

Program Scan
Resources for Lone Mothers in Atlantic Canada

Prepared by

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INTRODUCTION

This document lists programs, services, and other resources in Atlantic Canada available to lone mothers through non-profit and community organizations. Lone mothers face multiple barriers to full social and economic inclusion. They often experience social stigmatization; isolation; and high rates of poverty, social assistance and unemployment. The advocacy, service, and support organizations and groups listed here may provide help for lone mothers coping with poverty, lone parenting, and difficulties accessing appropriate housing and adequate food.

This ‘program scan’ was produced primarily to serve as a reference document for the national research team working on the CIHR-funded project entitled “Rethinking Health Inequities: Social and Economic Inclusion and the Case of ‘Lone Mothers’”. The scan may also be useful for community organizations and individual women. It is organized by service type and by province and where applicable, some national organizations or programs are listed. When available, summaries of services offered, addresses, and the names of contact persons have been included.

Part of the Rethinking Health Inequities team’s research agenda is to identify gaps in research about lone mothers. With an improved understanding of both the barriers to inclusion that lone mothers face and the strategies they employ to cope with social and economic exclusion, the team aims to produce recommendations for policymakers to address gaps in services and improve the health of lone mothers.

I hope that this document will be helpful to the