services responsive to the needs of individuals, families and communities, including educational, social, cultural, outreach, clinical, family-based, alternate care and networking activities. Amal aims to provide trauma-informed, neuro-diverse, and culturally, racially, linguistically, and developmentally sensitive services for youth and families, and to promote diversity in all forms with respect to citizenship status, culture, religion, race, ethnicity, gender identity, sexuality, age, and ability.

**Target population:** Amal serves children, youth, families and adults

**Highlights of Programs / Services Offered:** Services offered through Amal include family engagement services; respite; specialized out-of-home care for young people and adults; individual, couple and family therapy; and therapeutic groups and activities including Community Acupuncture, Mindfulness and Meditation, and social groups for children and adults with autism.

## Canadian Mental Health Association – NL Division (CMHA-NL)

CMHA-NL Provincial Office: 603 Topsail Rd., St. John's, NL A1E 2E1

**Tel:** (709) 753-8550
**Toll-Free:** 1-877-753-8550
**Email:** office@cmhanl.ca
**Fax:** (709) 753-8537
**Website:** www.cmhanl.ca
**Twitter:** @CMHANL
**Facebook:** @CMHANL
**LinkedIn:** linkedin.com/company/cmhanl/
**Instagram:** @CMHANL

**Mandate:** To facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. This mission is accomplished through building capacity, influencing policy, providing services, and developing resources.

**Target Population:** Persons with lived experience, family members/caregivers, professionals, workplaces/employees, students, children and youth.

**Highlight of Programs / Services Offered:**

- CMHA-NL's **Workplace Mental Health Program** and our **Education Program** offer mental health training and educational sessions for individuals, workplaces, schools, and other groups. From two-day certification courses to lunch-and-learns, our qualified facilitators can customize sessions to meet your needs. We also meet requests for information booths at conferences, schools, and other events.
- CMHA-NL's **Justice Program** Case Managers work with individuals involved in the NL corrections system to promote recovery and reduce recidivism. Our team assists members of the Justice Program with a variety of needs, including housing, food security, employment, counseling, and more. Case Managers work with members while incarcerated and following their release for a period of up to 18 months.
- CMHA-NL's **At Work Program** provides employment support for people living with a mental health issue or mental illness who are unemployed or under-employed and are seeking meaningful employment. The At Work Program also provides wage subsidies for employers. The Employment Support Coordinator works with employers and employees to ensure a smooth transition to work.
    - Also check out our Self Help section, to access our FAQ and additional resources
    - If you or someone you know is having a mental health crisis please **contact the mental health crisis line by calling 811**

## HOPE (Eating Disorders Program) Eastern Health

Renata Elizabeth Withers Centre for HOPE
35 Major's Path, Suite 101, St. John's, NL A1A 4Z9

**Tel:** (709) 777-2041
**Website:** https://mha.easternhealth.ca/adults/eating-disorder-services/hope-program/

**Mandate:** To help individuals change eating disorder symptoms, challenge thoughts and behaviors, and develop new means of coping with everyday stressors.

**Target Population:** The HOPE Program is for you and your family if you are 15 years of age or older and have been diagnosed with anorexia nervosa, bulimia nervosa or other specified feeding and eating disorder. The program is voluntary and clients must be medically stable.

- The client must be aware of his/her referral to the program and agree to participate in therapy.
- The client must be medically stable as per Eastern Health's guidelines.

- We do not accept referrals for eating difficulties (e.g. fear of swallowing, weight loss management).
- Individual services can be provided for those following a vegan diet.

**Highlight of Programs / Services Offered:**

The HOPE Program is an intensive program available to clients across the province. The HOPE program is an outpatient program, meaning that individuals receive treatment without being admitted to hospital. We

- provide group-based and individual therapy as needed,
- help individuals explore alternative coping strategies,
- help individuals improve their relationship with food,
- help individuals improve their sense of self-worth and body esteem, and
- facilitate effective communication between you and your loved ones.

**How to access this service**

A referral to the program can be made by a physician or nurse practitioner using the adult eating disorders referral form (PDF). Medical follow-up is required during participation in the HOPE program. All referrals for clients under the age of 18 will be sent to the Adolescent Medicine team, this will determine if you will require more intensive services at HOPE.
Once a referral is received, you will be invited to attend an orientation session and complete an intake assessment to determine your treatment pathway.

## IMAlive Online Crisis Helpline

**Website:** www.imalive.org **Email:** info@imalive.org **Instagram:** @imalivechatline
**Twitter:** @_IMAlive **Facebook:** @IMAlive

**Mandate:** IMAlive is a live online network that uses instant messaging to respond to people in crisis. People need a safe place to go during moments of crisis and intense emotional pain, and may not always be willing or able to call a phone helpline. IMAlive seeks to provide this safe space by having 100% of its volunteers trained in crisis intervention.

**Target population:** Anyone dealing with crisis

**Highlight of Programs / Services Offered:**

- The IMAlive.org website provides an anonymous online chat service connecting people in crisis with trained volunteers. The chat line strives towards being 24/7, but cautions that during times of high volume, there may not be a volunteer available immediately.
- Online training is provided to volunteers through the QPR Institute. Interested volunteers must be 16 or older and have at least 4 hours a week available for training, practice and eventually online support.
    - The IMAlive volunteers make a life changing commitment to respond to

people in crisis with their time, talents and empathy.

- Alive! Mental Health Fair – College Campus:
    - This event trains the students to recognize warning signs and helps start the conversation about mental illness and suicide prevention with students.

## Kids Help Phone

PO Box 26062, St. John's, NL A1E 0A5

**Local Office Tel:** (709) 685-0629
**Youtube:** KidsHelpPhone
**Website:** www.kidshelpphone.ca/
**Facebook:** @KidsHelpPhone
**Text:** Talk to 686868

**Email:** emily.cardwell@kidshelpphone.ca
**Counselling Line:** 1-800-668-6868
**Twitter:** @KidsHelpPhone
**Instagram:** @kidshelpphone

**Mandate:** To improve the well-being of children and youth in Canada by providing them anonymous and confidential professional counseling, referrals, and information through technologically-based communications media; to continue to improve and grow, ensuring delivery of the most effective, timely and valuable counselling, referrals and information to every young person who could benefit from the support.

**Target Population:** Children and youth ages 5+

**Highlight of Programs / Services Offered:**

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

Professional Phone Counselling

Professional, confidential, anonymous counselling services to youth, available 24/7 in English and French. Also accessible in Ukrainian, Pashto, Dari, Mandarin, and Arabic through interpretation.

Professional Chat Counselling

Professional, confidential, anonymous web based counselling services to youth available from 7pm to midnight E.T. in English or French.

Crisis Text Line

Trained volunteer crisis responders support through text message or Facebook messenger, available 24/7 in English or French.

Youth (age 5-25) text "CONNECT" to 686868 or Facebook messenger

Adults (age 25+) text "WELLNESS" to 686868 or Facebook messenger

If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available) by messaging "FIRST NATIONS", "INUIT" or "METIS" to 686868 or through Facebook Messenger.

If you identify as African, Caribbean, Black or a part of the Afro-diaspora, you can message "RISE" (EN) or "SURMONTER" (FR) to 686868 or through Facebook Messenger.

Peer to Peer

An online community of support with other young people across Canada. Throughout these moderated forums, youth can privately share their experiences, offer inspiration and ask questions to connect, comfort and cheer each other on. The forums feature a wide range of topics so that youth can find and share information for specific questions or concerns.

**Note:** Forums can be accessed at any time, but posts are reviewed by youth moderators before they are published. While moderators are not available 24/7, posts are generally reviewed within 24 hours

Resources Around Me

Database of local and web based mental health/wellness services accessible to young people in their community.

Kids Help Phone's Gateway

Online resource that connects youth and caring adults to e-mental health services and information.

- Get information about how your thoughts, feelings and behaviours are connected and what you can do to care for your well-being.
- Practise with tools, tips and resources to help build your skills and improve your wellness in the way that feels best for you. Learn how to identify your strengths, communicate thoughts and feelings, overcome obstacles and connect with support.
- Explore lived experiences from other young people across Canada. Learn from real-life youth stories, gain new ideas and ask questions to connect and inspire your own wellness journey.
- If you need help right now, you can talk to a trained volunteer crisis responder about anything you're going through. No issue is too big or too small.
- Connect with a professional counsellor to better understand what you're going through and help take a step in the direction you want to go.
- Search for physical or virtual support programs and services available to kids, teens and young adults across Canada.

## Lifewise NL (Formerly CHANNAL)

70 The Boulevard, Unit 2 St. John's, NL A1A 1K2

**Facebook:** @LifewiseNL
**Email:** admin@lifewisenl.ca
**Warmline Français:** 1-833-753-5460
**Website:** https://lifewisenl.ca/
**Provincial Office:** 1-855-753-1138
**Warmline:** 1-855-753-2560
**Warmline Locale:** (709) 753-2560
**Twitter:** @LifewiseNL

**Mandate:** Lifewise is a provincial organization that exists to build and strengthen a self-help network among individuals who live with mental health issues. Lifewise's aim is to combat isolation for those living with mental illness, to provide a forum for mental health consumers' concerns, to educate the public on issues relevant to mental health consumers and to offer advocacy, social and emotional support to mental health consumer.

**Target Population:** Individuals (16+) living with mental health issues/illness

**Highlight of Programs / Services Offered:**

- In-Person Peer Support Group
- In-Person One on One Peer Support
- Support In Establishing Peer Support Groups
- Ongoing Community Information Presentations
- Committee Representation
- E-Peer Support
- Wellness Workshops
- Public Education
- Access to Resources
- Policy Consultation
- Partnerships

## Memorial Minds (MUN Minds)

1 Arctic Avenue, Memorial University, UC 6017, St. John's, NL A1C 5S7

**Email:** munminds@gmail.com
**Twitter**: @munminds
**Website:** https://munminds.wordpress.com/
**Instagram:** @munminds
**Facebook:** @munminds

**Mandate:** To eradicate stigma surrounding mental illness and support students on a path towards mental wellness.

**Target Population:** Students of Memorial University and the surrounding community.
**Highlight of Programs / Services Offered:**

- On-campus Peer Support Program: For students needing someone to talk to in a trusting environment.
    - Peer Support Program is a collaboration with the Student Wellness and Counselling Centre which aims to provide in-person, non-crisis support to students at Memorial University of Newfoundland who are struggling to maintain positive mental health.
    - Peer Supporters are undergraduate and graduate students at Memorial who

have been trained in Mental Health First Aid, and who have agreed to protect the anonymity and privacy of students who seek support by signing our Peer Support confidentiality contract.
    - If you or someone you know would like to speak with a Peer Supporter, you can visit us in room UC 6017. Monday-Fridays from 10:00 am-4:00pm
    - If you are interested in becoming a Peer Support volunteer, please send an email to munminds@gmail.com.

## Miles for Smiles Foundation

**Tel:** (709) 746-9627

**Email:** milesforsmilesfoundation@gmail.com **Website:** milesforsmilesfoundation.com/
**Twitter:** @miles4smilesNL **Facebook:** @MilesforSmilesFoundation

**Mandate:** Miles for Smiles Foundation is a non-profit organization dedicated to the support, awareness and prevention of child abuse.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- ASCA - Adult Survivors of Child Abuse – The Foundation offers support to adult survivors of child abuse by facilitating a peer support group twice a month in St John's.
- Child Sexual Abuse Prevention Training – The Miles For Smiles Foundation offers training in Child Sexual Abuse Prevention. Our facilitators are trained through the Darkness to Light Stewards of Children Program.
    - Stewards of Children is an evidence-informed program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. It is designed for both youth serving organizations and individuals concerned for the safety of children.

## Neuropsychiatric Patients' Association of Newfoundland and Labrador

Mailing address: P.O. Box 369, Bay Bulls, NL, A0A 1C0

**Facebook:** Neuropsychiatric Patients' Association **Email:** npanl@live.com
**Website:** npanl0.wixsite.com/npacanada **Instagram:** @npa_nl
**Twitter:** @npa_nl **Tel:** (709) 740-4794

**Mandate:** The NPA is a nonprofit organization created to provide services to people who have experienced neuropsychiatric conditions which includes brain injury or brain insults of any kind. The 3 pillars of the NPA are: 1) Advocacy, 2) Neurocognitive Rehabilitation, and 3) Research. Through advocacy, NPA aims to ensure patients are treated with proper care and respect. Through our Neurocognitive Rehabilitation program we can help aid our province's Neuropsychiatric patient population on their road to recovery. Through our research on neuropsychiatric conditions we hope to

improve the lives of neuropsychiatric patients all around the world.

**Target Population:** The NPA serves individuals of all ages with Neuropsychiatric conditions (brain injuries/insults), as well as their families. Some examples of Neuropsychiatric conditions include: Parkinson's, Huntington's, multiple sclerosis, autism, "concussions" (including brain injuries that have happened through sports injuries, motor-vehicle accidents, or domestic violence), whiplash, neurotoxicant inhalation, drowning, strokes, suicide attempts, eating disorders, lyme disease, among many others.

**Highlight of Programs / Services Offered:**

- Within Neurocognitive Rehabilitation, the NPA provides a free service of weekly meetings, in which patients participate in activities that promote brain plasticity (i.e. healing and repair). These activities are instructed by experienced professionals.
    - These activities are often "manual-mental", where patients need to use both their brain and their hands simultaneously. For instance, sewing, painting, woodworking, chess, or learning an instrument.
    - Through research, the NPA's aim is to better educate medical professionals and to ensure that brain injuries are properly assessed, diagnosed, and treated.
- We work to raise awareness about neuropsychiatric conditions and to provide advocacy for those with neuropsychiatric conditions.
- We provide the community with a monthly calendar of free or low cost ($5 or less) activities to promote brain health happening in and around the province. Examples of these activities would include meditation, yoga, physical activity, support groups and more. These activities are not directly offered by the NPA – we just provide the service of compiling brain-health-promoting activities held by various organizations for the benefit of the community.

## St. John's Military Family Resource Centre (MFRC)

145 Churchill Avenue, St. John's, NL A1A 0N9

**Tel:** 709-570-4636
**Facebook:** @stjohnsmfrc
**Instagram:** @st.johns_mfrc
**Twitter:** @SJMFRC
**Email:** info@stjohnsmfrc.com
**Fax:** 709-722-3145
**Website:** www.cfmws.ca

**Mission:** Providing services that strengthen Military Families

**Target Population:** Military Families

**Highlight of Programs / Services:**

- The Military and Veteran Family Services Program recognizes the important role families have in enabling the operational readiness of the Canadian Armed Forces, so we endeavor to respond to families evolving realities and needs to provide services that enhance family resilience and stabilization that address military challenges.

- The MFRC is the first point of contact for military and Veteran families as they navigate and access services they require, either provided directly through the MFRC or through connections with local community service providers that best meet the family needs.

- The Veteran Family Program offers tailored services to help address some of the unique challenges faced by newly transitioning Veterans and their families.

- At the end of each school year the St. John's MFRC, through Support Our Troops, offers a scholarship that is open to all CAF Member dependents who reside in Newfoundland and Labrador.

## St. John's Shambhala Meditation Group

120 Le Marchant Road, St. John's, NL A1C 2H1

**Email:** stjohns.shambhala@gmail.com **Website:** stjohns.shambhala.org
**Facebook:** St. Johns Shambhala Group

**Mandate:** To assist individuals in cultivating the mind's inherent stability, clarity and strength in order to be more awake and to develop the compassion and insight necessary to care for oneself and the world genuinely.

**Target population:** Everybody

**Highlight of Programs / Services Offered:**

- At the St. John's Shambhala Meditation Group, they offer programs in Buddhist teachings, meditation and other contemplative disciplines, as well as free individual meditation instruction.
- Ocean Yoga: All Ocean Yoga classes are accessible to all levels, with a focus on breath and body awareness.
- Learn to Meditate: These introduction to meditation sessions occur the first Tuesday of each month at 7:30PM. Anyone interested who isn't free on Tuesday nights can email to arrange an alternate time.
- Wednesday Evening Meditation: Group meditation practice; the format provides 25 mins sitting, 10 mins of walking meditation, and ending with a final 25 mins of sitting. Sitting begins at 7:30 pm; all are welcome.
- Sunday Morning Meditation: Join the group for sitting meditation practice at any time. They generally alternate 25 mins of sitting meditation with 10 mins of walking and give a reading at 11:45.
- If you wish to attend morning chants please arrive for 10:00am. After this time joining the group for meditation is best done by arriving during any of the

walking periods.

- Membership: Although membership is not required to participate in much of what the Center has to offer, financial support allows the centre to continue.

## Stella's Circle

Administration Offices: 142 Military Road, St. John's, NL A1C 2E6

**Main Switchboard:** (709) 738-8390
**Fax:** (709) 738-7808
**Website:** www.StellasCircle.ca
**Facebook:** @stellascircle
**Email:** info@StellasCircle.ca
**Shelter Tel:** (709) 579-8432
**Twitter:** @StellasCircle
**Instagram:** @stellascirclenl

**Mandate:** To help adults remove barriers to participating in their community. Barriers can include: mental health issues; addictions; poverty; criminal justice involvement; homelessness; low literacy; and periods of unemployment. Transforming lives through Real Homes, Real Help and Real Work.

**Target Population:** Men and women age 18 and older; women ages 16-30 (Naomi Centre)

**Highlight of Programs / Services Offered:**
**Real Homes Program**

Real Homes: Safe, secure and stable housing is essential to wellbeing. Stella's Circle helps address the need for affordable housing by offering more than 100 housing units to rent and supportive housing for those who need it. Programs include:

- **Brian Martin Housing Resource Centre**

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457, housing@StellasCircle.ca

- Offers counselling, advocacy, and other support services to help people find secure housing
- Open 9:00am-4:30pm; Monday-Friday
- Monday to Thursday from 1:30-3:30 pm, we offer Housing Help – we invite anyone to drop in to ask questions of our staff or to use our resources to search for housing.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing housing assistance. There is no application or form to complete; simply drop in or contact us for assistance.

- **Naomi Centre**

*4 Patrick Street, St. John's, NL A1E 2S6*
(709) 579-8641, naomi@StellasCircle.ca

- An emergency shelter that offers safe and supportive temporary housing for women aged 16-30 within a harm reduction model.

- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing emergency housing.
- Jess's Place

*84 Prescott Street, St. John's, NL A1C 3S9*

(709) 738-0457

- Transitional housing program for women 18+ in recovery
- Up to three women share a house, live independently, and care for their own needs.
- Accepts self-referrals or referrals from others.

**Real Help Program**

Real Help: Stella's Circle offers a range of residential, community and correctional based counselling services to support people through life's challenges. Stella's Circle believes that with the necessary supports people can flourish. Programs include:

- **Emmanuel House**

*83 Cochrane Street, St. John's, NL A1C 3L7*
(709) 754-2072, emmanuelhouse@StellasCircle.ca

- Men and women over the age of 18 can live while they address their social and emotional challenges.
- Participants stay for a four-month period and take part in individual counselling, therapeutic groups, and life skills support.
- We accept self-referrals or referrals from others.

- **Community Support Program (CSP)**

*114 Cabot Street, St. John's, NL A1C 1Z8*

(709)738-5590, cspinfo@StellasCircle.ca

- Provides intensive assistance to men and women with complex mental health needs over the age of 18.
- The goal of the program is to improve the overall quality of participants' lives, and to reduce the length and number of admissions to hospitals and prisons.

- **Just Us Women's Centre**

*142 Military Road, St. John's, NL A1C 2E6*

(709) 738-0658, justus@StellasCircle.ca

- Provides counseling and support to women over the age of 18 who have been in conflict with the law.
- We accept self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.

**Real Work:** Stella's Circle offers a range of employment and education programs to assist people with limited work experience or interrupted career paths find and maintain employment. Programs include:

- **Employment Counselling & Support Transition Groups**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1181, employment@StellasCircle.ca

- **Adult Basic Education (ABE) Level 1:**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-2738, abe@StellasCircle.ca

- Adult Basic Education (ABE) Level I offers basic literacy and numeracy education in a supportive environment through delivery of standardized provincial government curriculum.

- **Work Experience:**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1178, employment@StellasCircle.ca

- We offer practical workplace-based learning to suit individual participant interests, needs and abilities. These placements provide opportunities for future employment and ensure a suitable fit for employer and employee. We offer social enterprise training and employment in three streams:
  - The Hungry Heart Café offers training to help people enter the food service industry as cooks, servers, or kitchen staff.
  - The Trades Helper Program allows participants to gain practical experience in the construction trades.
  - Clean Start provides on-the-job training in office cleaning and maintenance.

## Survivors of Suicide (S.O.S.) Loss Support Group

99 Dorans Lane, St. John's, NL
**Tel:** (709) 726-4223 **Contact:** Tina Davies **Email:** tgdavies99@gmail.com

**Mandate:** To offer a safe and supportive environment where you can share your feelings, talk about the suicide and learn from each other's experience

**Highlight of Programs / Services Offered:**

- **Richard's Legacy Foundation for Survivors of Suicide Loss Support Group Meetings**:
  - The support group meets twice monthly:
  - The **2nd** and **4th** Monday of each month at 7:30 pm.
  - Meeting location is 878 Topsail Road, St. John's, NL (in the Lifewise offices).
- Counselling available one on one for individuals, and families.

## The Pottle Centre

**Physical Location:** 200 Water Street, St. John's, NL A1C 5W2
**Mailing Address:** The Pottle Centre, P.O. Box 5321, Station C St. John's NL A1C 5W2

**Tel:** (709) 753-2143 **General Email:**info@pottlecentre.org
**Executive Director Leanne:** pottlecentre@nf.aibn.com
**Wellness Coordinator Kelly**: programs@nf.aibn.com

**Website:** www.pottlecentre.ca **Instagram**:@ThePottleCentre
**Facebook:** ThePottleCentre **Twitter:**@ThePottleCentre

**Mandate:** The Pottle Centre is a drop-in social centre for adults who are living with mental health issues, illnesses and addictions. We provide a safe and healthy place for fun, friendship and support.

**Target Population:** People 19 + who are living with mental health issues, illnesses and addictions.

**Highlight of Programs / Services Offered:**

- Membership is free. However, the Centre requests that new members call and make an appointment with a member of the staff to set up a short membership application interview.
- A number of activities are available on a daily, weekly, and monthly basis ranging from card games, board games, crafts, movies, holiday events, outings, and parties. All outings, activities, meals and programs are free for members. We also provide transportation from the Centre and back .
- A schedule of events is released monthly and is posted in the Centre as well as The Pottle Centre social media. It is also being mailed/emailed out to a variety of organizations around town. Please contact the Centre to be added to the mailing list.
- The Centre provides a phone for local calls, internet access, and cable TV.
- Other services include: a boutique of gently used clothing, guest speakers, visiting Nurse, peer support group and much more.
- Open Monday to Friday from 8:30am to 4:30pm

## Other……

### Canadian Red Cross

17 Majors Path, St. John's, NL A1A 4Z9

**Tel:** (709) 758-8400
**Instagram:** @redcrosscanada
**Email:** rhonda.kenney@redcross.ca
**Facebook**: @canadianredcross

**Website:** http://www.redcross.ca
**Fax:** (709) 758-8417
**Twitter:**@redcrosscanada

**Mandate:** We help people and communities in Canada and around the world in times of need and support them in strengthening their resilience.

**Target Population:** Those who are the most vulnerable in Canada and around the world

**Highlight of Programs / Services Offered:**

- To search for Programs and Services in the St. John's Metro region, click here.
  - Red Cross delivers core programs such as:
    - Disaster services change to Emergency Management
    - Injury and Abuse Prevention
    - First Aid and CPR training
    - RemoveHealthcare Equipment Loans
    - Meals on Wheels
    - Friendly Calls (Newfoundland and Labrador Programs and Services Results - Newfoundland and Labrador - Canadian Red Cross)
    - Volunteer Programs (Volunteer With Us – Canadian Red Cross - Canadian Red Cross)

The Newfoundland and Labrador Region offers a variety of unique, community-based services to help ensure the well-being and human dignity of those in our province.

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**
**Tel:** (709) 726-5902
**Website:** https://firstlightnl.ca
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Email:** info@firstlightnl.ca
**Facebook:** https://www.facebook.com/FirstLightNL

**Mandate:**
To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**
Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Heart and Stroke Foundation – Newfoundland and Labrador

**Mailing Address:**1037 Topsail Road, Mount Pearl, NL A1N 5E9

**Tel:** 1-888-473-4636 **Fax:** (709) 753- 3117
**Email:** ON_HeartStrokeWebTeam@heartandstroke.ca **Website:** www.heartandstroke.ca
**Twitter:** @HeartandStroke **Facebook:** @heartandstroke
**YouTube:** Heart and Stroke **Instagram:** @heartandstroke
**Resuscitation Certificate and CPR Courses:** 1-877-473-0333

**Mandate:** Heart & Stroke leads the fight against heart disease, stroke and related conditions. Together these diseases are still the number one cause of premature death

in Canada. Our work is driven by collaboration – with our volunteers and donors, researchers, people with lived experience, healthcare professionals, governments and others.

**Target Population:** All ages across the province

**Highlight of Programs / Services Offered:**

- Promoting Health
  - Provincial rollout of HeartSmart Kids™ - a K-6 supplemental educational resources available to over 30,000 children in Newfoundland and Labrador.
  - Advocating for policy change at all levels of government to help prevent heart disease and stroke before they happen.
- Saving Lives
  - Advocate for improved lay-responder cardiac arrest survival rates through our Restart-A-Heart initiative by:
    - Improving prevalence of Automated External Defibrillators (AEDs) in public spaces
    - Creation of an AED registry for emergency dispatch personnel and the public to locate AEDs at any time.
    - Changes to the Emergency Responder Act to explicitly protect lay-rescuers and professionals when they perform First-Aid, CPR, or use an AED
  - Promote the signs and symptoms of Stroke:
    - FACE – is it drooping?
    - ARMS – can you raise both?
    - SPEECH – is it slurred or jumbled?
    - TIME – to call 9-1-1 and get taken to a hospital right away.
  - Enhancing Recovery
    - Advocate for aligning province with ALL Stroke Best Practice
    - Partnering with survivors and their caregivers, supporting and connecting them to achieve the best recovery and quality of life possible and prevent future events.
    - Fund world-leading research on stroke recovery through the Heart & Stroke Foundation Canadian Partnership for Stroke Recovery.

## Lung Association of NL

15 Pippy Place, Carnell Building, 2nd Floor, P.O. Box 13457, Station A, St. John's, NL A1B 4B8

**Tel:** (709) 726-4664 **Toll-free:** 1-888-566-5864 **Email:** info@nf.lung.ca
**Fax:** (709) 726-2550 **Smokers' Helpline:** 1-800-363-5864 **Facebook:** @NLLung
**Website:** www.nf.lung.ca/

**Twitter:** @NLLung

**Mandate:** The NL Lung Association is a not-for-profit organization dedicated to

achieving healthy breathing for the people of NL

**Target Population:** All ages across the province.

**Highlight of Programs / Services Offered:**

- Lung Health Information
  - Assistance on a variety of lung health topics including: Asthma, COPD, Sleep Apnea, Infectious Diseases, Tuberculosis and other diseases
- Lung Transplant Travel Assistance
  - The Lung Transplant Travel Assistance Program provides modest financial support to individuals who have to travel out of province to receive a lung transplant.
- Smoking Cessation Programs
  - The Lung Association is the provincial service provider of the Smokers' Helpline which offers a variety of programs (available by phone and online) to help individuals with quitting smoking and staying smokefree.

## NL HealthLine – Dept. of Health and Community Services, GovNL

Confederation Building, 1st Floor West Block, PO Box 8700, St. John's, NL A1B 4J6

**CALL 811 or Tel:** 1-888-709-2929 **TTY:** 1-888-709-3555
**Website:** http://yourhealthline.ca/

**Highlight of Programs / Services Offered:**

- Call for Medical Advice and Health Information, Mental Health Aid and Service Information, to speak with a dietician, or to book a virtual care appointment
- The HealthLine is a confidential and free telephone line staffed by experienced registered nurses. It is available to all residents of Newfoundland and Labrador, any time, day or night.
- The HealthLine will provide follow-up calls, with consent, to callers who have contacted the HealthLine because of a mental health or addictions concern.
- The HealthLine can help you decide what steps to take to manage your physical and mental health, and the health of your family. HealthLine nurses can also provide information about health services in your area, and answer questions you may have about health-related topics.
- If you or someone you know has a mental health, substance use or addiction emergency call 911.

# Parenting Supports……

## Amal Youth and Family Centre

92 Elizabeth Avenue, St. John's

*General Inquiries*
**Tel: (709)** 552-1175
**Email(s): info@amalnl.ca;**

*Wellness Centre*
(709) 769-1285
**wellness@amalnl.ca**

**Website: www.amalnl.ca**
**Facebook:** Amal Youth and Family Centre

**Mandate:** Amal Youth and Family Centre is a non-profit organization located in St. John's, Newfoundland and Labrador, Canada.

Established in 2021, the mission of Amal Youth and Family Centre is to provide a range of innovative services responsive to the needs of individuals, families and communities, including educational, social, cultural, outreach, clinical, family-based, alternate care and networking activities. Amal aims to provide trauma-informed, neuro-diverse, and culturally, racially, linguistically, and developmentally sensitive services for youth and families, and to promote diversity in all forms with respect to citizenship status, culture, religion, race, ethnicity, gender identity, sexuality, age, and ability.

**Target population:** Amal serves children, youth, families and adults

**Highlights of Programs / Services Offered:** Services offered through Amal include family engagement services; respite; specialized out-of-home care for young people and adults; individual, couple and family therapy; and therapeutic groups and activities including Community Acupuncture, Mindfulness and Meditation, and social groups for children and adults with autism.

## The Janeway Family Resource Centre

Janeway Resource Centre, Room 434 in the Janeway Hostel Building at the Health Sciences Centre, 300 Prince Philip Drive, St. John's, NL A1B 3V6

**Email:** family.resource.centre@easternhealth.ca

**Mandate:** The Janeway Resource Centre provides pediatric and women's health and wellness information for patients and families in our community.

**Target Population:** Families, individuals, and organizations – anyone with a need for child and youth health information

**Highlight of Programs / Services Offered:**

- We can provide you with age-appropriate information on many topics, including medical conditions (e.g. ADHD, autism, cancer, cerebral palsy, eating disorders, and more); breastfeeding; child development; mental health; nutrition; parenting children with special needs; grief and loss, and more.
- If you have requests for information on pediatric and women's health topics,

please email or phone us. You can also search the library catalogue using our website http://www.janewayresourcecentre.ca/.

- Anyone in Newfoundland and Labrador may borrow materials from the Centre. Borrowers must provide their name, mailing address, email and phone number.
- Free mail delivery is provided anywhere in Newfoundland and Labrador. Return postage is also provided.
- Our space: Please check our website or call us to find out if our space has reopened. During normal operations, our family-friendly space offers families visiting the hospital a comfortable space to relax, including a child play area, a quiet room, and a small kitchen. We also have computers with internet access, printing, faxing, and photocopying.
- **Finding us:** We are located in the Janeway Hostel building (the Janeway Hostel is now closed but we are still located in the existing building). It is a brown brick and glass building across from the Adult Emergency entrance at the Health Sciences Centre.
- Please contact the Janeway family resource centre if you need help or would like more information on services and programs we currently provide.

## Kids Eat Smart Foundation Newfoundland and Labrador

201-55 Elizabeth Avenue, Elizabeth Business Center, St. John's, NL A1A 1W9

**Tel:** (709) 722-1996 **Toll Free:** 1-877-722-1996
**Facebook:** @KidsEatSmartNL **Fax:** (709) 722-7250
**Email:** info@kidseatsmart.ca **Website:** www.kidseatsmart.ca/

**Mandate:** Kids Eat Smart Foundation Newfoundland and Labrador partners with schools, communities, volunteers, and sponsors to set up and support nutritious food programs called Kids Eat Smart Clubs, organized by volunteers for school age children. Our vision is that every school age child in Newfoundland and Labrador attends school well-nourished to be ready to learn.

**Target Population:** School age children and youth

**Highlight of Programs / Services Offered:**

- 269 Kids Eat Smart Clubs operate in schools and community centres throughout Newfoundland and Labrador. Every school day with help of volunteers we serve over 38,000 meals to children and youth in Kindergarten to Grade 12. Our KES Clubs serve breakfast consisting of nutritious foods, such as fruit, yogurt, toast, whole grain cereal and milk. Our menu planning is guided by Canada's Food Guide and the Provincial School Food Guidelines.
- KES Clubs are volunteer run and are available to any child or youth who wishes to have breakfast in a warm, welcoming and non-stigmatizing environment, at no cost to families.

- Kids Eat Smart Foundation NL provides KES Clubs with financial resources, fundraising tools, volunteer recruitment and recognition support and along with Food Safety Training.

## Make-A-Wish Canada, Newfoundland & Labrador

40 Aberdeen Avenue, Suite 001, St. John's, NL A1A 5T3

**Tel:** (709) 739-9474
**National Directory:** 1-800-267-WISH (9474)
**Email:** nloffice@makeawish.ca
**Website:** https://www.makeawish.ca
**Facebook (NL):** @makeawishNL
**Twitter (NL):** @makeawishnfld
**Instagram:** @makeawish_nl

**Mandate:** Make-A-Wish Canada works with communities across the country to provide children with critical illnesses the opportunity to realize their most heartfelt wish.

**Target Population:** Children between the ages of 3 and 17; who are legal Canadian residents; diagnosed with a critical illness, including certain serious genetic and neurological diagnoses.

**Highlight of Programs / Services Offered:**

- Each wish child and family is assigned their own dedicated professional Wish Coordinator who works alongside the family, a medical team, and external partners to ensure highest level of quality and enjoyment for each unique wish

## Ronald McDonald House Charities Newfoundland and Labrador

150 Clinch Crescent, P.O. Box 28091, St. John's NL A1B 4J8

**Tel:** (709) 738-0000 **Toll Free:** 1-855-955-HOME (4663) **Fax:** (709) 747-1270
**Email:** info@rmhcnl.ca **Website:** http://rmhcnl.ca/ **Twitter:** @OURHOUSENL
**Facebook:** @rmhnl **Instagram:** rmhc_nl
**LinkedIn:** Ronald McDonald House Charities Newfoundland and Labrador

**Mission:** The mission of Ronald McDonald House Newfoundland and Labrador is to provide sick or injured children and their families with a comfortable home, where they can stay together in an atmosphere of caring, compassion and support near the medical care and resources they need.

**Target Population:** The families of sick or injured children needing to travel at least 80km for medical treatment in St. John's.

**Highlight of Programs / Services Offered:**

- Two-story house holds 15 bedrooms, each with Queen size beds and a private washroom. Rooms are non-smoking, and wheelchair accessible.
- Located a 5-minute walk to the Janeway Children's Hospital
- Room fees are $15/night/family or complimentary if unmanagable

- Facility offers:
    - 24-7 Operational Front Desk
    - Communal Living Environment
    - Fully Equipped Kitchen and pantry
    - Laundry Facilities
    - Children Play Areas, Movie Theatre
    - Home Office, Access to Wireless Internet
- In general, guests are referred by social workers or medical professionals. View information on the Referral Process.
- Support for Families: The cornerstone of Ronald McDonald House is its
- family support programs. For more information, click here.
- Volunteer Opportunities here

## School Lunch Association

425 Topsail Road, St. John's, NL A1E 5N7

**Tel:** (709) 454-5323 **Fax:** (709) 754-4520
**Email:** sla@schoollunch.ca **Website:** www.schoollunch.ca

**Mandate:** To operate a non-stigmatizing program that provides a hot nutritious lunch to school children regardless of their family's financial situation.

**Target Population:** School children.

**Highlight of Programs / Services Offered:**

- The School Lunch Association serves hot, nutritious lunches to the children of Newfoundland and Labrador every school day.
- The School Lunch Association serves approximately 6,200 lunches per day, in 36 different schools. Meals are cooked onsite in each of their 36 locations. They also employ 75 people.
- To appeal to the children's different tastes the employees prepare well-balanced nutritious meals for a diverse monthly menu.
- By sending home a monthly menu and envelope, parents are involved in what their child eats each day at school. To remove any stigma that might be associated with being provided a lunch, all children in the school are given a menu and envelope to be delivered to their parent(s) or guardian(s). The actual amount contributed by each family remains confidential.
- Parents are also able to place their orders online at schoollunch.ca.
- They encourage all parents to visit their website for further information.

## Single Parent Association of Newfoundland (SPANL)

PO Box 21421, St. John's, NL A1A 5G6

**Tel:** (709) 738-3401 **Foodbank:** 739-0709
**Email:** span@spanl.ca **Fax:** (709) 738-3406

**Website:** https://spanl.ca/ **Facebook:** @SPANL

**Mandate:** To provide services and support for single parent families in Newfoundland and Labrador.

**Target Population:** Single Parents and their families.

**Highlight of Programs / Services Offered:**

- Information and referral
- Crisis intervention
- Foodbank
- Employment Support Program
- Back to School Project
- Christmas supports

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females, ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.
- Live-In Parent Model Program(s) is a residential program for children and youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive,

nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.
- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**

- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**

- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp

## Sexual Health……

### AIDS Committee of Newfoundland and Labrador (ACNL)

47 Janeway Place, St. John's, NL A1A 1R7

**Tel:** (709) 579-8656 **Shelter Tel:** (709) 579-8348 **Fax:** (709) 579-0559
**Email**: info@acnl.net **Website:** www.acnl.net **Toll Free:** 1-800-563-1575
**Facebook:** @AIDSCommitteeNL

**Mandate:** To prevent the spread of HIV and Hepatitis C. ACNL works to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C. ACNL advocates for change while networking on a provincial, regional, national, and international level regarding HIV/AIDS and Hepatitis C issues.

**Target Population:** People living with, affected by, or at risk for HIV/AIDS and Hepatitis C.

**Highlight of Programs / Services Offered:** ACNL provides a range of services to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C, as well as providing services to the general population of the province.

- HIV/HCV Services
  - HIV/Hepatitis C/STBBI Education
  - Provincial HIV Services Special Assistance Program
  - Support Services (advocacy, referrals, appointment accompaniment, supportive counselling, etc.)

- Safe Works Access Program (SWAP)
  - St. John's Office
  - Corner Brook Office

- Transitional Housing
  - Six independent living units (one 2-bedroom and five 1-bedroom)
  - Applicants must be 18 years or older living with and/or affected by HIV/AIDS or Hepatitis C
  - For more information, please contact our Housing Coordinator, Christine Bryne, at 709-579-8656 or 1-800-563-1575, through the contact form on ACNL's website, or via email

- Tommy Sexton Centre Emergency Shelter
  - 4-bed emergency, short-term shelter for individuals ages 16 and up.

Priority for individuals living with HIV/AIDS and/or Hepatitis C. Gender-neutral facility, further priority for LGBTQ2S+ shelter placement. However, all individuals experiencing homelessness are able to access shelter
    - Residential Counsellors provide housing search support, crisis and supportive counselling, linkage and referrals to community and government programs, assistance with life skills development, and other services
    - For more information on the Emergency Shelter Services Program, please contact the Shelter Services Coordinator, Alexe Morgan, by phone at (709) 579-8656, through the contact form on ACNL's website, or via email.

## Athena Health Centre

**Office Address:** 215 Lemarchant Rd., St. John's, A1C 2H5
**Mailing Address:** Unit 50 Hamlyn Rd. Plaza, Suite 408, St. John's, NL, A1E 5X7

**Tel:** (709) 754-3572 **Toll-Free:** 1-800-755-2044 **Fax:** (709) 754-6626
**Email:**athenahealthcentre@bellaliant.com
**Facebook:** Athena Health Care Centre Inc.

**Mandate:** To provide medical care, including abortion, to pregnant individuals in an atmosphere of respect and dignity with an emphasis on reproductive freedom

**Target Population:** Pregnant individuals of any age.

**Highlight of Programs / Services Offered:**

- While at the Clinic you will meet with a trained counselor who will explain the procedure, provide birth control information, and give emotional support.
- We also provide testing for sexually transmitted infections (STI) including chlamydia, gonorrhea, HIV, syphilis, and hepatitis B and C (not mandatory) to our abortion clients.
- Your doctor can refer you to the Clinic, but we prefer that you call us yourself. This will give you the chance to ask questions or voice concerns you might have.
- Newfoundland and Labrador people with MCP are fully insured and therefore do not have to pay for abortion services at this clinic.
- Post-operative teaching is done regarding care after the procedure. Printed handouts with relevant information are given to clients.
- 24-hour emergency contact number available for clients who have any post-operative questions or concerns.
- Prescriptions for birth control are available, and IUD insertions, as well as Nexplanon insertions, can take place on the day of your procedure, immediately after the pregnancy is removed.
- 24-hour emergency contact number is available for clients who have any post- operative questions or concerns.
- Satellite clinics are scheduled monthly for either the west coast of the island, or central.

- Both abortion options are available: Aspiration abortion and Medication abortion – Mifegymiso. Other names are known as Abortion by Suction and Abortion by Pill.
- Available services for emergency IUD insertions after a contraceptive failure — copper IUDs are far more effective (at 99%+ effective) than Plan B (at 75-89%) for contraceptive failure

## Clinical Sexology – Eastern Health

760 Topsail Road (Mount Pearl Square)

**Tel:** (709) 777-3786 **Fax:** (709) 777-5170
**Website:** https://mha.easternhealth.ca/adults/clinical-sexuality/

**Mandate:** To assess and treat a variety of sexual issues and concerns of individuals and couples.

**Target population:** Individuals and couples with sexual issues and concerns which have impacted their relationship(s) and overall quality of life.

**Highlight of Programs / Services Offered:**

- Sexology is the scientific study of human sexuality.
- Clinical sexologists are trained mental health professionals that specialize in the assessment and treatment of a variety of sexual health issues and concerns of individuals and couples. These concerns include:
    - Sex education and skill building
    - Desire discrepancies
    - Sexual orientation concerns
    - Gender identity and transitioning
    - Erectile difficulties
    - Anorgasmia
    - Rapid ejaculation
    - Sexual aversion to touch, intimacy, sexual activity
    - Sexual pain disorders
    - Atypical sexual variances/paraphilias
- When applicable, your partner may be asked to join the sessions. After the problem is discussed, they will inquire about psychosexual history focusing on:
    - Early sexual experiences
    - Previous sources of information on sexuality
    - Past and current sexual behavior/interests/fantasies
    - Level of sexual and relationship satisfaction
    - Sexual orientation and gender identity
    - Medical conditions and medications that may impact sexual functioning
- They will then work with you to establish therapeutic goals and a treatment plan.
- Assessment, treatment, consultation and educational services are provided on an outpatient basis.
- Referrals are to be sent to Mental Health & Addictions Adult Central Intake

MHAIntake@easternhealth.ca

## NL Sexual Assault Crisis and Prevention Centre

15 Hallet Cres Suite 101, St. John's NL, A1B 4C4

**Tel:** (709) 747-7757 **Email:** info@endsexualviolence.com
**Instagram:** @nlsacpc **Fax:** (709) 747-7758
**Website:** www.endsexualviolence.com
**Facebook:** @EndSV **Twitter:** @NLSACPC

**24-hour Crisis, Support, and Information Line (Toll-Free):** 1-800-726-2743

**Mandate:** To provide non-judgmental, confidential support and services to anyone impacted by sexual violence; to work toward the prevention and eradication of sexual violence through public education and awareness campaigns.

**Target Population:** Support services are provided for individuals 18+ impacted by sexual violence regardless of gender and sexuality

**Highlight of Programs / Services Offered:**

- 24-hour support and information telephone line
- Short term in-person peer support (confidential).
  - Appointments can be made by calling the Centre.
- Accompaniment to the RNC and Sexual Assault Nurse Examiner
- Referrals to professional and community supports throughout the province.
- Crisis Line Volunteer Training.
  - Volunteers are available 24/7 to support anyone who has been impacted by sexual violence.
- The Journey Project, available to people of all genders age 16+, is designed to support survivors through the justice process. Participants can access to services of Legal Support Navigators who can provide legal information and supportive referrals to both legal and non-legal resources and up to 4 hours of free legal advice with a lawyer.
- Warn Other Workers Line for sex workers wishing to leave an anonymous message about a bad date and/or potentially dangerous clients
  - In partnership with the Safe Harbour Outreach Project

*Can be accessed 24/7 by calling 1-800-726-2743*

- We also offer text/chat service **Monday's and Wednesday's from 2-8pm** and **Friday's from 12-8pm.**
  - This can be accessed by visiting endsexualviolence.com or by texting 1-800-726-2743

## PFLAG Canada

1554 Carling Ave, Suite 243, Ottawa, ON K1Z 7M4

*The local PFLAG does not have an address or building in NL*

**NL Email:** pflagnl@gmail.com **Website:** pflagcanada.ca/
**Tel:** 1-888-530-6777 ext. 575 **NL Email:** stjohns@pflag.ca

**NL Facebook Group:** PFLAG **National Instagram**: @pflagcanada
**NL Facebook page:** PFLAGNL **National Facebook**: PFLAGCanada

**Mandate:** To support, educate and provide resources to anyone with questions or concerns. As well, to offer local, practical and emotional peer-to-peer family support for individuals and their loved ones challenged by gender/sexual identity.

**Target population:** Canadians with issues of sexual orientation, gender identity and gender expression.

**Highlight of Programs / Services Offered:** Canada's only national organization that offers peer-to-peer support, PFLAG Canada is many things—it is comfort, it is support and it is a source of information. However, PFLAG Canada in its simplest form, is its supporters: you and the many others across Canada, working to build a better future for the LGBTQ community of Canada.

- **Monthly peer support meetings:** Every third Thursday of the month from 7:30pm-9:30pm at 12-16 Carter's Hill Place (choices for youth building)
- Find your Chapter: PFLAG Canada's network of national chapters are run by dedicated volunteers who've been where you are now and want to help you get to where you're going. Find your nearest chapter and learn what support is available in your own backyard.
- Online Support: If you prefer a more anonymous interaction, follow them on Twitter or like them on Facebook. No judgements or questions asked and always confidential.
- Other Resources: If you're not quite ready to reach out to PFLAG directly, take a look through their extensive listing of resources to help point you in the right direction. Just remember that you are not alone—PLFAG is there for you whenever you feel you're ready.
- Get Involved: Whether it's becoming a long-term member or short-term volunteer, there are many ways to get involved with PFLAG Canada

## Planned Parenthood – NL Sexual Health Centre

47 St. Clare Ave, St. John's, NL, A1C2J9

**Website**: plannedparenthoodnlshc.com/ **Tel:** (709) 579-1009
**Twitter:** @nlsexualhealth
**Tiktok:** https://www.tiktok.com/@plannedparenthoodnl
**Facebook:** @PlannedParenthoodNL **Fax:** (709) 726-2308
**Instagram:** @Plannedparenthoodnlshc **Toll-free:** 1-877 NO MYTHS (666-9847)

**Mandate:** To promote positive sexual health and 2SLGBTQIA+ inclusion through education, community partnership, information and services within an environment that

supports and respects individual choice

**Target Population:** Anyone—regardless of age, race, ethnicity, gender, gender identity, gender expression, socioeconomic status, physical or mental ability, sexual orientation, religion, religious creed, national or social origin, marital status, family status and political opinion.

**Highlight of Programs / Services Offered:**

- Sexual education: workshops and training for all ages on all aspects of comprehensive sexual health education and 2SLGBTQIA inclusion
- Sexual health clinics: doctor clinics for pap testing, breast exams, testing and treatment of sexually transmitted or blood borne infections, prescribe birth control, insert IUDs  etc.
- Pregnancy testing and pregnancy options counseling
- Toll free sexual health information line
- Birth control and emergency contraception information and counseling
- Free condoms and packets of lubricant
- Free menstrual products
- Free safer drug use and HRT supplies
- Sexual and reproductive health resource library
- 2SLGBTQIA+ and Social Science Fiction and Non-Fiction Lending Library.
- Affordable birth control options
- Support groups and referrals for the 2SLGBTQ community
- Camp Eclipse: OUT in the Woods leadership camp for 2SLGBTQIA+ youth (campeclipse.com) & 2SLGBTQIA+ FB Group and community events calendar.
- **2SLGBTQIA+ Warm Line:** 1-866-230-8041 or plannedparenthoodnlshc.com/warmline

## Safe Harbour Outreach Project (S.H.O.P.)

170 Cashin Avenue Extension, St. John's, NL A1E 3B6

*SHOP has a confidential location*

**SHOP Program Coordinator:** 709-771-7171
**SHOP Outreach & Advocacy Organizer:** 709-219-4800

**WOW (Warn Other Workers) Bad Date Line (24/7):** 1-800-726-2743

**Facebook:** https://www.facebook.com/SHOPoutreach/
**Twitter:** @sexworkoutreach
**Instagram:** @sexworkoutreach

**Mandate:** SHOP exists to advocate for the human rights of sex workers. SHOP knows that there are many different lived experiences in sex work as there are sex workers. SHOP firmly believes that sex workers are experts of their own lives, and everything they do is rooted in that philosophy. SHOP believes in:

- **The value of sex workers and their self determination**

- **The power of harm reduction**
- **The pursuit of social justice**

**Target Population:** S.H.O.P. supports women, trans, and non-binary folks who identify as a current or former sex worker or with lived experience in the sex trade, regardless of industry experience–this means that S.H.O.P. is here as a supportive resource for dancers, street level workers, in and out call workers, webcam workers, phone workers, independent escorts, those who work in massage parlours, sugaring, and more.

**Highlight of Programs / Services Offered:**

- **One-on-one individual support**, including home visits and accompaniments to appointments.
- **Distribute safer sex supplies** and **clean drug use supplies**
- **Peer drop-ins**
- **Street outreach**
- **Healthcare supports**
- **Support around housing, the justice system, food, etc.**
- **Events, workshops, groups, and info sessions**
- **System navigation and referrals to other supports/programs**
- **Public education and training**
- **Advocacy**
- **No waitlists and no referral forms to connect with SHOP**

## Sexual Assault Nurse Examiner (SANE) Program - Eastern Health

St. Clare's Mercy Hospital: 154 LeMarchant Rd., St. John's, NL A1C 5B8

**SANE Coordinator Office:** (709) 777-5865
**St. Clare's Emergency Room (24hr) SANE on call:** (709) 777-5502

**Mandate:** To provide healthcare services to individuals who have been sexually assaulted.

**Target Population:** All genders who are 18 or older.

**Highlight of Program/Services Offered:**

A Sexual Assault Nurse Examiner (SANE) is a registered nurse who has advanced training and education in medical and forensic assessment of a person who has been sexual assaulted. They are committed to providing compassionate, sensitive, patient centered, quality care to their patients. They also assist the patient in making informed decisions about their care and how to move forward after being sexually assaulted.

**Services provided by the SANE Program include:**

- Emergency response, 24 hours a day, seven days a week

- Service to all genders 18 years and older
- The option for patients to have a support person present before and during the exam
- A medical examination to treat any injuries from the sexual assault is provided if the patient chooses. Prophylaxis medication is offered for prevention of sexually transmitted diseases and pregnancy if required and HIV/Hepatitis B concerns are also addressed.
- A forensic examination can also be completed if the patient chooses. This includes documentation of injuries and the collection of evidence
- Choices about whether or not to involve police
- Option for storage of evidence while deciding how to move forward
- Referrals and information about community resources that can be accessed for ongoing support
- Testimony in court

# HOUSING

## Medical……

### Canadian Cancer Society

**Cancer Information Helpline:** 1-888-939-3333 **Email:** nl-reception@cancer.ca

**Online Support Communities:** www.cancerconnection.ca or www.parlonscancer.ca

**Website:** https://cancer.ca/en/living-with-cancer/how-we-can-help/accommodation

**Facebook:** https://www.facebook.com/CanadianCancerSociety/

**Youtube:** https://www.youtube.com/user/CDNCancerSociety

**Mandate:** To provide accommodations to individuals who must travel to St.John's for cancer treatment.

**Target Population:** Individuals who must travel to St. John's for cancer treatment and their families.

**Highlight of Programs / Services Offered:**

**Daffodil Place**

**Tel:** (709) 753-6520 **Toll-Free:** 1-888-753-6520

- Must be undergoing active cancer treatment including radiation therapy, chemotherapy, specialists appointments related to cancer (dentistry, dermatology), surgery related to cancer, follow-up appointments with oncologists and diagnostic appointments.

**Agnes Cowan Hostel**

300 Prince Philip Drive, St. John's, NL A1B 3V6

**Tel:** (709) 777-6831 **Fax:** (709) 777-8123

- Provides accommodations for out-of-town patients who require diagnostic and specialty services that are only available in St. John's.

**Hillview Terrace Suites**
3 Wadland Crescent, Building 4A, Suite 202 (Reception), St. Johns, NL A1A 2J5
**Tel:** (709) 754-9822 **Toll-Free:** 1-888-754-9822
**Fax:** (709) 754-9047 **E-mail:** reservations@hillviewterracesuites.ca

- Provides fully furnished 1-3 bedroom suites for guests who must travel to St. John's for medical treatment.

**Extended Stay Canada—St. John's—Downtown**
222 LeMarchant Road, St. John's, NL A1C 2H9
**Tel:** (709) 777-6831

- Provides 1 or 2 bedroom suite accommodations for individuals who travel to St. John's for medical care appointments.
- A shuttle is provided with 4 set runs per day to transport guests to medical appointments.

## Ronald McDonald House Charities Newfoundland and Labrador

150 Clinch Crescent, P.O. Box 28091, St. John's NL A1B 4J8

**Tel:** (709) 738-0000 **Toll Free:** 1-855-955-HOME (4663) **Fax:** (709) 747-1270
**Email:** info@rmhcnl.ca **Website:** http://rmhcnl.ca/ **Twitter:** @OURHOUSENL
**Facebook:** @rmhnl **Instagram:** rmhc_nl
**LinkedIn:** Ronald McDonald House Charities Newfoundland and Labrador

**Mission:** The mission of Ronald McDonald House Newfoundland and Labrador is to provide sick or injured children and their families with a comfortable home, where they can stay together in an atmosphere of caring, compassion and support near the medical care and resources they need.

**Target Population:** The families of sick or injured children needing to travel at least 80km for medical treatment in St. John's.

**Highlight of Programs / Services Offered:**

- Two-story house holds 15 bedrooms, each with Queen size beds and a private washroom. Rooms are non-smoking, and wheelchair accessible.
- Located a 5-minute walk to the Janeway Children's Hospital
- Room fees are $15/night/family or complimentary if unmanagable
- Facility offers:
  - 24-7 Operational Front Desk
  - Communal Living Environment
  - Fully Equipped Kitchen and pantry
  - Laundry Facilities

    - Children Play Areas, Movie Theatre
    - Home Office, Access to Wireless Internet
- In general, guests are referred by social workers or medical professionals. View information on the Referral Process.
- Support for Families: The cornerstone of Ronald McDonald House is its
- family support programs. For more information, click here.
- Volunteer Opportunities here

## Mental & Cognitive Diversities……

### Community Care Program - Eastern Health

**Telephone:** 709-834-0801 (main reception)
**Telephone:** 709-834-0802 (community care program manager)
**Website:** https://mha.easternhealth.ca/adults/housing-services/community-care-program/

**Mandate:** We are a community-based supportive housing program for individuals who require support as a result of a severe and persistent mental illness.

**Target Population:** Individuals who have a primary diagnosis of psychiatric illness or concurrent disorder and are at least 18 years of age, remembering that the majority of community care residents are middle-aged to senior;

**Highlight of Programs / Services Offered:** Our program provides residential, psychiatric, case management and therapeutic recreation services to voluntary residents. Community care homes are privately owned and operated with the majority being located in the Conception Bay area. There are currently over a dozen community care homes which are staffed 24 hours a day, with over 150 placements in the program. The Regional Health Authority is responsible for monitoring and licensing the homes according to the Provincial Personal Care Home Operational Standards.

Resources:

- **Community care home listing (PDF)**
- **Referral form for mental health and addictions services (PDF)**
- **Intake assessment summary (PDF)**
- **Client site risk assessment form (PDF)**
- **Financial declaration form (PDF)**

### Community Supports Program (CSP) – Eastern Health

**CSP Intake Tel:** (709) 752-4835 or **Email:** CSPUrban.Referrals@easternhealth.ca

**Adult Disabilities and Adults who May Need Protection:** 709-752-4717
**Seniors:** 709-752-4835
**Children with Disabilities (Special Child Welfare Allowance):** 709-752-4368
**Autism Services:** 709-752-4319

**Adult Protection Act Reports:** 855-376-4957 (toll-free)

**Website:** https://ltc.easternhealth.ca/about-us/contact-information/

**Mandate**: To support individuals, families and care providers by promoting independence, community inclusion, safety and overall well-being.

**Target Population:** Individuals 18 years of age and older with physical and/or intellectual disabilities, individuals requiring protection under the Adult Protection Act, families of children under school age who have delayed development, and youth under 18 requiring Special Child Welfare Allowance.

**Highlight of Programs / Services Offered:** Referrals to the CSP can be made by the individual or their family, as well as a health care professional. The professional CSP team will determine eligibility for service.

Services provided under the CSP include:

- Financial Assessment Services: Individuals wishing to avail of home supports and other benefits, with the exception of Autism Services, are subject to a financial assessment.
- Home Support Program: Includes the approval and registration of Home Support Agencies.
    - The Home Support Program provides services to eligible individuals who require assistance with activities of daily living in order to remain in their home.
- Intervention Services: Provides behavioral and skill teaching interventions to individuals and their families.
    - Community Behavioral Support Program
    - Direct Home Services.
    - Direct Home Services – Intensive Applied Behavioral Analysis.
- Residential Services Programs: Includes the approval and registration of Alternate Family Care Homes.
    - Adult individuals who choose not to reside in their own home or reside with family, may be assessed for some of the other following residential options.
        - Board and Lodging Non-Relatives
        - Alternate Family Care
        - Individual Living Arrangements
        - Co-operative Living Program
- Special Assistance Program (SAP): Provides basic medical supplies and equipment to assist with activities of daily living for individuals living in the community.
- Special Child Welfare Allowance (SCWA): Assists families with the cost of services and supports incurred in the at-home care of children under 18 years with intellectual and/or physical disabilities.
- Supports for Adults Who May Need Protection: Provides legislative authority to deliver services to any adult in NL, regardless of residence, who may be in need of protective intervention

## Eastern Residential Support Board Inc.

PO Box 8052, Station A, St. John's, NL A1B 3M7

**Tel:** (709) 579-8966
**Fax:** (709) 579-0264
**Email:** swalsh@ersb.nf.ca
**Website:** http://ersb.nf.ca/

**Mandate:** To provide support to individuals with developmental and/or physical disabilities through the cooperative apartment model. Eastern Residential Support Board Inc. is mandated by the Department of Health and Community Services. Eastern Residential Support Board is charged with the responsibility of ensuring that each resident enjoys a living arrangement which addresses basic quality of life issues.

**Target Population:** Adults with physical or developmental disabilities

**Highlight of Programs / Services Offered:**

- Operates 13 Cooperative Apartments in the greater metro area
- Services offered to approximately 38 individuals
- Major focuses include community inclusion, increased independence, diminishing maladaptive behaviors, and behavioral support.
- employs approximately 150 employees and provides a unionized workplace (NAPE)

## End Homelessness St. John's (EHSJ)

**Tel:** 709-702-3700 (St. John's Area)
**Email:** dpawson@wecanendit.com
**Tel:** 877-837-3449
**Fax:** (709) 739-3520
**Website:** https://www.wecanendit.com
**Twitter:** ehsj709
**Facebook:** wecanendit709
**Newsletter:** EndHomelessnessStJohns

**Mandate:** End Homelessness St. John's (EHSJ) exists to prevent and end homelessness in St. John's. Working collaboratively with community and public systems stakeholders, EHSJ leads the coordination and integration of system-wide planning to ensure St. John's can become the next community in Canada to end homelessness.

EHSJ is the champion to end homelessness in St. John's. Our transformative work is embedded in our role as the Community Entity for St. John's and the leader of the Community Plan to End Homelessness. Our work will be guided by four key Strategic Directives:

- Leadership
- Systems Planning Integration
- Continuous Improvement
- Accountability and Sustainability

As the system planning organization, EHSJ serves community and public systems stakeholders by coordinating and integrating the supports available to individuals and families experiencing or at risk of homelessness to ensure that the supply of resources meets the need and demand for our most vulnerable neighbours.

**Target Population:** Those who are experiencing homelessness, or at imminent risk of homelessness in St. John's.

**Highlight of Programs / Services Offered**
**Coordinated Access to Homes:** Coordinated Access to Homes is the system for our community to bring consistency to the process by which people experiencing or at risk of homelessness access housing and related services. EHSJ adopts a Housing First approach that uses real-time data about the supply of and demand for housing resources; and a streamlined service delivery approach with access points to service, a standardized workflow for triage and assessment; prioritization; and vacancy matching and referral.

**Coordinated Access to Homes Outreach:** The Coordinated Access to Homes (CAH) Outreach team provides direct supports to those experiencing homelessness by ensuring those individuals' social needs are assessed and that everyone is connected to the appropriate public system. Once individuals are identified, they are introduced into the Coordinated Access to Homes system to be connected to the appropriate housing and case management supports. The CAH Outreach team also works regularly with the Eastern Health Harm Reduction team to meet and assess individuals need in shelter.

**HomeConnect:** HomeConnect facilitates tenancies between landlords and tenants, who are supported by our housing and homeless-serving community partners. HomeConnect creates successful tenancies by identifying and reducing barriers to housing stability and ensuring supports are in place for landlords and tenants.

## Inclusion Canada Newfoundland and Labrador

**Head Office**
74 O'Leary Avenue
St. John's, NL A1B 2C7

**Mailing Address**
P.O. Box 8414
St. John's, NL A1B 3N7

**Tel:** (709) 722-0790
**Fax:** (709) 722-1325
**Email:** info@inclusioncanadanl.ca
**Facebook:** InclusionCanNL
**Twitter:** @InclusionCanNL
**Website:** www.inclusioncanadanl.ca

**Mandate:** To work with and on behalf of individuals with an intellectual disability and their families. To advocate for individuals to live as full participants in the community based on the values of Equality, Inclusion and Independence.

**Target Population:** Persons with intellectual disabilities, their families, and communities
**Highlights of Programs / Services offered:**

- Provide support to individuals, families and local associations re. housing and

community inclusion
- Work with government and service agencies to build supportive communities
- Lobby for changes in social policy, programs and laws
- Facilitate research, training and planning
- Serve as a centre for gathering and distribution of information
- The maintenance of a resource centre containing literature and videos on numerous topics.
- Provincial Incentive Program – This program promotes the uptake of the Registered Disability Savings Plan (RDSP) throughout the province by providing eligible individuals with an opportunity to participate in RDSP information sessions, as well as receiving a one-time $150 stipend from the Inclusion Canada Newfoundland and Labrador as an incentive to open an RDSP.
- Students Exploring through Mentoring (SET) – Helping students with Intellectual Disabilities transition from high school to the labour market.
- Ready, Willing, and Able – Working with employers to increase awareness of benefits of inclusive hiring practices. Aligning employer human resources demand to supported employment agencies.
- NEW!!! - Imagine – A resource guide for youth entering into adulthood. A list of services and supports in the Metro Area IMAGINE… (inclusioncanadanl.ca).

## Mental Health and Addictions Housing Services – Eastern Health

**Service Provider Website:** https://mha.easternhealth.ca/adults/housing-services/

**Mandate:** To provide a continuum of housing supports that include supportive board and lodging subsidies, life skills/transitional supports, case management and recreational services to individuals with mental illness.

**Target Population:** Persons who have mental illness

**Highlight of Programs / Services Offered:**

Supportive Board and Lodging Subsidies: The initiative aims to provide financial support to individuals who are securing and maintaining supportive board and lodging arrangements.

- Board and Lodging with non-relatives subsidy
  - Subsidy for supportive board and lodging
  - **Telephone:** 709-777-3340 (intake social worker)
    **Fax:** 709-777-3385
    **Email:** MHAHousingSubsidy@easternhealth.ca

- Board and lodging with relatives subsidy
  - Subsidy for relatives providing support
  - **Telephone:** 709-777-3341 (intake social worker)
    **Fax:** 709-777-3385
    **Email:** MHAHousingSubsidy@easternhealth.ca

Community Care: The initiative aims to provide comprehensive 24 hour care to individuals who require special residential, recreational and psychiatric services.

- Community Care Program
  - For support of those with a severe and persistent mental illness
  - **Telephone:** 709-834-0801 (main reception)
    **Telephone:** 709-834-0802 (community care program manager)

**Additional Resources**

- Community care home listing (PDF)
- Referral form for mental health and addictions services (PDF)
- Intake assessment summary (PDF)
- Client site risk assessment

Please visit our website and/or contact an intake social worker/program coordinator to determine if you are eligible for any of these programs provided.

## Pleasant Manor

44 Bennett Ave., St. John's NL, A1E 2Y6

**Tel:** (709) 739-7329

**Mandate:** Pleasant Manor is a two-phase residential program for individuals experiencing mental health difficulties. It operates using a psychiatric rehabilitation model and by assessing the physical, emotional and intellectual needs of the individual, providing them a safe and secure living environment and teaching them the necessary skills to live independently.

**Target Population:** Mature adults with a psychiatric illness, being followed by a professional contact within the community, and maintaining a reasonable level of stability in their lives. Any history of addiction would be expected to be under control.

**Highlight of Programs / Services Offered:** Pleasant Manor's housing is set up as two residential phases:

- **Transitional Phase:** One 4-bedroom house and one 3-bedroom house provides a total of 7 beds in a residential setting. Duration of stay is dependent on a variety of factors, most notably the individual's pace of progression and the availability of phase two housing, 12-18 months being the average. Pleasant Manor promotes a relaxed and respectful environment that allows each individual a chance to stabilize and focus on themselves, to set goals, and learn the necessary life skills to eventually live on their own. A life skills specialist is on staff to teach these skills and to provide supportive and adjustment counseling, as well as social and resource counseling within the home environment.
- **Long-term Phase:** Upon successfully completing the transitional phase, Pleasant Manor staff will assist individuals in securing their own apartment as

provided by NL Housing Corporation with no set length of stay. In addition, they would be provided with ongoing aftercare support to ensure their best chance of successful living.

## Other……

### Association for New Canadians (ANCNL)

144 Military Road, P.O. Box 2031, Station C, St. John's, NL A1C 5R6

**Email (general):** information@ancnl.ca
**Website:** http://www.ancnl.ca/ **Tel:** (709) 722-9680
**Facebook:** @AssociationForNewCanadians **Twitter:** @ANC_of_NL

**English as a Second Language Training Program**
**Tel:** (709) 726-6848 **Fax:** (709) 726-6841
**Email:** linc@ancnl.ca

**Main Office – Settlement Services**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** settlement@ancnl.ca

**Main Office – Diversity Training**
**Tel:** (709) 722-0718 **Fax:** (709) 754-4407
**Email:** diversity@ancnl.ca

**AXIS Career and Employment Services**
**Tel:** (709) 579-1780 **Fax:** (709) 754-5559
**Email:** axis@nfld.net
**Website:** http://www.axiscareers.net

**Main Office – Volunteer Connections**
**Tel:** (709) 722-9680 **Fax:** (709) 754-4407
**Email:** volunteer@ancnl.ca

**Settlement Workers in the Schools Program (SWIS)**
**Tel:** (709) 722-2828 **Fax:** (709) 726-4407
**Email:** swis@ancnl.ca

**Mandate:** To settle and integrate newcomers, and to empower them with the skills, knowledge and information necessary to become independent, contributing members of the community and country.

**Target population:** Refugees and immigrants.

**Highlight of Programs / Services Offered:**
Settlement and Orientation

- Resettlement Assistance Program (RAP) Provider
- Settlement, Orientation, and Integration Services
- Health and Wellness Initiatives
- Social and Recreation Activities
- Toll Free Information Line
- Assistance to AIPP participants and employers
- Diversity workshops and training

***Language and Training Assessment***

- **ESL Training Program—LINC (Language Instruction for Newcomers to Canada)**

    - This program assists adult learners in acquiring the language skills necessary to settle and integrate into Canadian society. Computer Assisted Language Learning (CALL) is a key component of the curriculum, incorporating advanced interactive software as well as instruction in basic computer technology.
- **Outreach Tutor Program**
    - This program is designed to provide those eligible clients who reside outside the St. John's region with programming that will help ensure they acquire strong, appropriate language skills to support their community integration and labour market attachment.
- **Itinerant Program**
    - This program provides language training to eligible newcomers who are unable to access such training due to issues related to waitlists, priority seats and childcare.
- **LINC Home Study (Distance)**
    - This distance ESL program is offered to LINC-eligible newcomers who wish to improve their listening, speaking, reading, and writing skills in English. This self-paced course is offered via correspondence or online. All participants are provided with a weekly half-hour session with an instructor.
- **ESL Evening Classes**
    - The Association offers evening classes one evening per week to eligible newcomers. For more information or to register, please contact (709) 726- 6848. NOTE: (these programs are not operating at the moment).

***Employment Services***

- Career and Employment Services—AXIS (Acquiring Experience; Integrating Skills)
- Pre-Employment Readiness Training
- Bridge-to-Work
    - Internship Placement Program (IPP)
    - Strategic Transitions & Employment Partnerships (STEP)
    - Mentoring Link
    - Business Development Support
- Settlement Workers in the Schools (SWIS) Program
- Summer ESL Programs
- Homework Club
- Youth Group

***Support Services***

- Childminding and Daycare
- Transportation

## Employment and Social Development Canada (ESDC)

223 Churchill Avenue, St. John's, NL A1A 1N3

*Formerly Human Resources and Skills Development Canada*

**General Inquiries:** 1-800-O-CANADA (1-800-622-6232)
**Website:** https://www.canada.ca/en/employment-social-development.html

**Mandate:** To build a stronger and more inclusive Canada, to support Canadians in helping them live productive and rewarding lives and improving Canadians' quality of life.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:** ESDC provides a multitude of services and information:

**Employment Insurance**

Benefits, Canada EI Commission, Wage Earners Protection Program, and economic regions.

**Benefits payment calendar**

Payment dates for recurring Government of Canada benefit payments.

**Find a job**

Job opportunities, work permits, Social Insurance Number, criminal record checks and security clearances.

**Public pensions**

Canada Pension Plan, Old Age Security pension and related benefits, the Canadian retirement income calculator and retirement planning.

**Family benefits**

Maternity and parental leave, Employment Insurance, Canada Child Benefit, and survivor's pension.

**Disability benefits:**

Pensions, child benefits, savings plans, education funding, and gas tax refund program.

**Publications and reports**

**Hire a temporary foreign worker with an LMIA**

Hiring streams and positions, employer compliance and obligations.

**Training**

Explore careers by education program, apprenticeship, and training programs.

**Housing benefits**

GST/HST housing rebate, buying a home, and financial assistance to fix your home.

**Funding programs**

Grants and contributions that support jobs, training, and social development.

**Workplace standards**

Labour laws, workplace standards, health and safety standards and labour relations.

**Education**

Student financial assistance for college and university; apprenticeship, continuing education, co-op, and internships.

**Corporate information**

Our mandate, portfolio, partners, access to information and transparency.

**Benefits by audience:**

Benefits for Indigenous Peoples, active Forces members, veterans, people with a disability, retirees, and victims.

Evaluations, audits, annual reports, and other departmental and program reports.

**Campaigns**

Promotional campaigns and initiatives led by ESD

## NL Housing and Homelessness Network (NLHHN)

77 Charter Avenue, Suite 100, St. John's, NL, A1A 0N2

**General Inquiries:**
**Tel:** (709) 722-1030 **Email:** administration@nlhhn.org **Fax:** (709) 722-8335

**Executive Director Contact:**
**Tel:** (709) 690-2853 **Email:** cyril@nlhhn.org

**Website:** www.nlhhn.org

**Mandate:** NLHHN enables participants to share insights and ideas, identify service needs, and develop effective strategies to address the continuum of shelter, supportive housing and other support needs for people who are homeless or at risk of homelessness in Newfoundland and Labrador.

**Target Population:** Any organization or individual who is committed to working on the Housing and Homelessness Network's goals. This can include representatives of persons who are homeless or at risk of homelessness, community-based agencies, representatives of municipal, provincial and federal agencies with responsibility for housing, income support, health care, justice services, or education, churches, other Networks / working groups that deal with persons at risk of homelessness, the business community and academic researchers.

**Highlight of Programs / Service Offered:**
The Newfoundland & Labrador Housing & Homelessness Network (NLHHN) is an incorporated not-for-profit provincial organization working collaboratively and creatively with community and government partners to end homelessness and ensure housing stability throughout Newfoundland and Labrador. Strategies include:

- Leadership and policy development
- Capacity Building: retention and recruitment, training and professional development
- Research and data co-ordination
- Knowledge transfer and public awareness
- Social enterprise development – The Network Café
    - The Network Café was conceived as a social enterprise operation where individuals struggling with barriers to enter or re-enter the workforce would have an opportunity for meaningful employment and work experience.
- In addition, the NLHHN partners with regional Community Advisory Boards

(CABs) throughout the province in an effort to help inform Network provincial activity and to work collaboratively to end homelessness.

## Shelters

### Iris Kirby House

196 Waterford Bridge Rd., St. John's, NL, A1E 1E2

**Tel (24h):** 709-753-1492 **Toll Free**: 1-877-753-1492 **Tel:** 709-722-8272
**Fax:** 709-722-8206 **Website:** www.iriskirbyhouse.ca/

**Mandate:** To provide a safe and secure refuge for women with or without children who are experiencing domestic violence.

**Target Population:** Women facing domestic violence and their children.

**Highlight of Programs / Services Offered:**

- Emergency Shelter: The shelter is a safe place for women and their children fleeing domestic violence and abuse. Staff are available 24 hours a day to respond to your needs and maintain a comfortable and supportive living environment.
- Non-Resident Services: Not all women fleeing domestic violence will stay at a shelter. Some women will access services by telephone or through scheduled appointments with shelter staff while staying in a safe place outside of the shelter.
- Children and Youth: Services Worker provides support and assistance to mothers and families who flee domestic violence. Services include referrals, advocacy, events, and children's activities.

  Mental Health Program: A Mental Health Counsellor is on staff to provide support for women fleeing domestic violence. This includes assessment, counselling, advocacy and referral.
- Second Stage Housing: Supported, safe, affordable single and family units are offered to women transitioning into the community from the shelter to more permanent, long term housing.
- Supportive Housing Units: Four self-contained units attached to Iris Kirby House provide women needing additional support while transitioning out of the shelter to stay for up to one year and receive services from the Mental Health, Life Skills and Outreach Programs.
- Outreach & Special Events: Women and children who have lived at the shelter can take part in a variety of special events and recreational activities throughout the year including our Adopt-a-Family Christmas Program.
- Empowerment Group Series: Educational and support groups are offered regularly providing women an opportunity to learn, share, build on their strengths, and move toward security and economic independence.
- Life Skills Program: Women are offered assistance with daily life skills such as

budgeting, nutritional menu planning, cooking and navigating community services.

- In-House Recreational & Educational Activities: Women and children who are staying at the shelter can participate in activities such as yoga, crafts, music programs and information sessions. Some of these activities are also open to former residents and women in the community who are receiving services from Iris Kirby House.
- Housing Program: Housing Case Manager on staff to provide intensive support and assistance to women fleeing domestic violence, who have the goal of obtaining stable, secure housing. This may include working on life skills, budgeting, community connections, eviction prevention etc.

## Naomi Centre – Stella's Circle

Administration Offices: 142 Military Road, St. John's, NL A1C 2E6

**Main Switchboard:** (709) 738-8390
**Fax:** (709) 738-7808
**Website:** www.StellasCircle.ca
**Facebook:** @stellascircle
**Email:** info@StellasCircle.ca
**Shelter Tel:** (709) 579-8432
**Twitter:** @StellasCircle
**Instagram:** @stellascirclenl

**Mandate:** To help adults remove barriers to participating in their community. Barriers can include: mental health issues; addictions; poverty; criminal justice involvement; homelessness; low literacy; and periods of unemployment. Transforming lives through Real Homes, Real Help and Real Work.

**Target Population:** Men and women age 18 and older; women ages 16-30 (Naomi Centre)

**Highlight of Programs / Services Offered:**
**Real Homes Program**

Real Homes: Safe, secure and stable housing is essential to wellbeing. Stella's Circle helps address the need for affordable housing by offering more than 100 housing units to rent and supportive housing for those who need it. Programs include:

- **Brian Martin Housing Resource Centre**

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457, housing@StellasCircle.ca

- Offers counselling, advocacy, and other support services to help people find secure housing
- Open 9:00am-4:30pm; Monday-Friday
- Monday to Thursday from 1:30-3:30 pm, we offer Housing Help – we invite anyone to drop in to ask questions of our staff or to use our resources to search for housing.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing housing assistance. There is no application

or form to complete; simply drop in or contact us for assistance.

- **Naomi Centre**

*4 Patrick Street, St. John's, NL A1E 2S6*

(709) 579-8641, naomi@StellasCircle.ca

- An emergency shelter that offers safe and supportive temporary housing for women aged 16-30 within a harm reduction model.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing emergency housing.
- Jess's Place

*84 Prescott Street, St. John's, NL A1C 3S9*

(709) 738-0457

- Transitional housing program for women 18+ in recovery
- Up to three women share a house, live independently, and care for their own needs.
- Accepts self-referrals or referrals from others.

## Tommy Sexton Centre – Aids Committee of Newfoundland and Labrador (ACNL)

47 Janeway Place, St. John's, NL A1A 1R7

**Tel:** (709) 579-8656 **Shelter Tel:** (709) 579-8348 **Fax:** (709) 579-0559
**Email**: info@acnl.net **Website:** www.acnl.net **Toll Free:** 1-800-563-1575
**Facebook:** @AIDSCommitteeNL

**Mandate:** To prevent the spread of HIV and Hepatitis C. ACNL works to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C. ACNL advocates for change while networking on a provincial, regional, national, and international level regarding HIV/AIDS and Hepatitis C issues.

**Target Population:** People living with, affected by, or at risk for HIV/AIDS and Hepatitis C.

**Highlight of Programs / Services Offered:** ACNL provides a range of services to support those living with, affected by, or at risk for HIV/AIDS and Hepatitis C, as well as providing services to the general population of the province.

- HIV/HCV Services
  - HIV/Hepatitis C/STBBI Education

- Provincial HIV Services Special Assistance Program
- Support Services (advocacy, referrals, appointment accompaniment, supportive counselling, etc.)

- Safe Works Access Program (SWAP)
  - St. John's Office
  - Corner Brook Office

- Transitional Housing
  - Six independent living units (one 2-bedroom and five 1-bedroom)
  - Applicants must be 18 years or older living with and/or affected by HIV/AIDS or Hepatitis C
  - For more information, please contact our Housing Coordinator, Christine Bryne, at 709-579-8656 or 1-800-563-1575, through the contact form on ACNL's website, or via email

- Tommy Sexton Centre Emergency Shelter
  - 4-bed emergency, short-term shelter for individuals ages 16 and up. Priority for individuals living with HIV/AIDS and/or Hepatitis C. Gender-neutral facility, further priority for LGBTQ2S+ shelter placement. However, all individuals experiencing homelessness are able to access shelter
  - Residential Counsellors provide housing search support, crisis and supportive counselling, linkage and referrals to community and government programs, assistance with life skills development, and other services
  - For more information on the Emergency Shelter Services Program, please contact the Shelter Services Coordinator, Alexe Morgan, by phone at (709) 579-8656, through the contact form on ACNL's website, or via email.

## Wiseman Centre – Salvation Army

714 Water Street, St. John's, NL A1E 1C1

**Tel:** (709) 739-8355 **Website:** https://wisemancentre.ca/
**Fax:** (709) 739-0330 **Facebook:** @wisemancentre

**Mandate:** To provide emergency shelter and supportive housing to individuals experiencing homelessness.

**Target Population:** Adults 25 and up (flexibility in age range on a case-by-case basis)

**Highlight of Programs / Services Offered:**

- Emergency Shelter: The Wiseman Centre has 21 shelter beds. While staying in

the shelter, all basic needs are provided, including private rooms with key, three meals a day, shared laundry facilities, and support of professional staff. There is a Community Service (Housing) Worker on staff to assist with finding safe, suitable and affordable housing; residents are expected to be actively involved in their housing search while staying in the shelter.

- Supportive Housing Units: The Wiseman Centre has 10 supportive housing units. The goal of supportive housing is to make living as independent as possible for the tenants, while recognizing that it is a communal living environment. The Supportive Housing Worker provides individualized support in areas related to personal, financial, hygienic and basic home needs and liaises with the individuals' external case management and mental health support system. Referrals to the supportive housing program are through the Coordinated Access to Homes resource table of End Homelessness St. John's.
- Other Support Services programs are available to both shelter and supportive housing residents include a clothing room, recreational activities, weekly visits from the Eastern Health Harm Reduction nursing team, a wellness group, pastoral care, as well as a social worker on site.

## Supports……

### City of St. John's Housing Division

City Hall Annex, 1st Floor, PO Box 908, St. John's, NL A1C 5M2

**Tel:** (709) 576-8196 **Fax:** (709) 576-8078 **Email:** housing@stjohns.ca

**Website:** http://www.stjohns.ca/living-st-johns/city-services/non-profit-housing

**Mandate**: To provide adequate and affordable housing to residents of St. John's and surrounding areas.

**Target Population**: Low to moderate income earners, whether they be single, families, or seniors.

**Highlight of Programs / Services Offered:**

- **Lower End of Market Housing (LEMS)**: Tenants in this type of housing pay the lower end of market rent as determined annually by Newfoundland Labrador Housing, or 25% of their net income whichever is greater.
- 30 Hamilton Avenue
- 179-229 Forest Road
- Rawlin's Cross
- Fahey's Row
- 66-92 Alexander Street/131-153 Hamilton Avenue
- 2-16 Carnell Street/2-32 Larkin's Square
- 65-79 Carter's Hill/12-34 Goodview Street
- 1-29 Sebastian Court

- 15-39 Cuckhold's Cove Road

- **Rent Geared to Income (RGI):** The RGI units are targeted specifically at individuals and families of low income. Rents in these units are based strictly on 25 per cent of net monthly income. Heat is included in the rent and there is a small surcharge for lights.
    - 151-141 Hamlyn Road
    - 1-19 Rockcrest Court
    - 1-15 Bastow Court/1-11 Mifflin Court
    - 49-51 Cochrane Street
    - 174 Campbell Avenue

- **Affordable Housing:** 52 affordable one-bedroom housing units in the Pleasantville and Convent Square areas. These units are for single individuals and seniors with an income of $32,500 or less upon move in.

- **Applications** can be obtained from our website, in person at our offices in the City Hall Annex, or by calling (709) 576-8196.

## End Homelessness St. John's (EHSJ)

**Tel:** 709-702-3700 (St. John's Area) **Email:** dpawson@wecanendit.com
**Tel:** 877-837-3449 **Fax:** (709) 739-3520
**Website:** https://www.wecanendit.com **Twitter:** ehsj709
**Facebook:** wecanendit709 **Newsletter:** EndHomelessnessStJohns

**Mandate:** End Homelessness St. John's (EHSJ) exists to prevent and end homelessness in St. John's. Working collaboratively with community and public systems stakeholders, EHSJ leads the coordination and integration of system-wide planning to ensure St. John's can become the next community in Canada to end homelessness.

EHSJ is the champion to end homelessness in St. John's. Our transformative work is embedded in our role as the Community Entity for St. John's and the leader of the Community Plan to End Homelessness. Our work will be guided by four key Strategic Directives:

- Leadership
- Systems Planning Integration
- Continuous Improvement
- Accountability and Sustainability

As the system planning organization, EHSJ serves community and public systems stakeholders by coordinating and integrating the supports available to individuals and families experiencing or at risk of homelessness to ensure that the supply of resources meets the need and demand for our most vulnerable neighbours.

**Target Population:** Those who are experiencing homelessness, or at imminent risk of homelessness in St. John's.

**Highlight of Programs / Services Offered**
**Coordinated Access to Homes:** Coordinated Access to Homes is the system for our community to bring consistency to the process by which people experiencing or at risk of homelessness access housing and related services. EHSJ adopts a Housing First approach that uses real-time data about the supply of and demand for housing resources; and a streamlined service delivery approach with access points to service, a standardized workflow for triage and assessment; prioritization; and vacancy matching and referral.

**Coordinated Access to Homes Outreach:** The Coordinated Access to Homes (CAH) Outreach team provides direct supports to those experiencing homelessness by ensuring those individuals' social needs are assessed and that everyone is connected to the appropriate public system. Once individuals are identified, they are introduced into the Coordinated Access to Homes system to be connected to the appropriate housing and case management supports. The CAH Outreach team also works regularly with the Eastern Health Harm Reduction team to meet and assess individuals need in shelter.

**HomeConnect:** HomeConnect facilitates tenancies between landlords and tenants, who are supported by our housing and homeless-serving community partners. HomeConnect creates successful tenancies by identifying and reducing barriers to housing stability and ensuring supports are in place for landlords and tenants.

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**
**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**
To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**
Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)

- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/
- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Habitat for Humanity Newfoundland and Labrador

323 Kenmount Road, St. John's, NL A1B 3P9
**Tel:** (709) 753-5743 **Fax:** (709) 753-9380 **Email:** contact@habitatnl.ca
**Website:** www.habitatnl.ca

**Mandate: We believe in a world where everyone has a decent place to call home.** To assist low income working families to achieve home ownership by mobilizing local communities, volunteers, materials, and financial resources through supportive, wide-ranging partnerships.

**Target Population:** low income working families

**Highlight of Programs / Services Offered:**

- Habitat for Humanity Newfoundland and Labrador is making a difference – one home and one family at a time. Through our unique affordable homeownership

program, we offer families a hand up, empowering them to build strength, stability and self-reliance.
- Homeowners are selected based on their level of need, their willingness to become partners with Habitat, and their ability to pay an affordable mortgage. Please contact Habitat NL for information on our Home ownership program.
- Habitat for Humanity NL ReStore is a non-profit home improvement retail store. We are open to the public. We sell home furnishings, appliances and other renovation materials that are donated from businesses and individuals.
    - Shopping at a Habitat Restore is a socially conscious decision, as funds generated are used to fund local Habitat for Humanity homebuilding projects. It's also an environmentally conscious decision, as much of what is sold is product that is new, gently used or customer returns that would otherwise end up in landfill

## Home Again Furniture Bank

22 Church Hill, St. John's NL, A1C 3Z9

| | |
|---|---|
| **Tracy Sullivan**, Coordinator: | **Tel:** (709) 325-4040 **Email:** info@homeagainfb.com |
| **Amy Tulk**, Director of Operations: | **Tel:** (709) 330-7070 **Email:** amytulk@homeagainfb.com |
| **Maureen Lymburner**: Director of Development | **Tel:** (709) 325-0072 **Email:** maureenlymburner@homeagainfb.com |

**Website:** http://homeagainfb.ca/ **Twitter:** @HomeAgainFB

**Facebook:** @HomeAgainFurnitureBank

**Mandate:** Home Again Furniture Bank is a nonprofit organization that aims to end furniture poverty on the Northeast Avalon.

**Target Population**: For those in transition from situations of abuse, homelessness, prison, war, the un- and under-employed and those with disabilities.

**Highlight of Programs/ Services Offered:**

- Folks looking to avail of Home Again's services MUST be referred through a community partner. The full list of community partners can be found here.
- Deliver gently-used furniture and housewares to individuals and families in need, at absolutely no cost, so they are able to build a home.
- Furniture donations accepted from households and businesses. Details available on website: www.homeagainfb.ca

## John Howard Society of NL

342 Pennywell Road, St. John's, NL, A1E 1V9

**Tel:** (709) 726-5500 **Facebook:** JohnHowardSociety **Email:** info@jhsnl.ca
**Fax:** (709) 726-5509 **Website:** johnhowardnl.ca **Twitter:** @JohnHowardNL

**Mandate:** To reduce crime by providing opportunities for the rehabilitation of offenders and advocating reform through successful program interventions; public education; crime prevention strategies; and restorative justice principles.

**Target Population:** Men, women and youth involved in the criminal justice system or those who may be at risk.

**Highlight of Programs / Services Offered:**

Residential Services

- Howard House: A community residential centre for adult male offenders on day parole, full parole, statutory release, a temporary release, or a probation order. (St. John's).
- West Bridge House: A community residential facility for male and female offenders released on Day Parole, Full Parole, Statuary Release, Temporary Absence or Probation Order (Stephenville).
- Garrison Place: Provides permanent supported housing to both male and female adults (St. John's). Referrals come through End Homelessness St. John's Coordinated Access.
- Home For Youth: Young people participating in the program have been sentenced to a period of Open Custody by the Youth Court. (St. John's)
- Loretta Bartlett Home For Youth: Youth are sentenced to a period of Open Custody by the Youth Court and/or the Director of Child Youth, and Family Services can have a young person placed on an Order to Reside Designation. (Corner Brook).

Employment/Training Services

- Employment Service Program (ESP): Provides support to individuals who are looking to make positive changes in their lives. Employment Practitioners will assist participants with resume building, job interview skills, educational/employment opportunities, as well as, helping with other community referrals.
- Employment Programs: Linkages, Upskills, In Motion and Momentum+ and Training Courses are programs offered through Employment Services.
- Record Suspension Support: A record suspension (formerly pardon) allows people who were convicted of a criminal offence, but have completed their sentence and demonstrated they are law-abiding citizens for a prescribed number of years, to have their criminal record kept separate and apart from other criminal records. Employment Practitioners are available to assist individuals through each step of the process.

Interventions

- Learning Resource Program (LRP) in St. John's and the Community Based Intervention Program (CBIP) in Stephenville comprises of seven intervention programs that are delivered in both group and individual formats. The programs

are designed to support participants in taking responsibility for their actions and decisions, and educate participants on coping strategies for responding to challenges. The goal of LRP and CBIP is to reduce recidivism rates by concentrating on the individual criminogenic needs of participants. LRP and CBIP offer the following programs:

- Anger Management
- Criminal Behaviour Awareness
- Dad's Program
- Impaired Driving Workshops
- Pathways to Acceptance and Recovery (PAR) - Programming for individuals who have a history of sex offences
- Safety and Repair (an intimate partner violence program)
- Seeking Safety (a recovery program for addictions and trauma)

### Prison Services

- Annual Family Prison Visit: Selected families from various locations in Newfoundland and Labrador will visit inmates serving sentences in Federal Institutions in the Maritimes. Provides transportation and accommodations for families of Newfoundland inmates.
- 1-2-1 Prison Visitation Program: Offers support to prisoners during, and after, their imprisonment through contact with "friendship volunteers" from outside H.M.P. This is on a one-to-one basis.
- Prison Library Program: The library at H.M.P. is staffed and operated by John Howard Society volunteers. Inmates have regular access to library resources.

### Other Services

- Public Education and Advocacy

## NL Housing Corporation

Sir Brian Dunfield Building, PO Box 220, 2 Canada Drive, St. John's NL, A1C 5J2

**Tel:** (709) 724-3000 **Fax:** (709) 724-3007 **Website:** www.nlhc.nl.ca
**Twitter:** @NLHousing **Facebook:** @NewfoundlandandLabradorHousing

**Contact:** Jenny Bowring—Manager, Corporate Communications
**Tel:** (709) 724-3055 **Fax:** (709) 724-3250 **Email:** jmbowring@nlhc.nl.ca

**Mandate:** To develop and administer housing assistance policy and programs for the benefit of low to moderate income households throughout the province.

**Target Population:** Low – moderate income households throughout the province.

**Highlight of Programs / Services Offered:**
FOR RENTAL APPLICANTS

- Rental Housing Program: NLHC owns and administers approximately 5,591 social housing units throughout various regions of the province, with the greatest concentration of units located on the Avalon (3,200) and Corner Brook (804). These homes are rented to low-income

earners, with rental rates based on 25 per cent of monthly income.

HOMEOWNER SUPPORT

- Provincial Home Repair Program (PHRP): Low-income individuals and families are assisted under this program with modest assistance levels to improve privately owned households. This program primarily benefits seniors living in rural areas of the province.
- Home Modification Program (HMP): HMP is designed to provide funding to low-to-moderate income homeowners ($46,500 or less), seniors, and persons with disabilities who require accessibility changes to their residences, which can help promote independence and self-reliance, assist with a better quality of life, and enable individuals to remain in their own homes for a longer period.
- Home Energy Savings Program (HESP): HESP is a provincial initiative designed to assist low-income households with electrically heated homes which consume 15,000+ kWh of electricity annually. The program will provide non-repayable grants of up to $5,000 to help these households make energy efficiency upgrades to their homes.

FOR CONTRACTORS, DEVELOPERS, AND NON-PROFIT GROUPS

- Provincial Homelessness Fund (PHF): PHF provides funding to assist registered non-profit organizations for the development of support services space for the provision of on-site and outreach services. These services promote housing stability and greater self-reliance for those at risk of homelessness. The space can be developed either through new modest construction or renovation of an existing building.
- Partner-Managed Housing Program: This program is directed in support of social housing initiatives largely in partnership with partner-managed non-profit housing groups. Most of the social housing units under this program are operated directly by individual groups with NLHC holding the mortgage on these properties and providing some level of operating assistance.
- Supportive Living Program (SLP): The Supportive Living Program, an initiative funded through the Poverty Reduction Strategy, provides operating grants to incorporated non-profit organizations to prevent and end homelessness.

**EMERGENCY HOUSING LINE**

For anyone experiencing homelessness,

please call: **1-833-724-2444**

## Residential Tenancies – Service NL

**Mount Pearl** - Motor Vehicle Registration Building, 149 Smallwood Drive
Mailing Address: P.O. 8700, St. John's, NL A1B 4J6

Fax No.: 709-729-6998

**Gander** - Fraser Mall, 230 Airport Boulevard
Mailing Address: P.O. Box 2222, Gander, NL, A1V 2N9
Fax No.: 709-256-1438

**Corner Brook** - Sir Richard Squires Building, 84 Mt. Bernard Avenue
Mailing Address: P.O. Box 2006, Corner Brook, NL, A2H 6J8
Fax No.: 709-637-2498

**Telephone: (709) 729-2608 Toll Free:** 1-877-829-2608

**Email:** LandlordTenant@gov.nl.ca

**Website:** servicenl.gov.nl.ca/landlord/residential_tenancies.html

**Mandate:** To protect residential tenants and landlords by providing information on their rights and obligations under the Residential Tenancies Act. Effective and efficient dispute resolution services through mediation and adjudication.

**Target Population:** Residential landlords and tenants

**Highlight of Programs / Services Offered:**

- Informing and educating landlords/tenants on their rights/obligations
- Mediating disputes between landlords and tenants
- Adjudicating disputes which cannot be mediated, through hearing

*For telephone inquiries, please be prepared to enter your Client Service No. if you have an active application, so that we may serve you more efficiently.

* For email inquiries, please reference your Client Service No. as well as your Application No. in the subject line, if you have an active application, so that we may serve you more efficiently.

- If you are submitting a new application, please type **"New Application"** in the subject line of your email.
- If you do not have an active application and you are not submitting a new application, please type **"General Inquiry"** in the subject line.

## Safe Harbour Outreach Project (S.H.O.P.)

170 Cashin Avenue Extension, St. John's, NL A1E 3B6

*SHOP has a confidential location*

**SHOP Program Coordinator:** 709-771-7171
**SHOP Outreach & Advocacy Organizer:** 709-219-4800

**WOW (Warn Other Workers) Bad Date Line (24/7):** 1-800-726-2743

**Facebook:** https://www.facebook.com/SHOPoutreach/
**Twitter:** @sexworkoutreach
**Instagram:** @sexworkoutreach

**Mandate:** SHOP exists to advocate for the human rights of sex workers. SHOP knows that there are many different lived experiences in sex work as there are sex workers. SHOP firmly believes that sex workers are experts of their own lives, and everything they do is rooted in that philosophy. SHOP believes in:

- **The value of sex workers and their self determination**
- **The power of harm reduction**
- **The pursuit of social justice**

**Target Population:** S.H.O.P. supports women, trans, and non-binary folks who identify as a current or former sex worker or with lived experience in the sex trade, regardless of industry experience–this means that S.H.O.P. is here as a supportive resource for dancers, street level workers, in and out call workers, webcam workers, phone workers, independent escorts, those who work in massage parlours, sugaring, and more.

**Highlight of Programs / Services Offered:**

- **One-on-one individual support**, including home visits and accompaniments to appointments.
- **Distribute safer sex supplies** and **clean drug use supplies**
- **Peer drop-ins**
- **Street outreach**
- **Healthcare supports**
- **Support around housing, the justice system, food, etc.**
- **Events, workshops, groups, and info sessions**
- **System navigation and referrals to other supports/programs**
- **Public education and training**
- **Advocacy**
- **No waitlists and no referral forms to connect with SHOP**

## Stella's Circle

Administration Offices: 142 Military Road, St. John's, NL A1C 2E6

**Main Switchboard:** (709) 738-8390
**Fax:** (709) 738-7808
**Website:** www.StellasCircle.ca
**Email:** info@StellasCircle.ca
**Shelter Tel:** (709) 579-8432
**Twitter:** @StellasCircle

**Facebook:** @stellascircle **Instagram:** @stellascirclenl

**Mandate:** To help adults remove barriers to participating in their community. Barriers can include: mental health issues; addictions; poverty; criminal justice involvement; homelessness; low literacy; and periods of unemployment. Transforming lives through Real Homes, Real Help and Real Work.

**Target Population:** Men and women age 18 and older; women ages 16-30 (Naomi Centre)

**Highlight of Programs / Services Offered:**
**Real Homes Program**

Real Homes: Safe, secure and stable housing is essential to wellbeing. Stella's Circle helps address the need for affordable housing by offering more than 100 housing units to rent and supportive housing for those who need it. Programs include:

- **Brian Martin Housing Resource Centre**

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457, housing@StellasCircle.ca

- Offers counselling, advocacy, and other support services to help people find secure housing
- Open 9:00am-4:30pm; Monday-Friday
- Monday to Thursday from 1:30-3:30 pm, we offer Housing Help – we invite anyone to drop in to ask questions of our staff or to use our resources to search for housing.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing housing assistance. There is no application or form to complete; simply drop in or contact us for assistance.

- **Naomi Centre**

*4 Patrick Street, St. John's, NL A1E 2S6*
(709) 579-8641, naomi@StellasCircle.ca

- An emergency shelter that offers safe and supportive temporary housing for women aged 16-30 within a harm reduction model.
- Accepts self-referrals or referrals from others including health care providers, family counselling agencies, government departments, or family and friends of individuals needing emergency housing.
- Jess's Place

*84 Prescott Street, St. John's, NL A1C 3S9*
(709) 738-0457

- Transitional housing program for women 18+ in recovery
- Up to three women share a house, live independently, and care for their

own needs.
- Accepts self-referrals or referrals from others.

**Real Help Program**

Real Help: Stella's Circle offers a range of residential, community and correctional based counselling services to support people through life's challenges. Stella's Circle believes that with the necessary supports people can flourish. Programs include:

- **Emmanuel House**

*83 Cochrane Street, St. John's, NL A1C 3L7*
(709) 754-2072, emmanuelhouse@StellasCircle.ca

- Men and women over the age of 18 can live while they address their social and emotional challenges.
- Participants stay for a four-month period and take part in individual counselling, therapeutic groups, and life skills support.
- We accept self-referrals or referrals from others.

- **Community Support Program (CSP)**

*114 Cabot Street, St. John's, NL A1C 1Z8*
(709)738-5590, cspinfo@StellasCircle.ca

- Provides intensive assistance to men and women with complex mental health needs over the age of 18.
- The goal of the program is to improve the overall quality of participants' lives, and to reduce the length and number of admissions to hospitals and prisons.

- **Just Us Women's Centre**

*142 Military Road, St. John's, NL A1C 2E6*
(709) 738-0658, justus@StellasCircle.ca

- Provides counseling and support to women over the age of 18 who have been in conflict with the law.
- We accept self-referrals or referrals from others including correctional supervision programs, court programs, health care providers, and agencies that provide services to women.

**Real Work:** Stella's Circle offers a range of employment and education programs to assist people with limited work experience or interrupted career paths find and maintain employment. Programs include:

- **Employment Counselling & Support Transition Groups**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1181, employment@StellasCircle.ca

- **Adult Basic Education (ABE) Level 1:**

*114 Cabot Street, St. John's NL A1C 1Z8*

709-579-2738, abe@StellasCircle.ca

- Adult Basic Education (ABE) Level I offers basic literacy and numeracy education in a supportive environment through delivery of standardized provincial government curriculum.

➢ **Work Experience:**

*114 Cabot Street, St. John's NL A1C 1Z8*
709-579-1178, employment@StellasCircle.ca

- We offer practical workplace-based learning to suit individual participant interests, needs and abilities. These placements provide opportunities for future employment and ensure a suitable fit for employer and employee. We offer social enterprise training and employment in three streams:
  - The Hungry Heart Café offers training to help people enter the food service industry as cooks, servers, or kitchen staff.
  - The Trades Helper Program allows participants to gain practical experience in the construction trades.
  - Clean Start provides on-the-job training in office cleaning and maintenance.

## St. John's Homestead Inc. – The Homestead Program

**Email:** robert@sjhomestead.com **Tel:** (709) 330-8986 **Twitter:** @HomesteadNL

**Email:** sarah@sjhomestead.com **Facebook:** @HomesteadNL

**Mandate:** To empower people to live their best possible lives through modalities of Housing First and Harm Reduction while valuing and enabling Lived Expertise in all levels of programming.

**Target Population:** Ages 18+

**Highlight of Programs / Services Offered:**

- St. Johns Homestead Inc. is a homelessness and rooflessness addressing non-profit organization based in St. John's, NL. The corporation has two programs that operate through a lived expertise and harm reduction lens. The Homestead Program services St. John's and metro, while Homestead Rural is province wide. Both programs deliver low barrier, trauma informed, and self determined housing services to individuals 18+ that are experiencing or at-risk of experiencing homelessness and/or rooflessness. St. John's Homestead Inc. aims to bridge the divide between marginalized populations and dignified, safe, stable housing options.
- Referrals are accepted through the NLHC Emergency Housing Program.
- **Our Guiding Principles**
  - End homelessness through a community approach
  - Advocate for every person's right to a safe home
  - Create a space that promotes inclusivity and dignity

- Operate from a place of unconditional compassion and respect
- Prioritize everyone's expertise in their own lives
- Value and incorporate lived experience at all organizational levels
- Bridge gaps in services

## St. John's Women's Centre (SJWC)

170 Cashin Ave. Ext., St. John's, NL A1E 3B6

**Website:** sjwomenscentre.ca/ **Fax:** (709) 753-3817 **Twitter:** SJSWC
**Facebook:** @SJWomensCentre **Tel:** (709) 753-0220 **Instagram:** @sjsowc
**Email:** reception@sjwomenscentre.ca

**Mandate:** Working to achieve equality and justice through political activism, community collaboration and the creation of a safe and inclusive space for all women in the St. John's area.

**Target Population:** All women

**Highlight of Programs / Services Offered:**

**Marguerite's Place:** From the comfort and safety of their own apartments, Marguerite's Place assists women move toward independence.

- Contact Nikki Browne for more information,
- (709) 753-0220; nikki@sjwomenscentre.ca
- Current housing services include:
  - 8 units open to women over the age of thirty who are not accompanied by dependents, and who are experiencing difficulty finding or maintaining housing due to circumstances in their lives or the complexity of their needs.
  - Each self-contained apartment has its own bathroom and kitchen. A communal space invites connection and the chance to enjoy the company of neighbours.

- **The SJWC offers:**
  - All programs are offered free of charge and women centered. For our monthly calendar of program events please visit https://sjwomenscentre.ca/programs/
  - **Right Here Right Now:** Individual, Drop-In Counselling Services
  - **Group Counselling** – Support for Women who have experienced Intimate Partner Violence.
  - **Thursday Tea Time** – Tea, coffee & light snack, connection with other women.
  - **Clothing Boutique & Personal Care Pantry:** Our Clothing Boutique Program is available to any woman in the community and appointments are available monthly on Thursdays and Fridays. This program has been a great resource to women experiencing homelessness, living on fixed or low incomes, experiencing violence, or simply seeking something new to wear.

- **Pre-Release Program at the Newfoundland and Labrador Correctional Centre for Women:** Every five weeks, a staff member visits the Correctional Centre in Clarenville, Newfoundland (140 km west of St. John's) as part of their pre-release process to talk about programs in the community.
- **Holistic Programs:** Offered seasonally in a variety of forms, yoga, mindfulness, arts and crafts.

**S.H.O.P. (Safe Harbour Outreach Project):** The Safe Harbour Outreach Project (SHOP) is the only sex worker advocacy program in Newfoundland and Labrador.

- SHOP's mandate is to advocate for the human rights of all women who have engaged in sex work across our city and province, both on an individual and collective level.
  - One-on-one individual support, including home visits and accompaniments to appointments
  - Give out and deliver safer sex supplies and clean drug use supplies
  - Peer drop-in hours in our private, confidential space
  - Weekly community meal
  - Workshops and info sessions for sex workers
  - Street outreach
  - Health care supports
  - System navigation and referrals
  - Individual and community advocacy

## The Gathering Place

172 Military Road, PO Box 1761, St. John's NL A1C 5P5

**Tel:** (709) 753-3234
**Email:** info@gatheringstjohns.ca
**Website:** www.kindnesswanted.ca
**Twitter:** @GatheringNL
**Facebook:** @gatheringstjohns

**Mandate:** The Gathering Place is a non-profit, street level, community service centre that provides a primary health care collaborative to persons who are homeless or precariously housed, through health and social supports in an inclusive, low barrier setting.

**Target Population:** All adults over the age of 26.

**Highlight of Programs / Services Offered:**

- Health Clinic is currently being operated from 193 LeMarchant Road Phone: 709-777-1190
- **Mental Health and Addictions Counselor:** Monday, Tuesday, Wednesday, Thursday 11:00 AM – 3:00 PM
- **Hot Meal Program:**
  - Hot breakfast Mon- Sunday 8:00 AM – 9:00 AM
  - Noon meal 11:30 AM- 1:00 PM

    - Supper: 5:00 PM – 6:30 PM
- Case Management onsite Monday-Saturday
- Dental services; please contact the front desk for more information
- **Social Supports:**
    - Showers
    - Laundry/clothing
    - Food
    - Social Inclusion
    - Computer Access/literacy
- **Work empowerment:** work-based projects such as art and community garden.
- **Guest Empowerment Activities:** Greif and loss group, peer support group, listening post, my sister's kitchen, library, weekly mindfulness and DVD exchange.
- Bike repairs Friday mornings throughout Summer and Fall (weather permitting)
- Music room with pianos and guitars for guest usage.
- Law Clinic Monthly.

## Youth……

### Choices for Youth

261 Duckworth Street, St. John's, NL, A1C 1G9

**Tel:** (709) 754-0446
**Website:** www.choicesforyouth.ca
**Email:** info@choicesforyouth.ca
**Facebook:** @choicesforyouth

**Main Shelter Line:** (709) 757-3050
**Fax:** (709) 726-3125
**Twitter:** @choicesforyouth

**Mandate:** Help youth to secure stable housing, education, and employment, while working toward family stability and better health, through innovative programming and social enterprise.

**Target Population**: Youth aged 16-29

**Highlight of programs/services Offered:**

**Housing**

- **The Choices Shelter**: For Young Men and Gender Non-Conforming Youth
  Youth are able to stay at the shelter for up to a month, while working on their own housing plan and connecting to financial and other support services.
- RallyHaven: Accessible supportive housing for at-risk youth facing homelessness.
    - With 26 housing placements spread over multiple units in downtown and central St. John's, the RallyHaven program provides long-term supportive housing to any youth at risk of homelessness.
- The Lilly: Affordable longer-term housing located in downtown St. John's for youth facing homelessness to begin individualized support programs
    - The facility provides affordable housing and related supports to 14 homeless and at-risk youth. It consists of 1- and 2-bedroom units, with shared community spaces in the larger kitchens and eating areas, as well

as in the living, recreational, and art spaces.
    - Tel: (709) 739-1019

**Outreach, Health and Family Services**

- **Outreach and Youth Engagement:** The Choices for Youth Outreach Centre is often the first point of contact with youth in need of support.
    - Youth can personal care items, warm meals, access to a telephone or computer, access to a shower, and the chance to get out of the elements and into a warm, safe space. There are also medical professionals on-site to support youth with emergent healthcare needs. Once basic needs have been met, we can work towards identifying challenges in a young person's life and helping them navigate the systems and boundaries to help them move forward
    - Drop-In Centre: 12-16 Carter's Hill Place, St. John's
    - Phone: (709) 754-3047
- **Momma Moments:** A community based, healthy-living, peer-to-peer program for young pregnant and parenting women.
    - The Program currently runs in St. John's and Conception Bay South, where groups meet once a week for programming that emphasizes overall wellness – mental, physical, spiritual, and social – for mother and child.
- **Family Reconnect:** This program supports and facilitates the reconnection of youth with a family member - a cousin, a sibling, a parent, an uncle or aunt, or a grandparent.
    - The Family Reconnect team supports young people and their families by facilitating the process of reconnection, offering counselling, and continuously working with the young person to help them achieve their goals.
- **Youth in Transitions:** Skill building and lifestyle coaching with the Department of Children, Seniors and Social Development
    - Youth in Transitions is a life-skills based program which provides up to 60 individuals with individualized support staff connected to the Outreach and Youth Engagement Team.
    - Youth in the program work to develop skills like budgeting, meal planning, laundry, and transportation -- and with the host of programs available at Choices for Youth, they are positioned to provide additional support to youth in the program as required.

**Education, Employment and Social Enterprise**

- **Jumpstart:** Pre-employment skills training for youth ready to transition to longer- term employment or educational programs.
    - The program operates three times a year and ranges from 6-8 weeks depending on the employment sector focus. Youth build skills such workplace responsibility, team work, financial management, and personal development.
    - Other opportunities include household repairs, carpentry, gardening, and more recently, a variety of art programs.
- **Impact Construction:** A social enterprise construction company that offers on-

the- job safety and construction training for at-risk youth ready to secure long-term, sustainable employment or pursue skilled trades training.
    - Tel: (709) 631-9256
- **Neighbourhood**: A retail social enterprise, which sells gently used clothing for children, youth, and adults.
- **The Shop:** At The Shop, young people manufacture, package, and ship products for partner agencies, including building Sucseed hydroponic units, assembling SmartICE sea-ice monitoring systems, and bottling Wild Mother Provision's Beer Vinegar.
- **Youth Leadership Council:** Leaders who give back by consulting on youth programs, providing mentorship, and supporting CFY with their perspectives and experiences.
- **General Educational Development (GED):** Youth are able to access on-site GED support to prepare them to write the GED test.
- **Employment Support** – For young people looking to remove barriers to competitive employment or accessing education, they can access a support worker and training sessions to help reach their goals.

## NL Foster Families Association

**Address:** Suite 211, 90 O'Leary Avenue St. John's, NL, A1B 2C7
**Tel:** (709) 754-0213 **Toll Free:** 1-877-754-5007
**Fax:** (709) 754-5007 **Facebook:** NL Foster Families Association
**Email:** nlffa@nfld.net **Website:** https://fosterfamiliesnl.ca/

**Mandate:** To advance and promote the professional role of foster parents; to provide a collective voice for Foster Families in Newfoundland and Labrador; and, to promote collaborative partnerships that strengthen policies, programs and services which enhance the care and support provided to children and families in a manner that is sensitive to their cultural and individual needs.

**Target Population:** Foster Families and those interested in becoming Foster Families

**Highlight of Programs / Services Offered:** The association works in partnership with the Department of Children, Seniors and Social Development, Foster Families, local associations and the community to meet the needs of foster parents and to enhance the care and support provided to children in care and their families. The four primary areas of focus are support, recruitment and retention, education and advocacy. Some of our services include; a peer mentoring program, educational sessions for students and the general public, recruitment campaign, social media presence, regional training days, an annual conference, travel throughout the province and a quarterly newsletter.

- Click here to access the Foster Care Handbook.
- Click here to access the Peer Mentoring Pamphlet.
    - Peer Mentor role information.
    - Peer Mentor Application.
- Click here for details on Bursaries and Scholarships.

## Shalom Inc.

Suite 411, Unit 50, Hamlyn Road Plaza, St. John's, NL A1E 5X7

**Tel:** (709) 579-2208 **Fax:** (709) 753-8885 **Email:** director@shalomnl.ca

**Mandate:** Shalom Inc. is committed to the provision of a safe nurturing residential service for young people 12- 21 years of age who are in the care of Children, Seniors, and Social Development. We work in partnership with the young person, the family, and the community to promote the individual's physical, social, behavioral, educational and spiritual development.

**Target Population:** Young people (12-21 years of age) who are in the care of Children, Seniors, and Social Development and require a long term residential placement

**Highlight of Programs / Services Offered:** The residential program offered through Shalom Incorporated is based on the philosophical belief that all young people have a right to:

- Safe housing based on their needs
- A standard of living that maintains and promotes their development
- Partnership with family, staff and community resources regarding decisions impacting their future
- An environment that nurtures mutual accountability, responsible behaviour and growth

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females,

ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.

- Live-In Parent Model Program(s) is a residential program for children and youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive, nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.
- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**

- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers

will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**
- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp

## INDIGENOUS

### Canadian Red Cross

17 Majors Path, St. John's, NL A1A 4Z9

**Tel:** (709) 758-8400
**Instagram:** @redcrosscanada
**Email:** rhonda.kenney@redcross.ca
**Facebook**: @canadianredcross

**Website:** http://www.redcross.ca
**Fax:** (709) 758-8417
**Twitter:**@redcrosscanada

**Mandate:** We help people and communities in Canada and around the world in times of need and support them in strengthening their resilience.

**Target Population:** Those who are the most vulnerable in Canada and around the world

**Highlight of Programs / Services Offered:**
- To search for Programs and Services in the St. John's Metro region, click here.
  - Red Cross delivers core programs such as:
    - Disaster services change to Emergency Management
    - Injury and Abuse Prevention
    - First Aid and CPR training
    - RemoveHealthcare Equipment Loans
    - Meals on Wheels
    - Friendly Calls (Newfoundland and Labrador Programs and Services Results - Newfoundland and Labrador - Canadian Red Cross)
    - Volunteer Programs (Volunteer With Us – Canadian Red Cross - Canadian Red Cross)

The Newfoundland and Labrador Region offers a variety of unique, community-based services to help ensure the well-being and human dignity of those in our province.

## First Light St. John's Friendship Centre

40 Quidi Vidi Road, St. John's, NL, A1A 1C1

**Contact:**

**Tel:** (709) 726-5902 **Email:** info@firstlightnl.ca
**Website:** https://firstlightnl.ca **Facebook:** https://www.facebook.com/FirstLightNL
**Instagram:** @firstlightnl
Twitter: https://twitter.com/FirstLight_NL

**Mandate:**

To serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect and friendship.

**Target Demographic:**

Anyone, with a focus on those who identify as Indigenous (First Nations, Metis, and Inuit) and their families.

**Programs Offered:**

**Note:** Registration in advance is required for all programs at this time. You can register online here: https://sjnfc.wildapricot.org.

- After School Program (ages 5-12)
- Teen Program (ages 13-17)
- Young Adults Program (ages 18-30)
- Yoga
- Women's Group
- Breathe (for parents of children under 18)
- Inuit Program
- Inlingavugut (for foster/adoptive families of Inuit children)
- Wisdom Circle (ages 50+)
- Community Culture Circle (First Nations based)
- Creator's Crafts

**Supports Offered:**

- Housing Support
- Employment Support
- Cultural Support
- Indigenous Patient Navigator Program (located at Eastern Health)
- COVID-19 Support (vaccination appointments, etc.)

**Social Entreprises:**

- **Childcare Centre (97 Elizabeth Avenue)**
  https://firstlightnl.ca/program/first-light-childcare-centre/
- **Centre for Performance and Creativity (42 Bannerman Street)**
  https://firstlightnl.ca/program/centre-for-performance-creativity/
- **Cultural Diversity Training**
  https://firstlightnl.ca/program/training/

- **Transportation (Medical)**
  https://firstlightnl.ca/program/transportation-services/
  *Clients who use this program are funded by Health Canada-FNIHB or the Nunatsiavut Government, and must be pre-approved by their funder.*
- **Affordable Housing Units**
  https://firstlightnl.ca/program/affordable-housing/

## Indigenous Student Resource Centre (ISRC) – Memorial University

Located in Juniper House, 208 Elizabeth Avenue, Memorial University, (BP), St. John's, NL A1C 5S7

**Tel:** (709) 864-3495/864-8278 **Email:** ISRC@mun.ca
**Website:** https://www.mun.ca/indigenous/students/ **Facebook:** @ISRCMemorial

**Mandate:** The ISRC exists to:

4. Support students by creating a welcoming community, by providing an engaging and inclusive space, and by offering an array of programs and resources to ensure success.
5. Assist the non-Indigenous University Community to walk a good path and build positive relationships with Indigenous peoples through the provision of education concerning Indigenous Peoples, places, cultures, and histories from the diverse perspectives and experiences of Indigenous Peoples.
6. Work collaboratively with the University, University partners, and Indigenous communities and organizations to grow cooperative relationships rooted in mutual respect.

Click HERE for more information.

**Target Population:** Self-identified Indigenous students at Memorial University.

**Highlight of Programs / Services Offered:**

- The Indigenous Student Lounge, a computer room, study spaces, as well as access to a scanner and photocopying. A phone for local calls, as well as a fridge, microwave and free coffee and tea with the occasional snacks.

- Writing clinics and free tutoring to help with essay writing, research papers and subject matters.

- ISRC hosts a variety of programming such as Wisdom Wednesdays and Monday Music hour, and more. See our Facebook for details

- Student gatherings, occasional Indigenous films, Indigenous welcome events, Indigenous awareness activities, culturally safe spaces for students to practice

smudging and Kullik/Qulliq lighting, as well as many other exciting initiatives.

## Office of the Child and Youth Advocate

193 LeMarchant Rd, St. John's, NL A1C 2H5

**Tel:** (709) 753-3888 **Email:** office@ocya.nl.ca **Toll-Free:** 1-877-753-888
**Fax:** (709) 753-3988 **Twitter:** @OCYANL
**Website:** www.childandyouthadvocate.nl.ca

**Mandate:** We help children and youth be heard and get the services they have a right to receive from government, its boards, and its agencies. We stand up for children and youth rights. We help children and youth express their opinions or views and if they are unable to do so, speak on their behalf.

**Target Population:** We provide services to any child or youth under the age of 19 years old who is entitled to receive services from a government department, agency, or board. The age is extended to youth up to their 21st birthday if they are in a care or custody arrangement.

**Highlight of Programs / Services Offered:**

- **Individual Advocacy:** We speak up for you, with you, or help you speak up for yourself so your voice is heard and your rights are respected.
- **Systemic Advocacy:** We look into issues that affect groups of children and youth.
- **Reviews/Investigations:** We review and investigate concerns on behalf of an individual or group of children or youth.
- **Education and Outreach:** We do education sessions and workshops with youth groups, community organizations, schools, and professionals about child and youth rights.

**Reach out to us if you:**

- You have a complaint(s) regarding access to services
- You believe your viewpoint is not being heard or that your rights are being ignored
- You believe that all information about your needs has not been considered
-

**Call us, email or drop into the office.**

- We offer a friendly, accepting, and supportive space.
- You can bring a support person if it makes you feel more comfortable.
- Anyone can contact us if you have concerns about the rights of a child or youth

We also have a fabulous **Young Artist Program**

- Are you a young artist under the age of 21?
- If so, we would love to show case your artwork on our website, social media, newsletters, reports and other resource materials about children's rights. We are interested in drawings, paintings, photos, and even your poetry. We provide a prize pack for all submissions. For more information see here.

## Violence Prevention Avalon East

20 Hallett Crescent, Suite 207, St. John's, NL A1B 4C5

**Tel:** (709) 757-0137
**Email:** violencepreventionstaff@gmail.com or violencepreventionae@gmail.com
**Twitter:** @VPAvalonEast **Facebook:** @ViolencePreventionAvalonEast
**Website:** http://www.violencepreventionae.ca/

**Mandate:** Violence Prevention Avalon East is an alliance of community and government agencies dedicated to ending violence; acting as an umbrella organization to provide support and enhance the violence prevention work of member agencies throughout the Avalon East region; governed by a Board of Directors. One of ten throughout the province who are working in partnership with the Provincial Government.

**Target Population:** Any individual who is experiencing violence; Community members who are committed to the advocacy and awareness of violence prevention.

- Community Capacity Building: Maintains a network of community and government agencies devoted to social justice
- Education: It is the collective misunderstanding of violence as it relates to our everyday life that needs revision. Education will include networking, lectures, seminars, roundtable discussions, and other community activities relevant to Violence Prevention Avalon East's mission.
- Outreach: Conducts workshops through the region for adults and youth on such topics as gender inequality; dating violence; elder abuse; bullying; etc.
    - Provides Violence Awareness and Action Training, a provincial education initiative that takes an experiential interagency approach to educating governmental and non-governmental representatives on the roots of violence and the compounding vulnerabilities of victims of violence.
- End Violence NL Campaign: The End Violence NL (#ENDVIOLENCENL) Campaign is a social media initiative that sends the message that violence is not welcomed or accepted in communities/homes/schools/work places, etc. in Newfoundland & Labrador.

**Lobbying and Advocacy:** In conjunction with the community and the government, Violence Prevention Avalon East advocates for effective policies that support victims of violence. They also participate in the Community Advisory Committee of the Violence Prevention Initiative (VPI), Government of NL, a conference of the Regional Coordinating Committees found throughout the province. The Committee meets regularly to discuss priorities related to violence prevention, as well as to make recommendations on behalf of the community to the VPI Deputy Ministerial Committee.

# JUSTICE

## Community……

## Citizens' Crime Prevention Association of NL

35 Boyle Street, St. John's, NL A1E 2H4

**Website:** ccpanl.ca/ **Email:** nlcrimeprevention@gmail.com

**Mandate**: To highlight and promote crime prevention strategies in the province. A second mandate is to promote partnerships and information sharing among community organizations related to crime prevention.

Their slogan, "By Working Together – We Can Make a Difference", encourages everyone in the province to take responsibility for ensuring that we all live in a crime free environment.

**Target Population:** Citizens of all ages of the Province of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:** Since its conception in 1988, member committees of the association have undertaken literally thousands of crime prevention projects in their communities. The local citizens' groups identify problems in the area and work to try to eliminate those problems. The provincial association is there to offer whatever support is needed. The provincial association also acts as a lobbying group. Some of the projects undertaken are:

- Video on "Speeds on Our Highway"
- The File for Life
- The Rachel Challenge Program for students in grades K-12
- The Tommy Province Wide Anti-Violence Program for students in grade K-3
- Seminars on Domestic Violence
- Education sessions for Parents On: Alcohol and Drugs and Pornography on the Internet
- Suicide and Teen-Parent Manipulation Training Seminars
- Education Sessions for Seniors on Fraud, Elder Abuse and How to protect yourself

## Mount Pearl Citizens' Crime Prevention Committee

26 Massey Crescent, Mount Pearl, NL A1N 2H2

**Tel:** (709) 368-7071
**Email:** nlcrimeprevention@gmail.com **Website:** http://ccpanl.ca/

**Mandate:** To reduce crime in the city of Mount Pearl and to promote partnerships and information sharing related to crime and crime prevention among community organizations. They also provide public education and awareness on community-based crime prevention strategies.

**Target population:** All citizens in Mount Pearl of all ages and businesses that operate in Mount Pearl.

**Highlight of Programs / Services Offered:** Their main goal is to promote the safety

and security of all citizens. The focus is to develop community wellness through crime prevention strategies which address the needs of the public, business, government and police. They act as a clearinghouse in Mount Pearl of information on best practices of community wellness through crime prevention. As well, they work with the police to advise the community and our municipal government on trends, strategies and priorities of crime prevention. Some of the programs of the committee over the last several years include:

- Two to three Senior Citizens Lunch and Learn Presentations each year on topics relevant to seniors.
- Buddy Bench Program in all Primary Schools in Mount Pearl.
- Halloween/Safety Skeleton Program in Partnership with the City of Mount Pearl.
- Police Officer for a Day Program with Middle School Students in Mount Pearl.
- Parking Lot Safety Program in December of each year.
- Support on RNC D.A.R.E. Program (Drug Abuse Resistance Education Program) each year.
- Partnership with City of Mount Pearl's Neighbourhood Watch Program.

## General

### Canadian Federation of Students NL

342(f) Freshwater Road, A1B 1C2

**Mandate:** To provide students with an effective and united voice, provincially and nationally. CFS-NL's goals are to eliminate the social and financial barriers that students are faced with in accessing post-secondary education.

**Tel:** (709) 737-3204 **Fax:** (709) 737-2371 **Email:** info@cfs-nl.ca
**Website:** www.cfs-nl.ca/ **Twitter:** @CFSNL **Facebook:** @CFSNL
**Instagram:** @cfsnl

**Target Population**: All post-secondary students in Newfoundland and Labrador

**Highlight of Programs / Services:**

- Collectively organizes at the local, provincial and national levels to ensure that students' rights and concerns are fully represented in government policy.
- Undertakes anti-oppression work to challenge racism, sexism, ableism, homophobia, transphobia, and all other forms of discrimination both on campus and in the community.
- Through the Federation, students' unions collectively pool their resources to provide student owned and operated services such as the International Student Identity Card, Student Discount Program, the National Student Health Network, and the Student Work Abroad Program.
- Members of the CFS in Newfoundland and Labrador include:
  - Memorial University of Newfoundland Students' Union (MUNSU); www.munsu.ca
  - Grenfell College Student Union (GCSU); www.gcsuonline.ca

- Marine Institute Students' Union (MISU); https://www.mi.mun.ca/calendar/current/studentinformation/studentunion/
- College of the North Atlantic Students' Union; https://www.cna.nl.ca/current-students/Student-Union.aspx

Graduate Students' Union of Memorial University of Newfoundland (GSU); www.gsumun.ca

## Citizens' Crime Prevention Association of NL

35 Boyle Street, St. John's, NL A1E 2H4

**Website:** ccpanl.ca/ **Email:** nlcrimeprevention@gmail.com

**Mandate**: To highlight and promote crime prevention strategies in the province. A second mandate is to promote partnerships and information sharing among community organizations related to crime prevention.

Their slogan, "By Working Together – We Can Make a Difference", encourages everyone in the province to take responsibility for ensuring that we all live in a crime free environment.

**Target Population:** Citizens of all ages of the Province of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:** Since its conception in 1988, member committees of the association have undertaken literally thousands of crime prevention projects in their communities. The local citizens' groups identify problems in the area and work to try to eliminate those problems. The provincial association is there to offer whatever support is needed. The provincial association also acts as a lobbying group. Some of the projects undertaken are:

- Video on "Speeds on Our Highway"
- The File for Life
- The Rachel Challenge Program for students in grades K-12
- The Tommy Province Wide Anti-Violence Program for students in grade K-3
- Seminars on Domestic Violence
- Education sessions for Parents On: Alcohol and Drugs and Pornography on the Internet
- Suicide and Teen-Parent Manipulation Training Seminars
- Education Sessions for Seniors on Fraud, Elder Abuse and How to protect yourself

## Crime Stoppers of Newfoundland and Labrador

PO Box 9700, Station A, St. John's, NL A1A 3T5

*Submit Anonymous and Secure Tips Online, through the hotline or Mobile App:*
**Website:** https://www.nlcrimestoppers.com/
**Tip Hotline:** 1-800-222-8477 **Mobile App:** P3 Tips Mobile App

*Admin and Social Media:*
**Main line:** (709) 729-8246 **Fax:** (709) 729-8234
**Twitter:**@NLCrimeStoppers **Facebook:** @CrimeStoppersNL

**Mandate:** Crime Stoppers is a community-based program and registered charity that brings the public, the media and law enforcement agencies together in a cooperative effort to help solve crime. This is accomplished by offering cash rewards and guaranteeing anonymity to persons who furnish information leading to the arrest of or laying of charges against criminal offenders.

**Target Population:** The entire province of Newfoundland and Labrador

**Highlight of Programs / Services Offered:**

- Crime Stoppers encourages any individual who has knowledge of any crime to submit their tips online, via text messaging from their mobile phone, or call toll-free and relay their clues and information.
- Individuals submitting tips will not be asked to give their name. Their anonymity is guaranteed and they will not have to testify in court.
- If their information provides clues that are valid to the successful solution of a crime, the tipster could earn up to $2000 as an award.
- Aside from these more direct services, Crime Stoppers also promotes:
    - A greater awareness in the community that there is a crime problem
    - A willingness in the community to fight back against crime if it is given the opportunity and motivation
    - Improved relationships between police, media, and the community

## Department of Children, Seniors and Social Development - Gov. of NL

Confederation Building - West Block, 2nd Floor, PO Box 8700, St. John's, NL A1B 4J6

**Tel:** (709) 729-0760 **Fax:** (709) 729-6382
**Email:** CSSDInfo@gov.nl.ca **Website:** www.cssd.gov.nl.ca/
**Twitter:** @CCSD_GovNL

**Income Support Program:** 1-877-729-7888

**Child, Youth or Adult Abuse and Protection Line:**

1-833-552-2368 or at https://www.cssd.gov.nl.ca/childprotection/report.html

***In the Metro Area:***

**Tel:** (709) 729-4947 **Fax:** (709) 729-2995

**Mandate:** The Department of Children, Seniors and Social Development supports individuals, families and communities in Newfoundland and Labrador in achieving improved health and social well-being and reduced poverty; and ensures the protection of children, youth and adults from abuse or neglect. The department promotes the values of inclusion, diversity, and healthy active living and leads the

development of policies, programs and partnerships to improve services and the overall social development of the province.

**Target Population:** Individuals, families and communities in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:** The Department of Children, Seniors and Social Development is responsible for the provision and development of programs, policies, standards and services primarily related to the following:

- Child Protection and In-care (Children and Youth Care and Protection Act)
- Adult Protection (An Act Respecting the Protection of Adults)
- Community Youth Corrections (Youth Criminal Justice Act, and Young Persons Offences Act)
- Seniors and Aging
- Poverty Reduction (Poverty Reduction Strategy)
- Inclusion Strategy Action Plan
- Disability Policy
- Healthy Living
- Sport and Recreation
- Grants

## Family Division - Supreme Court of Newfoundland and Labrador

68 Portugal Cove Road, St. John's, NL, A1B 2L9

**Tel:** (709) 729-2258 **Email:** familyinquiries@supreme.court.nl.ca
**Fax:** (709) 729-0784 **Website:** www.court.nl.ca/supreme/family/

**Registry Hours*:** 9:30 am - 1:00 pm / 2:00 pm - 4:30 pm

* To limit the number of persons in the courthouse at any given time, the Court currently requires that you book an appointment before coming to the Registry. Appointments may be booked online here.

**Mandate:** There are two levels of Family Court in Newfoundland and Labrador: Provincial and Supreme. The Supreme Court of Newfoundland and Labrador has two divisions – Family and General. The Provincial Court and the Supreme Court of Newfoundland and Labrador hear family matters dealing with custody, access, child support and spousal/partner support. However, only the Supreme Court has the authority to deal with divorce and the division of matrimonial/common law property.

**Target Population:** All members of society

**Highlight of Programs / Services Offered:** The Supreme Court of Newfoundland and Labrador Family Division has exclusive jurisdiction over all family matters arising on the Avalon Peninsula including the St. John's metropolitan area. This means any family law applications arising in these areas must be filed with the Supreme Court of Newfoundland and Labrador Family Division.

- Information for Litigants: Intended to assist litigants who already have or who would like to bring a matter before the Supreme Court of Newfoundland and Labrador (Family Division).
    - For Family Case Tip Sheets, click here.
- For the daily Court Docket, click here.
- The Provincial Court in these areas does not accept family court applications. The Family Division provides services & information on topics such as:
    - Separation and divorce
    - Property
    - Children's Matters
    - Money Matters
    - Support enforcement
    - Family Violence
    - Going to Court
    - Court Orders
    - Interjurisdictional Support Orders
    - Family Law FAQ

## Family Justice Services – Dept. of Justice and Public Safety, GovNL

St. John's Office - 285 Duckworth St, St. John's, NL

**Notice:** Family Justice Services offices will remain closed for all in-person services until further notice. Staff will be conducting appointments via telephone, email or video call wherever possible. Telephone enquiries may be made to the FJS office closest to you.

A full listing of locations throughout the province can be found here.

**Tel:** (709) 729-1183

**Website:** court.nl.ca/supreme/family/fjs.html **or** justice.gov.nl.ca/just/legalassist/familyjustice.html

**Mandate:** FJS offers services that assist families in resolving custody, access and/or child support issues outside of court. FJS focuses on the needs of children and promotes mediation and dispute resolution outside of the court. During the process parties talk to a neutral person to explore ways to reach an agreement.

**Target Population:** Families in Newfoundland and Labrador who are involved in family law matters involving custody, access and/or child support.

**Highlight of Programs / Services Offered:**

- Parent information sessions
- Mediation/ Dispute Resolution in cases regarding custody, access, and/or child support
- Counselling services for families who are involved with FJS Recalculation of child support.
- There are two ways to access Family Justice Services: a Request for Service or a Court Application:

- **A Request for Service:** When both parties want to work out an agreement outside of the court process, they may access mediation services with FJS. The Request for Service Form is available online as well as at all court locations and FJS office; or by clicking here.

- **A Court Application:** Parties may choose to make a court application for child support, custody or access. The Court will forward a copy of your application to FJS. FJS will then contact both parties to determine if they are interested in mediation outside the court process. Parties can choose to go to court or remain at FJS to try mediation.

## NL Legal Aid Commission

**Main Office:** Suite 300, 251 Empire Avenue St. John's, NL A1C 3H9

**Tel:** (709) 753-7860, ext. 301 for reception

### Duty Counsel and Client Services

**Office Fax:** (709) 753-7851
**Website:** www.legalaid.nl.ca
**Email:** nlac@legalaid.nl.ca

**Tel:** (709) 753-4614
**Fax:** (709) 753-4631
**Twitter:** https://twitter.com/legalaidnl

**Mandate:** To help people with serious legal problems who are in financial need and cannot afford private counsel. Legal aid is funded by the Federal and Provincial governments and by the Law Foundation of Newfoundland and Labrador

**Target Population:** Individuals who meet the financial requirements and require assistance with a legal matter that is covered by legal aid

**Highlight of Programs / Services Offered:**

- Provides legal representation for the following types of legal matters: Criminal, Family, Youth, Immigration and Refugee matters, Child Protection Cases, and some Traffic Offences. For certain types of legal matters (Summary Conviction Offenses, Civil Claims, Child Support, Traffic Offences, and Immigration Matters) representation depends on the situation.
- The Legal Aid Commission takes a detailed look at the financial position of the individuals they represent to determine whether they can afford to cover a part of the cost.
- Legal Aid NL provides the services of lawyers (Duty Counsel) to individuals who do not have lawyers of their own. Duty Counsel will provide individuals with information and direction in the St. John's Family Court and in the Criminal Division of all Provincial Courts.
- Family Court in St. John's there is a Legal Assistant who can provide basic information about the court process, can help parties apply for a lawyer, and can

help you fill out some of the court document.

- People with mental health challenges who have been charged with a criminal offence and who have to appear in the Provincial Court (Criminal Division) in St. John's may be eligible to have their cases dealt with in the Mental Health Court.
    - The Legal Aid NL has a Mental Health Office which can provide assistance to people who are having difficulties with the legal system including the Mental Health Court

## Office of Citizens' Representative – Newfoundland and Labrador

PO Box 8400, 20 Crosbie Place, 4th Floor, Beothuk Bldg., St. John's, NL A1B 3N7

**Tel:** (709) 729-7647 **Toll-free**: 1-800-559-0079 **Fax:** (709) 729-7696
**Email:** citrep@gov.nl.ca **Website:** https://www.citizensrep.nl.ca/
**Facebook:** Office of Citizens Representative - Newfoundland and Labrador

**Mandate:** To accept complaints from citizens who feel they have been treated unfairly with respect to their contact with government offices and agencies. The Citizens' Representative, and staff, will attempt to mediate citizens' complaints and if this is not possible, will undertake an impartial and unbiased investigation.

**Target Population:** All citizens of Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- The Citizens' Representative has the authority to investigate complaints from individuals who believe they have been treated unfairly by provincial public employees or officials. The Office cannot investigate:
    - the House of Assembly or a committee thereof; the Cabinet; the Executive Council or a committee thereof; a court; judge or a justice of the peace; an arbitrator appointed under the Arbitration Act; any decision where the citizen has a right to appeal to a court or tribunal but has not yet done so or the time for doing so has not expired; a decision by the Access to Information Commissioner; a problem that the Child and Youth Advocate has the power to deal with.
- It is important to note that the Citizens' Representative cannot deal with complaints of unfairness that may arise from a citizen's dealings with the federal or municipal governments. As well the actions of private companies, agencies and individuals are beyond a review by this Office.
- For a complete list of boards and agencies that Office of Citizens Representative can investigate, click here.

## Pre-Trial Services Program – Dept. of Justice and Public Safety, GovNL

30 Parade Street, PO Box 5085, St. John's, NL A1C 5V3

**Main Office:** (709) 729-5041 **Program Coordinator:** (709) 689-6352
**Fax:** (709) 729-0745
**After hours**: (709) 689-6351/5303
**Website:** https://www.gov.nl.ca/jps/corrections/pre-trial-services/

**Mandate:** The primary goal of the Pre-Trial Services Program is to reduce the amount of time a youth is detained in custody pending trial by providing verified information to the Youth Justice Court at each stage of the bail hearing; combined with community supervision and programming while under the jurisdiction of the interim release order.

**Target Population:** All male and female youth who are held in custody and between the age of 12 years to 18 years appearing for a bail hearing or requesting a bail review.

**Highlight of Programs / Services Offered:** To apply, you need a referral from the crown prosecutor or from youth's defense council. The program has three components:

- **Verification:** determines the eligibility of the youth from the program by verifying the information the youth is providing to the court through collateral contacts in his/her application for bail.
- **Supervision:** is provided following the release of a youth on bail with a court ordered supervision condition to P.T.S.P to ensure the youths compliance with the conditions of the release order; to ensure the youth follows the daily program that has been developed; to ensure the community safeguards are continuing to be met; and to monitor that the regime of supervision is acceptable.
- **Review:** should a youth be denied bail, to assist and facilitate a judicial circumstance change and/or mandatory review dates reached.

## Provincial Advisory Council on the Status of Women NL

15 Hallett Crescent, Suite 103, St. John's, NL A1B 4C4

**Tel:** (709) 753-7270 **Toll-Free Tel:** 1-877-753-7270 **Email:** info@pacsw.ca
**Fax:** (709) 753-7367 **Website:** http://pacsw.ca/ **Twitter:** @PACSWNL
**Facebook:** @PACSWNL

**Mandate:** The Provincial Advisory Council on the Status of Women NL (PACSW) is a legislated provincial government agency which reports to the Minister Responsible for the Status of Women. Their mandate is to advise the minister, and other government departments, on matters that impact the status of women and gender in Newfoundland and Labrador.

**Target population:** The Office of Women and Gender Equality, women and women identified individuals, community organizations, and other equality-seeking organizations, which share an agenda to advance women and gender equality.

**Highlight of Programs / Services Offered:** Through our many community partnerships, we raise awareness on issues of concern on women and gender. We are not a front-line service provider however we are fortunate to have a multitude of

organizations in the province doing this valuable work and work with them to achieve our priorities areas of: *Women's Health and Well-Being, Women's Safety, and Women's Economic Security and Prosperity.*

## Public Legal Information Association of NL

Suite 301, 140 Water Street, St. John's, NL A1C 1A8

**Tel:** (709) 722-2643
**Website:** www.publiclegalinfo.com
**Email:** info@publiclegalinfo.com
**Facebook:** @publiclegalinfonl
**Toll-Free Tel:** 1-888-660-7788
**Fax:** (709) 722-0054
**Twitter:** @PLIAN_NL

**Mandate:** To provide public legal education and information services with the intent of increasing access to justice; a resource available to all members of society who require information about the law, legal processes, and the administration of justice.

**Target Population:** All members of society

**Highlight of Programs / Services Offered:**

- Lawyer Referral Service
  - PLIAN staff can provide general legal information but cannot offer legal advice or opinion.
  - PLIAN also offers referrals to lawyers from across the province registered with the Lawyer Referral Service. These lawyers will offer a 30-minute consultation at a flat rate of $40, with no obligation beyond this 30-minute consultation.
- Community Information Sessions
  - A presentation to deliver plain language information sessions about the criminal justice system by adopting a more informal approach, encouraging sharing and discussion amongst participants.
- The Journey Project
  - Available to people of any gender aged 16 or over who have experienced sexual violence and are currently living in NL, or if they are currently living outside NL but experienced sexual violence in NL.
  - Contact the Legal Support Navigators toll-free at 1-833-722-2805 or e-mail support@journeyprojectnl.com.
- Legal Presentations
- Youth Justice Camps
- Special Projects
- My Parents Live Apart
- Links & Resources

## Royal Canadian Mounted Police (RCMP) - Provincial Headquarters

100 East Whitehills Rd, PO Box 9700, St. John's, NL A1A 3T5

**Tel:** (709) 772-5400 **Twitter:** @RCMPNL **Facebook:** @rcmpnl

**Toll Free (Non-emergency):** 1-800-709-7267
**Crime Stoppers Anonymous and Secure Tips:** 1-800-222-TIPS (8477) or online here

**Website:** https://www.rcmp-grc.gc.ca/en/nl/contact-us

**Mandate:** To prevent and investigate crime, maintain order, enforce laws on matters as diverse as health and the protection of government revenues; to contribute to national security; to ensure the safety of state officials, visiting dignitaries and foreign missions; and to provide vital operational support services to other police and law enforcement agencies. Priority areas for the RCMP of Newfoundland and Labrador are traffic services and family violence.

**Target Population:** All members of society

**Highlight of Programs/Services Offered:**

- Amber Alert
- Atlantic Region Integrated Technological Crime Unit
- Auxiliary Constables
- Commercial Crime Section
- Patrol Vessel Murray
- Provincial Emergency Unit
- Helicopter (Air Support and Surveillance)

## Royal Newfoundland Constabulary – RNC

1 Fort Townshend, St. John's, NL A1C 2G2

**Emergency: Call 911**
**Non Emergency Tel:** (709) 729-8000; (709) 729-8033
**Deaf/Hard of Hearing TTY:** 1-800-363-4334

**Email:** contactrnc@rnc.gov.nl.ca
**Website:** www.rnc.gov.nl.ca
**Facebook:** @RoyalNewfoundlandConstabulary
**Twitter:** @RNC_PoliceNL
**Instagram:** @rnc_policenl

**Mandate:** Committed to providing a fully integrated police service that fosters community partnerships to build safe and healthy communities through policing excellence

**Target Population:** All members of society

**Highlight of Programs/Services Offered**:

- **Certificate of Conduct/ Vulnerable Sector Check**
- **Compliment an RNC officer.**
- **Report an Accident**
- **Request Information**
- **Reporting a Crime**

- **Community Services**
  - Junior Police Academy
  - STRIVE (Students Taking Responsibility In Violence Education)
  - DARE (Drug Abuse Resistance Education)
  - Neighborhood Watch
  - Armed Robbery Prevention
  - Shoplifting Prevention
  - Crime Prevention for Businesses
  - Internet Safety
  - Identity Theft
  - Bike Safety
  - Drive Wise
  - Personal Safety
- **Intimate Partner Violence**
- **Autism Registry**

## Sheriff's Office – Dept. of Justice and Public Safety, GovNL

319 Duckworth Street, PO Box 5429, St. John's, NL A1C 5W2

**General Inquiries:**
**Tel:** (709) 729-4646 **Fax:** (709)729-2157

**Helpline for Online Registry:** (709) 729-1880 or 1-800-699-7199
**Website:** https://jer-remote.justice.gov.nl.ca/ or
www.justice.gov.nl.ca/just/department/branches/division/division_sheriffs_office.html

**Email Inquiries to be sent using our online contact form**

**Mandate:** To provide such services as the law requires of the Sheriff's Office, for the good of and on behalf of all the people of Newfoundland and Labrador. The Sheriff's Office commits to their motto of "Service Above All" and uses it to provide an anchor for their actions.

**Target Population:** Anyone involved in the justice system: members of the government, legal aid, law firms, and the general public

**Highlight of Programs / Services Offered:**

- The Office is responsible for the service of court documents, the service of civil and criminal process and the administration of the Jury System by maintaining the province's jury list and summoning prospective jurors.
- The Office handles the security of the Courts and the escorting of accused and convicted persons.
- It also enforces the decisions of the province's Residential Tenancies Board
- When requested, the Office collects monies on behalf of the province's Support Enforcement Agency and the Fines Administration Office.

## The Law Society of Newfoundland and Labrador

189-198 Water Street, P.O. Box 1028, St. John's, NL A1C 5M3

**Tel:** (709) 722-4740
**Fax:** (709) 722-8902
**Email:** thelawsociety@lsnl.ca
**Website:** www.lsnl.ca/

***Law Society Library***
**Tel:** (709) 753-7770
**Fax:** (709) 753-0054
**Email:** lawlibrary@lsnl.ca

**Mandate:** The Law Society is authorized by the Law Society Act, 1999 to regulate the practice of law and the legal profession in the public interest and is the sole regulatory body for all lawyers in the province.

**Target population:** The public and lawyers.

**Highlight of Programs / Services Offered:**

- The Law Society offers public services such as:
  - A Law Library which provides members of the public with free access to legal resources.
  - A comprehensive online directory with lawyer contact information.
  - A program which receives and responds to allegations about lawyers.
  - An Assurance Fund which helps clients who have lost money because of the misappropriation or conversion of funds or property by a lawyer.
  - If a practicing lawyer becomes an inactive member (i.e. is suspended, disbarred, etc.) the Law Society may apply for a custodianship over the lawyer's practice.

*Information to assist members of the public may be found in the lawyers' fees section.*

## Victim Services – Dept. of Justice and Public Safety, GovNL

3rd Floor, Atlantic Place, 215 Water Street, PO Box 8700, St. John's, NL A1B 4J6

**Tel:** (709) 729-0900 **Email:** victimservices@gov.nl.ca **Fax:** (709) 729-0053
**Website:** www.victimserviceshelp.ca

**Mandate:** A free, voluntary and confidential justice service for victims of crime. Whether it's deciding to report an incident to the police, guidance through the court process, or follow up after sentencing, they help individuals to explore options and to provide them with the information, support and understanding needed.

**Target Population:** Victims of crime; all ages

**Highlight of Programs / Services Offered:**
For Adults:

- General information about the criminal justice system to help understand how it works
- Updated information on what is happening with the court matter
- Assistance with creating safety plans
- Court preparation
- Help with preparing a Victim Impact Statement

- Identifying and referring clients to specialized community resources, if needed
- Providing emotional support and short-term counseling while dealing with victimization and the court process

**For Children (Under 16) victims or witnesses:**

- General information on the criminal justice system to help understand how it works
- Charges must be laid in order to access services and caregiver consent is required
- Updated information on what is happening with the court matter
- Court preparation
- Help with preparing a Victim Impact Statement
- Assessments and referrals for therapeutic counseling for child witnesses and their families if deemed necessary
- Information for families to help support/prepare children involved with the court process

## Human Rights……

### Egale Canada

120 Carlton St #217, Toronto, ON M5A 4K2

**Phone:** (416) 964-7887 **Website:** www.egale.ca/
**Twitter:** @egalecanada **Facebook:** @EgaleCanada
**Instagram:** @egalecanada

**Mandate:** To create a Canada, and ultimately a world, without homophobia, biphobia, transphobia and all other forms of oppression so that every person can achieve their full potential, free from hatred and bias.

**Target population:** All people living in Canada

**Highlight of Programs / Services Offered:** To improve the lives of 2SLGBTQI people in Canada and to enhance the global response to 2SLGBTQI issues.
Egale will achieve this by informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, awareness and legal advocacy.

- Our Work/Research
- Current Campaigns and Projects
- Training and Workshops
- Free Resources

- Legal Advocacy

### Human Rights Commission – Dept. of Justice and Public Safety, GovNL

Regatta Plaza II, 84-86 Elizabeth Ave. 2nd Floor, St. John's NL A1A 1W7

**Tel:** (709) 729-2709 **Toll-Free:** 1-800-563-5808 **Website:** thinkhumanrights.ca/
**Fax:** (709) 729-0790 **Twitter:** @nlhumanrights **Email:** humanrights@gov.nl.ca

**Mandate:** To protect individuals from discrimination and harassment and to promote equality of opportunity in Newfoundland and Labrador through use of the Human Rights Act.

**Target Population:** Everyone within Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- Receiving, recording and investigating an individual's written complaints that allege violation of the Human Rights Act (based on one or more of the prohibited grounds of discrimination, which are: race, colour, nationality, ethnic origin, social origin, religious creed, religion, age, disability, disfigurement, sex, sexual orientation, gender identity, gender expression, marital status, family status, source of income and political opinion)
- Education and research designed to eliminate discriminatory conduct.
- Advising and helping individuals, groups, organizations and governments on matters related to human rights.

## Mental Health……

### Canadian Mental Health Association – NL Division

CMHA-NL Provincial Office: 603 Topsail Rd., St. John's, NL A1E 2E1

**Tel:** (709) 753-8550 **Toll-Free:** 1-877-753-8550 **Email:** office@cmhanl.ca
**Fax:** (709) 753-8537 **Website:** www.cmhanl.ca **Twitter:** @CMHANL
**Facebook:** @CMHANL **LinkedIn:** linkedin.com/company/cmhanl/
**Instagram:** @CMHANL

**Mandate:** To facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. This mission is accomplished through building capacity, influencing policy, providing services, and developing resources.

**Target Population:** Persons with lived experience, family members/caregivers, professionals, workplaces/employees, students, children and youth.

**Highlight of Programs / Services Offered:**

- Educational/ training workshops including: Changing Minds, Mental Health First Aid, ASIST, Psychological Health and Safety, programs for children & youth

(Healthy Relationships Plus, SafeTalk, Think Twice, Kids Have Stress Too, etc.), Workplace Mental Health, Seniors' Mental Health.

- Awareness raising campaigns and events to support the organization's work: Mental Health Week (May), Ride Don't Hide (June), Tickle Swim for Mental Health (August).
- The Justice Program provides individualized support services to persons diagnosed with concurrent disorders or dual diagnosis within the correction system and supports them after their release into the community in order to promote recovery and a reduction in recidivism.
- Consultation and collaboration: Consultation on public policy and services, and collaboration with government departments, agencies, health authorities, and community organizations and all stakeholders to improve the mental health system in the province.
- General information and referral regarding mental health and addictions resources and services in the province.

## Forensic Services – Eastern Health

Eastern Health, Building 80, Pleasantville PO Box 13122, St. John's, NL A1B 4A4

**Website:** https://mha.easternhealth.ca/adults/forensic/

**Mandate:** To assist consumers of mental health and addictions services who are involved with the justice system.

**Target population:** Individuals 18+ who have mental health and addictions problems and have come in conflict with the law.

**Highlight of Programs / Services Offered:**

- **Hospital Unit, North 4B, at Waterford Hospital (709) 777-3535**
  - This Division is comprised of a 17 bed medium security unit with an interdisciplinary team which provides court ordered assessments, treatment for persons under the Prisons Act and detention and treatment of persons found unfit or not criminally responsible due to a mental disorder. The Division also offers an outpatient clinic to follow clients from the unit after discharge or after serving sentences.
- **Mental Health Court (709) 777-3412**
  - Mental Health Court, Court Support Services is located in the community and is staffed by two Social Workers and two Psychiatric Licensed Practical Nurses. The program assists individuals 18 years and older, who have involvement with the justice system, to re-establish themselves in the community. Individuals are supported throughout the court process as well as after the charges have been dealt with.
- **Provincial Forensic Coordinator (709) 777-3578**
  - Provincial Forensic Coordinator is a Social Worker who coordinates the care in hospital and in the community for all individuals found unfit to stand trial due to mental disorder and those found NCR-MD (not criminally

responsible due to mental disorder).

## John Howard Society of NL

342 Pennywell Road, St. John's, NL, A1E 1V9

**Tel:** (709) 726-5500 **Facebook:** JohnHowardSociety **Email:** info@jhsnl.ca
**Fax:** (709) 726-5509 **Website:** johnhowardnl.ca **Twitter:** @JohnHowardNL

**Mandate:** To reduce crime by providing opportunities for the rehabilitation of offenders and advocating reform through successful program interventions; public education; crime prevention strategies; and restorative justice principles.

**Target Population:** Men, women and youth involved in the criminal justice system or those who may be at risk.

**Highlight of Programs / Services Offered:**

Residential Services

- Howard House: A community residential centre for adult male offenders on day parole, full parole, statutory release, a temporary release, or a probation order. (St. John's).
- West Bridge House: A community residential facility for male and female offenders released on Day Parole, Full Parole, Statuary Release, Temporary Absence or Probation Order (Stephenville).
- Garrison Place: Provides permanent supported housing to both male and female adults (St. John's). Referrals come through End Homelessness St. John's Coordinated Access.
- Home For Youth: Young people participating in the program have been sentenced to a period of Open Custody by the Youth Court. (St. John's)
- Loretta Bartlett Home For Youth: Youth are sentenced to a period of Open Custody by the Youth Court and/or the Director of Child Youth, and Family Services can have a young person placed on an Order to Reside Designation. (Corner Brook).

Employment/Training Services

- Employment Service Program (ESP): Provides support to individuals who are looking to make positive changes in their lives. Employment Practitioners will assist participants with resume building, job interview skills, educational/employment opportunities, as well as, helping with other community referrals.
- Employment Programs: Linkages, Upskills, In Motion and Momentum+ and Training Courses are programs offered through Employment Services.
- Record Suspension Support: A record suspension (formerly pardon) allows people who were convicted of a criminal offence, but have completed their sentence and demonstrated they are law-abiding citizens for a prescribed number of years, to have their criminal record kept separate and apart from other criminal records. Employment Practitioners are available to assist individuals through each step of the process.

### Interventions

- Learning Resource Program (LRP) in St. John's and the Community Based Intervention Program (CBIP) in Stephenville comprises of seven intervention programs that are delivered in both group and individual formats. The programs are designed to support participants in taking responsibility for their actions and decisions, and educate participants on coping strategies for responding to challenges. The goal of LRP and CBIP is to reduce recidivism rates by concentrating on the individual criminogenic needs of participants. LRP and CBIP offer the following programs:
    - Anger Management
    - Criminal Behaviour Awareness
    - Dad's Program
    - Impaired Driving Workshops
    - Pathways to Acceptance and Recovery (PAR) - Programming for individuals who have a history of sex offences
    - Safety and Repair (an intimate partner violence program)
    - Seeking Safety (a recovery program for addictions and trauma)

### Prison Services

- Annual Family Prison Visit: Selected families from various locations in Newfoundland and Labrador will visit inmates serving sentences in Federal Institutions in the Maritimes. Provides transportation and accommodations for families of Newfoundland inmates.
- 1-2-1 Prison Visitation Program: Offers support to prisoners during, and after, their imprisonment through contact with "friendship volunteers" from outside H.M.P. This is on a one-to-one basis.
- Prison Library Program: The library at H.M.P. is staffed and operated by John Howard Society volunteers. Inmates have regular access to library resources.

### Other Services

- Public Education and Advocacy

## Justice Program – CMHA-NL (Canadian Mental Health Association NL)

603 Topsail Road, St. John's, NL A1E 2E1

**Tel:** (709) 753-8550 Ext. 106 **Toll-Free:** 1-877-753-8550 Ext. 106
**Website:** https://cmhanl.ca/web/what-we-do/justice-program/
**Email:** hedgar@cmhanl.ca
**Twitter:** @CMHANL **Facebook:** @CMHANL

**Mandate:** To provide individualized support services to persons diagnosed with a mental illness, concurrent disorder or dual diagnosis within the correction system and following release into the community in order to promote recovery and a reduction in recidivism.

**Target population:** Individuals with mental health issues who are involved in the corrections system.

**Highlight of Programs / Services Offered:**

- Provide in-reach to inmates at Her Majesty's Penitentiary (HMP) for purposes of assessment and provision of support.
- To develop a community support plan with the inmate prior to release from HMP.
- To provide intensive case management service to 25 clients released from HMP and residing in the St. John's region.
- During the individual's incarceration, the Program Manager and Social Work Case Managers will provide in-reach mental health counseling and advocacy, as well as a needs assessment to ensure the appropriate services are in place for release.
- Upon release from HMP, the Justice Program will meet the individuals "at the gate" and provide intensive case management in the community.
    - Case Management will assist with ensuring all the individuals' basic needs are met and they are receiving services appropriate to their needs.
    - Intensive case management is responsive to the individual's multiple and changing needs, and plays a pivotal role in coordinating required services from across the mental health system and other service systems.
    - The case managers of the Justice Program will work to build a trusting and productive relationship with the individual, and to provide the support and resources that they need to achieve their goals and improve their quality of life.

**Additional Resources:**

- **Justice Program 10th Anniversary Info Package** (Click to view PDF)
- Download Pamphlet
- Download Referral Form

## Miles for Smiles Foundation

**Tel:** (709) 746-9627

**Email:** milesforsmilesfoundation@gmail.com **Website:** milesforsmilesfoundation.com/
**Twitter:** @miles4smilesNL **Facebook:** @MilesforSmilesFoundation

**Mandate:** Miles for Smiles Foundation is a non-profit organization dedicated to the support, awareness and prevention of child abuse.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- ASCA - Adult Survivors of Child Abuse – The Foundation offers support to adult survivors of child abuse by facilitating a peer support group twice a month in St John's.
- Child Sexual Abuse Prevention Training – The Miles For Smiles Foundation offers training in Child Sexual Abuse Prevention. Our facilitators are trained through the Darkness to Light Stewards of Children Program.
    - Stewards of Children is an evidence-informed program that teaches adults how to prevent, recognize, and react

responsibly to child sexual abuse. It is designed for both youth serving organizations and individuals concerned for the safety of children.

## Pathways Foundation

**Email:** info@pathways-foundation.com
**Twitter:** @pathwaysnl
**Tel:** (709) 690-5244
**Facebook:** @pathwaysfoundationnl
**Website:** http://pathways-foundation.com/

**Mandate:** Where harm has occurred within religious institutions, Pathways aims to promote healing and prevent harm from reoccurring. Pathways provides educational resources, confidential support networks, appropriate referrals and other direct services province-wide.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- **Peer Support:** Peer support is available by appointment and can be arranged by email or phone.
- **Referrals:** Wherever possible, survivors will be provided with information on other available community supports that may meet their needs, including professional counselling and legal services.
- **Support Groups:** Support groups will meet regularly as determined by survivors.
- **Educational Resources:** Information can be sent to individuals and organizations upon request.
- **Presentations & Training:** Educational presentations and sensitivity training can be booked for public events or private groups by email or phone.
- **Facilitation:** For parties that are willing, facilitation can be arranged in a neutral space with a third-party facilitator. The survivor may be accompanied by a support person of their choosing. This process focuses on accountability, healing and closure for those involved in or affected by a traumatic event.

## Salvation Army Correctional and Justice Services

18 Springdale Street St. John's NL. A1E 2R1

**Tel:** 709-237-0059 **Fax:** 709-221-4333
**Email**: ross.grandy@salvationarmy.ca
**Website:** salvationarmy.ca/what-we-do/in-your-community/social-services/prison/

**Mandate:** To extend our caring and compassion; support and practical assistance to everyone who willingly or unwillingly comes in conflict with the law (within the criminal justice system) regardless of age, color, gender orientation or religious affiliation.

**Target Population:** All ages, male and female

**Highlight of Programs / Services Offered:**

- Pastoral care, support/counseling, including visitation to families upon request
- Professional programs offered to assist female inmates – Post release support offered as requested
- Communities: referrals to professionals/organizations having resources to meet individual specific needs, i.e.: food, clothing, housing, lawyers, counseling, etc.
- Court: placement and supervision provided for offender community service hours, as ordered by court, probation officer or self-referrals accepted
- Volunteer Program
- Pre- and post-release male offender re-integration programs
- Critical incident stress management intervention
- Suicide intervention

## Sexual/Intimate Partner Violence……

### Coalition Against the Sexual Exploitation of Youth (CASEY)

- ***Coalition Against the Sexual Exploitation of Youth (CASEY):*** CASEY is comprised of community members, experiential voices, and stakeholders. Working together, the coalition creates awareness and understanding about this issue, advocates for appropriate supports, resources, and prevention programs, supports survivor leadership, and works to build capacity to effectively prevent and respond to sexual exploitation of youth. CASEY offers two training programs.
    - First, the Notified Training program. Notified is free, self-paced and appropriate for folks living and working with youth, and youth themselves. Access Notified here.
    - Additionally, CASEY offers a 7 hour training that can take place in-person or virtually. This training is offered twice a year to the general public, or by request for groups (e.g. community organizations). Please email acorenlius@thrivecyn.ca for more information about the 7-hour training."

To find out more about CASEY or to book a presentation or training session, please contact Amnesty Cornelius at 754-0536 ext. 203 or acornelius@thrivecyn.ca

### The Journey Project

**Office:** 709-722-2805
**Toll-free/VRS:** 1-833-722-2805
**Email:** support@journeyprojectnl.com
**Website:** https://journeyproject.ca/ or publiclegalinfo.com/the-journey-project/
**Facebook:** The Journey Project NL
**Twitter:** @Journey_NL

**Mandate**: A partnership between Public Legal Information Association of NL and the NL Sexual Assault Crisis & Prevention Centre, The Journey Project is designed to enhance supports and responses for survivors of sexual violence, particularly with navigating the legal system.

**Target population:** Survivors of sexual violence in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:**

- Sexual Violence Legal Support Service
  - Provides free legal advice and system navigation to survivors of sexual violence.
  - Includes access to services of Legal Support Navigators who can provide legal information, supportive referrals, and up to 4 hours free legal advice with a lawyer.
  - Available to people of all genders age 16+ who have experienced sexual violence and are currently living in NL or who have experienced sexual violence in NL. Anyone who is interested in exploring legal options or who have already started a legal process can connect with Journey for support.
- Third Party Reporting – Third-party reporting is an alternative way for people aged 18+ who have experienced a sexual assault to provide a formal report, without having to go directly to the police or start a criminal investigation. This program is currently only available in person at our St. John's office.
  - A survivor can meet with a Legal Support Navigator working with the Journey Project to provide a third-party report. This will involve the survivor telling their story and providing as much detail about the incident or incidents of sexual assault as they wish. A redacted report will be shared with the RNC, but the survivor's identity and personal information will not be shared.
- Legal Support Navigators conduct outreach, training, and engagement that is provincial in scope and survivor centered. Key deliverables include: delivering trauma-informed training to justice system personnel, including lawyers, judges, court staff, and police officers, along with other front-line service providers.

## Miles for Smiles Foundation

**Tel:** (709) 746-9627

**Email:** milesforsmilesfoundation@gmail.com **Website:** milesforsmilesfoundation.com/
**Twitter:** @miles4smilesNL **Facebook:** @MilesforSmilesFoundation

**Mandate:** Miles for Smiles Foundation is a non-profit organization dedicated to the support, awareness and prevention of child abuse.

**Target Population:** Everyone

**Highlight of Programs / Services Offered:**

- ASCA - Adult Survivors of Child Abuse – The Foundation offers support to adult

survivors of child abuse by facilitating a peer support group twice a month in St John's.

- Child Sexual Abuse Prevention Training – The Miles For Smiles Foundation offers training in Child Sexual Abuse Prevention. Our facilitators are trained through the Darkness to Light Stewards of Children Program.
    - Stewards of Children is an evidence-informed program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. It is designed for both youth serving organizations and individuals concerned for the safety of children.

## NL Sexual Assault Crisis and Prevention Centre

15 Hallet Cres Suite 101, St. John's NL, A1B 4C4

**Tel:** (709) 747-7757 **Email:** info@endsexualviolence.com

**Instagram:** @nlsacpc **Fax:** (709) 747-7758

**Website:** www.endsexualviolence.com

**Facebook:** @EndSV **Twitter:** @NLSACPC

**24-hour Crisis, Support, and Information Line (Toll-Free):** 1-800-726-2743

**Mandate:** To provide non-judgmental, confidential support and services to anyone impacted by sexual violence; to work toward the prevention and eradication of sexual violence through public education and awareness campaigns.

**Target Population:** Support services are provided for individuals 18+ impacted by sexual violence regardless of gender and sexuality

**Highlight of Programs / Services Offered:**

- 24-hour support and information telephone line
- Short term in-person peer support (confidential).
    - Appointments can be made by calling the Centre.
- Accompaniment to the RNC and Sexual Assault Nurse Examiner
- Referrals to professional and community supports throughout the province.
- Crisis Line Volunteer Training.
    - Volunteers are available 24/7 to support anyone who has been impacted by sexual violence.
- The Journey Project, available to people of all genders age 16+, is designed to support survivors through the justice process. Participants can access to services of Legal Support Navigators who can provide legal information and supportive referrals to both legal and non-legal resources and up to 4 hours of free legal advice with a lawyer.
- Warn Other Workers Line for sex workers wishing to leave an anonymous message about a bad date and/or potentially dangerous clients

- In partnership with the Safe Harbour Outreach Project

*Can be accessed 24/7 by calling 1-800-726-2743*

- We also offer text/chat service **Monday's and Wednesday's from 2-8pm** and **Friday's from 12-8pm.**
  - This can be accessed by visiting endsexualviolence.com or by texting 1-800-726-2743

## Safe Harbour Outreach Project (S.H.O.P.)

170 Cashin Avenue Extension, St. John's, NL A1E 3B6

*SHOP has a confidential location*

**SHOP Program Coordinator:** 709-771-7171
**SHOP Outreach & Advocacy Organizer:** 709-219-4800

**WOW (Warn Other Workers) Bad Date Line (24/7):** 1-800-726-2743

**Facebook:** https://www.facebook.com/SHOPoutreach/
**Twitter:** @sexworkoutreach
**Instagram:** @sexworkoutreach

**Mandate:** SHOP exists to advocate for the human rights of sex workers. SHOP knows that there are many different lived experiences in sex work as there are sex workers. SHOP firmly believes that sex workers are experts of their own lives, and everything they do is rooted in that philosophy. SHOP believes in:

- **The value of sex workers and their self determination**
- **The power of harm reduction**
- **The pursuit of social justice**

**Target Population:** S.H.O.P. supports women, trans, and non-binary folks who identify as a current or former sex worker or with lived experience in the sex trade, regardless of industry experience–this means that S.H.O.P. is here as a supportive resource for dancers, street level workers, in and out call workers, webcam workers, phone workers, independent escorts, those who work in massage parlours, sugaring, and more.

**Highlight of Programs / Services Offered:**

- **One-on-one individual support**, including home visits and accompaniments to appointments.
- **Distribute safer sex supplies** and **clean drug use supplies**
- **Peer drop-ins**
- **Street outreach**
- **Healthcare supports**
- **Support around housing, the justice system, food, etc.**

- **Events, workshops, groups, and info sessions**
- **System navigation and referrals to other supports/programs**
- **Public education and training**
- **Advocacy**
- **No waitlists and no referral forms to connect with SHOP**

## Sexual Assault Nurse Examiner (SANE) Program - Eastern Health

St. Clare's Mercy Hospital: 154 LeMarchant Rd., St. John's, NL A1C 5B8

**SANE Coordinator Office:** (709) 777-5865
**St. Clare's Emergency Room (24hr) SANE on call:** (709) 777-5502

**Mandate:** To provide healthcare services to individuals who have been sexually assaulted.

**Target Population:** All genders who are 18 or older.

**Highlight of Program/Services Offered:**

A Sexual Assault Nurse Examiner (SANE) is a registered nurse who has advanced training and education in medical and forensic assessment of a person who has been sexual assaulted. They are committed to providing compassionate, sensitive, patient centered, quality care to their patients. They also assist the patient in making informed decisions about their care and how to move forward after being sexually assaulted.

**Services provided by the SANE Program include:**

- Emergency response, 24 hours a day, seven days a week
- Service to all genders 18 years and older
- The option for patients to have a support person present before and during the exam
- A medical examination to treat any injuries from the sexual assault is provided if the patient chooses. Prophylaxis medication is offered for prevention of sexually transmitted diseases and pregnancy if required and HIV/Hepatitis B concerns are also addressed.
- A forensic examination can also be completed if the patient chooses. This includes documentation of injuries and the collection of evidence
- Choices about whether or not to involve police
- Option for storage of evidence while deciding how to move forward
- Referrals and information about community resources that can be accessed for ongoing support
- Testimony in court

## Sexual Harassment Office – Memorial University

ER 6037-39, Earth Sciences Bldg., Memorial University of NL, St. John's, NL A1C 5S7

**Tel:** (709) 864-8199 St. John's campus (Students may call collect if necessary)
(709) 637-7195 Grenfell Campus
**Email:** shoffice@mun.ca
**Staff:** Sexual Harassment Advisor: Rhonda Shortall, St. John's campus
Associate Advisor: Maxine Paul, St. John's campus
Coordinator: Tracy Kreuzberg, Grenfell Campus

**Website:** mun.ca/sexualharassment/

**Mandate:** The Office works to prevent sexual harassment and sexual assault through education, mitigate the effects of sexual harassment and sexual assault, and identify methods for timely resolutions of concerns and complaints of sexual harassment and sexual assault brought forward by members of the university community. Concerns related to incidents on campus, off campus or online are addressed.

**Target population:** All members (students, staff and faculty) of the university community on all campuses and institutes of Memorial.

**Highlight of Programs / Services Offered:**

- Educational sessions:
  - Awareness events
  - Information on the policy and procedures
  - Faculty, student and staff orientations
  - Consent education
  - Bystander intervention
  - First responder education
- Consultations: Private one on one session with the Sexual Harassment Advisor or designate. The Advisor can answer your questions and provide advice, guidance and support to ensure you make informed decisions. All consultations are strictly confidential and can occur through an office visit, WebEx meeting or telephone call. Anonymous consultation is available.
- Coordination of Timely Resolutions:
  - Facilitation of timely response and resolution of concerns and complaints
  - Consultation, support and guidance to all University members with concerns about sexual harassment or sexual assault.
  - Offers both formal and informal resolution options in response to a complaint.
- Referrals to other resources, both on campus and in the community, can be coordinated through the office. You can also find resources customized per campus or institute in our Sexual Assault Support and Response Guides.
- Information for Complainants, click here.
- Information for Respondents, click here.

## St. John's Women's Centre (SJWC)

170 Cashin Ave. Ext., St. John's, NL A1E 3B6

**Website:** sjwomenscentre.ca/ **Fax:** (709) 753-3817 **Twitter:** SJSWC

**Facebook:** @SJWomensCentre **Tel:** (709) 753-0220 **Instagram:** @sjsowc
**Email:** reception@sjwomenscentre.ca

**Mandate:** Working to achieve equality and justice through political activism, community collaboration and the creation of a safe and inclusive space for all women in the St. John's area.

**Target Population:** All women

**Highlight of Programs / Services Offered:**

**Marguerite's Place:** From the comfort and safety of their own apartments, Marguerite's Place assists women move toward independence.

- Contact Nikki Browne for more information,
- (709) 753-0220; nikki@sjwomenscentre.ca
- Current housing services include:
    - 8 units open to women over the age of thirty who are not accompanied by dependents, and who are experiencing difficulty finding or maintaining housing due to circumstances in their lives or the complexity of their needs.
    - Each self-contained apartment has its own bathroom and kitchen. A communal space invites connection and the chance to enjoy the company of neighbours.

- **The SJWC offers:**
    - All programs are offered free of charge and women centered. For our monthly calendar of program events please visit https://sjwomenscentre.ca/programs/
    - **Right Here Right Now:** Individual, Drop-In Counselling Services
    - **Group Counselling** – Support for Women who have experienced Intimate Partner Violence.
    - **Thursday Tea Time** – Tea, coffee & light snack, connection with other women.
    - **Clothing Boutique & Personal Care Pantry:** Our Clothing Boutique Program is available to any woman in the community and appointments are available monthly on Thursdays and Fridays. This program has been a great resource to women experiencing homelessness, living on fixed or low incomes, experiencing violence, or simply seeking something new to wear.
    - **Pre-Release Program at the Newfoundland and Labrador Correctional Centre for Women:** Every five weeks, a staff member visits the Correctional Centre in Clarenville, Newfoundland (140 km west of St. John's) as part of their pre-release process to talk about programs in the community.
    - **Holistic Programs:** Offered seasonally in a variety of forms, yoga, mindfulness, arts and crafts.

**S.H.O.P. (Safe Harbour Outreach Project):** The Safe Harbour Outreach Project (SHOP) is the only sex worker advocacy program in Newfoundland and Labrador.

- SHOP's mandate is to advocate for the human rights of all women who have engaged in sex work across our city and province, both on an individual and collective level.
    - One-on-one individual support, including home visits and accompaniments to appointments
    - Give out and deliver safer sex supplies and clean drug use supplies
    - Peer drop-in hours in our private, confidential space
    - Weekly community meal
    - Workshops and info sessions for sex workers
    - Street outreach
    - Health care supports
    - System navigation and referrals
    - Individual and community advocacy

## Violence Prevention Avalon East

20 Hallett Crescent, Suite 207, St. John's, NL A1B 4C5

**Tel:** (709) 757-0137
**Email:** violencepreventionstaff@gmail.com or violencepreventionae@gmail.com
**Twitter:** @VPAvalonEast **Facebook:** @ViolencePreventionAvalonEast
**Website:** http://www.violencepreventionae.ca/

**Mandate:** Violence Prevention Avalon East is an alliance of community and government agencies dedicated to ending violence; acting as an umbrella organization to provide support and enhance the violence prevention work of member agencies throughout the Avalon East region; governed by a Board of Directors. One of ten throughout the province who are working in partnership with the Provincial Government.

**Target Population:** Any individual who is experiencing violence; Community members who are committed to the advocacy and awareness of violence prevention.

- Community Capacity Building: Maintains a network of community and government agencies devoted to social justice
- Education: It is the collective misunderstanding of violence as it relates to our everyday life that needs revision. Education will include networking, lectures, seminars, roundtable discussions, and other community activities relevant to Violence Prevention Avalon East's mission.
- Outreach: Conducts workshops through the region for adults and youth on such topics as gender inequality; dating violence; elder abuse; bullying; etc.
    - Provides Violence Awareness and Action Training, a provincial education initiative that takes an experiential interagency approach to educating governmental and non-governmental representatives on the roots of violence and the compounding vulnerabilities of victims of violence.
- End Violence NL Campaign: The End Violence NL

(#ENDVIOLENCENL) Campaign is a social media initiative that sends the message that violence is not welcomed or accepted in communities/homes/schools/work places, etc. in Newfoundland & Labrador.

**Lobbying and Advocacy:** In conjunction with the community and the government, Violence Prevention Avalon East advocates for effective policies that support victims of violence. They also participate in the Community Advisory Committee of the Violence Prevention Initiative (VPI), Government of NL, a conference of the Regional Coordinating Committees found throughout the province. The Committee meets regularly to discuss priorities related to violence prevention, as well as to make recommendations on behalf of the community to the VPI Deputy Ministerial Committee.

## Youth……

### Department of Children, Seniors and Social Development - Gov. of NL

Confederation Building - West Block, 2nd Floor, PO Box 8700, St. John's, NL A1B 4J6

**Tel:** (709) 729-0760 **Fax:** (709) 729-6382
**Email:** CSSDInfo@gov.nl.ca **Website:** www.cssd.gov.nl.ca/
**Twitter:** @CCSD_GovNL

**Income Support Program:** 1-877-729-7888

**Child, Youth or Adult Abuse and Protection Line:**

1-833-552-2368 or at https://www.cssd.gov.nl.ca/childprotection/report.html

***In the Metro Area:***

**Tel:** (709) 729-4947 **Fax:** (709) 729-2995

**Mandate:** The Department of Children, Seniors and Social Development supports individuals, families and communities in Newfoundland and Labrador in achieving improved health and social well-being and reduced poverty; and ensures the protection of children, youth and adults from abuse or neglect. The department promotes the values of inclusion, diversity, and healthy active living and leads the development of policies, programs and partnerships to improve services and the overall social development of the province.

**Target Population:** Individuals, families and communities in Newfoundland and Labrador.

**Highlight of Programs / Services Offered:** The Department of Children, Seniors and Social Development is responsible for the provision and development of programs, policies, standards and services primarily related to the following:

- Child Protection and In-care (Children and Youth Care and Protection Act)
- Adult Protection (An Act Respecting the Protection of Adults)
- Community Youth Corrections (Youth Criminal Justice Act, and Young

Persons Offences Act)
- Seniors and Aging
- Poverty Reduction (Poverty Reduction Strategy)
- Inclusion Strategy Action Plan
- Disability Policy
- Healthy Living
- Sport and Recreation
- Grants

## Family Division - Supreme Court of Newfoundland and Labrador

68 Portugal Cove Road, St. John's, NL, A1B 2L9

**Tel:** (709) 729-2258 **Email:** familyinquiries@supreme.court.nl.ca
**Fax:** (709) 729-0784 **Website:** www.court.nl.ca/supreme/family/

**Registry Hours*:** 9:30 am - 1:00 pm / 2:00 pm - 4:30 pm

* To limit the number of persons in the courthouse at any given time, the Court currently requires that you book an appointment before coming to the Registry. Appointments may be booked online here.

**Mandate:** There are two levels of Family Court in Newfoundland and Labrador: Provincial and Supreme. The Supreme Court of Newfoundland and Labrador has two divisions – Family and General. The Provincial Court and the Supreme Court of Newfoundland and Labrador hear family matters dealing with custody, access, child support and spousal/partner support. However, only the Supreme Court has the authority to deal with divorce and the division of matrimonial/common law property.

**Target Population:** All members of society

**Highlight of Programs / Services Offered:** The Supreme Court of Newfoundland and Labrador Family Division has exclusive jurisdiction over all family matters arising on the Avalon Peninsula including the St. John's metropolitan area. This means any family law applications arising in these areas must be filed with the Supreme Court of Newfoundland and Labrador Family Division.

- Information for Litigants: Intended to assist litigants who already have or who would like to bring a matter before the Supreme Court of Newfoundland and Labrador (Family Division).
  - For Family Case Tip Sheets, click here.
- For the daily Court Docket, click here.
- The Provincial Court in these areas does not accept family court applications. The Family Division provides services & information on topics such as:
  - Separation and divorce
  - Property
  - Children's Matters
  - Money Matters
  - Support enforcement

- Family Violence
- Going to Court
- Court Orders
- Interjurisdictional Support Orders
- Family Law FAQ

## Family Justice Services – Dept. of Justice and Public Safety, GovNL

St. John's Office - 285 Duckworth St, St. John's, NL

**Notice:** Family Justice Services offices will remain closed for all in-person services until further notice. Staff will be conducting appointments via telephone, email or video call wherever possible. Telephone enquiries may be made to the FJS office closest to you.

A full listing of locations throughout the province can be found here.

**Tel:** (709) 729-1183

**Website:** court.nl.ca/supreme/family/fjs.html **or** justice.gov.nl.ca/just/legalassist/familyjustice.html

**Mandate:** FJS offers services that assist families in resolving custody, access and/or child support issues outside of court. FJS focuses on the needs of children and promotes mediation and dispute resolution outside of the court. During the process parties talk to a neutral person to explore ways to reach an agreement.

**Target Population:** Families in Newfoundland and Labrador who are involved in family law matters involving custody, access and/or child support.

**Highlight of Programs / Services Offered:**

- Parent information sessions
- Mediation/ Dispute Resolution in cases regarding custody, access, and/or child support
- Counselling services for families who are involved with FJS Recalculation of child support.
- There are two ways to access Family Justice Services: a Request for Service or a Court Application:
    - **A Request for Service:** When both parties want to work out an agreement outside of the court process, they may access mediation services with FJS. The Request for Service Form is available online as well as at all court locations and FJS office; or by clicking here.
    - **A Court Application:** Parties may choose to make a court application for child support, custody or access. The Court will forward a copy of your application to FJS. FJS will then contact both parties to determine if they are interested in mediation outside the court process. Parties can choose to go to court or remain at FJS to try mediation.

## My Parents Live Apart - PLIAN

Public Legal Information Association of NL (PLIAN)
Suite 301, 140 Water Street, St. John's, NL A1C 1A8

**Toll-Free:** 1-888-660-7788
**Email:** info@publiclegalinfo.com
**Website:** myparentsliveapart.ca/
**Twitter:** @PLIAN_NL
**Facebook:** @publiclegalinfonl

**Mandate:** To provide some basic information about family law and give young people an idea of the processes that parents may go through when they separate or divorce.

**Target population:** Young people whose parents are separating or going through a divorce.

**Highlight of Programs / Services Offered:**

The website acts as an information tool that may be helpful to answer some of the questions that can arise related to divorce or separation. Topics include

- Families & Change: Your family is changing, but you'll be OK.
- Where's my Place?: When families go through separation or divorce, it's normal to wonder where you'll live.
- Your Feelings are Real: Kids experience many emotions when separation and divorce happen.
- Do you Feel Safe?: Safety is important in every family. You can get help if you feel unsafe.
- What's Child Support?: Your parents are talking about child support. Learn what it is and what it means for you.
- Family Law Dictionary: You'll hear a lot of new words when your parents are separating or divorcing. But what do those words mean?
- Help is Here for You: If you need help, there are people who are ready to talk to you and listen.

Additional resources are available in the form of Videos and Printables.

## NL Youth Secure Custody – Dept. of Justice and Public Safety, GovNL

Confederation Building, 4th Floor, East Block, PO Box 8700, St. John's, NL A1B 4J6

**Tel:** (709) 729-3880 **Fax:** (709) 729-5100

**Website:**
https://www.gov.nl.ca/jps/department/branches/division/division-youth-secure-custody/

**St. John's Youth Detention Centre/**
**Pre-Trial Services Program**
30 Parade St. PO Box 5085
St. John's, A1C 5V3
**Tel:** (709) 729-5041
**Fax:** (709) 729-0745

**NL Youth Centre**
PO Box 40
Whitbourne, NL A0B 3K0
**Tel:** (709) 759-2471
**Fax:** (709) 759-2611

**Mandate:** To operate an effective system of residential secure custody and remand services; to deliver a Pretrial Services Program (bail supervision) as an alternative to having accused youth remanded into custody; as well as delivery of a diverse range of offender programs in custody to assist youth in successfully re-integrating in the community after release from custody.

**Target Population:** Youth

**Highlight of Programs / Services Offered:**

- The NLYC aims to deliver a diverse range of offender programs in custody to assist youth in successfully re-integrating in the community after release from custody. Programs offered to youth in custody include:
  - Academic Program K to 12, Psychiatric Services, Vocational Programs, Psychological Services, Social Work Services, Recreation Programs, Nursing Services, Pastoral Care Services, and Medical Clinics
- The St. John's Youth Detention Centre (SJYDC) is a place of temporary holding to detain youth who are arrested and held overnight in the St. John's area. The SJYDC is also used for family visits, professional appointments, counselling sessions and court appearances of youth who are residents of the Newfoundland and Labrador Youth Centre.
- The Pre-Trial Services Program is an alternative to the pre-trial detention of young persons who are charged in Youth Justice Court in the jurisdiction of St. John's and surrounding area.

## North Star Child and Youth Advocacy Centre

**Mailing Address:** P.O. Box 39142, Topsail Rd, St. John's, A1E-5Y7
**Telephone Number(s):** 709-552-9195; 763-6724
**Email:** info@northstarcyac.org
**Website:** www.northstarcyac.org
**Facebook:** North Star Child and Youth Advocacy Centre
**Twitter:** @NorthStarCYAC

**Mandate:** The services North Star Child and Youth Advocacy Centre (CYAC) provides are essential for the well-being of children and youth who have experienced or been witnessed to abuse. North Star CYAC provides support for children/youth and their non-offending family members, right at the onset of when abuse is first suspected. Supporting in the beginning is called early intervention - it can help create the best opportunities for understanding what children and youth need to heal. Early intervention has a higher success for lowering possible adverse effects from child abuse.

**Target population:** Children and Youth and their non-offending family members

**Highlights of Programs / Services Offered:**

North Star CYAC provides a safe space for children and youth to complete their forensic interview, medical, and received advocacy and support. As well, children and youth can avail of a Navigator to help support and assist in navigating the system. North Star can facilitate multidisciplinary team meetings (MDT) to support children and youth as they already have a lot of stress and anxiety on their shoulders from needing to come in for the forensic interview.

North Star CYAC also helps to create a team approach to support children and youth who have been victims of violence or abuse. We work with police, child protection, health services and victim services to ensure your family gets the support needed. A collaborative approach like this enhances the ability for important information to not get missed and helps us all support our clients in the best way possible. North Star provides the important and on-going support, programs, advocacy and/or counselling needs for the children, youth, and their families. With the support of a navigator, children and youth are assisted in navigating the system; something that many families need.
North Star CYAC is proud to be a safe place for children, youth, and their support systems!

(Requests for services come directly from CSSD and/or police services at this time)

## Office of the Child and Youth Advocate

193 LeMarchant Rd, St. John's, NL A1C 2H5

**Tel:** (709) 753-3888 **Email:** office@ocya.nl.ca **Toll-Free:** 1-877-753-888
**Fax:** (709) 753-3988 **Twitter:** @OCYANL
**Website:** www.childandyouthadvocate.nl.ca

**Mandate:** We help children and youth be heard and get the services they have a right to receive from government, its boards, and its agencies. We stand up for children and youth rights. We help children and youth express their opinions or views and if they are unable to do so, speak on their behalf.

**Target Population:** We provide services to any child or youth under the age of 19 years old who is entitled to receive services from a government department, agency, or board. The age is extended to youth up to their 21st birthday if they are in a care or custody arrangement.

**Highlight of Programs / Services Offered:**

- **Individual Advocacy:** We speak up for you, with you, or help you speak up for yourself so your voice is heard and your rights are respected.
- **Systemic Advocacy:** We look into issues that affect groups of children and youth.
- **Reviews/Investigations:** We review and investigate concerns on behalf of an individual or group of children or youth.
- **Education and Outreach:** We do education sessions and workshops with youth

groups, community organizations, schools, and professionals about child and youth rights.

**Reach out to us if you:**

- You have a complaint(s) regarding access to services
- You believe your viewpoint is not being heard or that your rights are being ignored
- You believe that all information about your needs has not been considered
-

**Call us, email or drop into the office.**

- We offer a friendly, accepting, and supportive space.
- You can bring a support person if it makes you feel more comfortable.
- Anyone can contact us if you have concerns about the rights of a child or youth

We also have a fabulous **Young Artist Program**

- Are you a young artist under the age of 21?
- If so, we would love to show case your artwork on our website, social media, newsletters, reports and other resource materials about children's rights. We are interested in drawings, paintings, photos, and even your poetry. We provide a prize pack for all submissions. For more information see here.

## Waypoints

145 LeMarchant Road, PO Box 632, St. John's, NL, A1C 5K8

**Tel:** (709) 368-6390 **Email:** rickkelly@waypointsnl.ca
**Website:** www.waypointsnl.ca **Fax:** (709) 368-6121

**Mandate:** To provide a variety of residential and support services to children, youth and families. Waypoints strives to create an environment of respect and empathy that promotes and challenges individuals to achieve personal growth and the skills necessary to lead healthy and fulfilling lives.

**Target Population:** Young people ages 8-18 who are involved with Children, Seniors and Social Development or Youth Corrections, and their families; youth ages 18-30 who face barriers to education and employment.

**Highlight of Programs / Services Offered:**

**Residential:**

- All residential programs provide accommodations for males and females, ages 8-18. The goal of these programs is to provide a therapeutic residential milieu to children, youth and families who are in the care of Children, Seniors, and Social Development to help foster their development into responsible productive, self-sufficient, well rounded members of society.
- Live-In Parent Model Program(s) is a residential program for children and

youth between the ages of 8-18 who are in the care of the Department of Children, Seniors, and Social Development. The program is staffed using a house parent model and is designed to provide a homelike, supportive, nurturing and therapeutic environment for children who are experiencing difficulties.

**Employment and Outreach:**

- Waypoints Employment and Outreach Services provides individualized and group support services to youth, ages 18-30, who face barriers to education and employment. Outreach support seeks to connect with youth and explore new opportunities and creative ways to build healthier and more fulfilling lives.
- Youth are Working provides exposure to life and employment related skills, practical work experience, and continuous learning opportunities. Program staff assist youth in developing their employment portfolio with the goal of preparing them for the realities of the workplace and the expectations of today's employers.

**Family Support:**

- Youth care workers engage with families in their life space through the development of therapeutic relationships and the use of hands-on interventions and activities. A major emphasis is placed on goal setting, strength identification, the promotion of competency, and capacity building.
- Parent Support and Education Group focuses on areas such as child development, discipline, communication and self-care

**Supporting Foster Parents Program:**

- This program recognizes and respects the current skills and expertise of Foster Parents, including the PRIDE competencies. Foster Parents participate in the program voluntarily as it is designed to compliment existing skills and offer new strategies for ongoing personal and professional development.
- This program was developed in partnership with the Newfoundland & Labrador Foster Families Association.

**Springwood:**

- At Springwood Outdoor Discovery Camp children, youth and families will be able to experience nature, camping and wilderness activities. This will provide children, youth and families of Waypoints who would not otherwise have the opportunity, with a unique outdoor camping experience.
- Spending time immersed in nature, camping and undertaking outdoor adventures offers tremendous opportunities for personal growth. At Springwood, campers will be encouraged to try new things and push their limits, all in a safe and nurturing environment.
- Programming for the Springwood camp will focus on child and youth development and education, and will allow campers to build life skills, leadership abilities, and confidence.
- Some of the activities may include: swimming, fishing, hiking, camp fires, canoeing, journal writing, photography, crafts, geocaching, singing & dancing, and family days.

**Recreational:**

- Monthly Recreational Activities
- Therapeutic Nature Adventure Camp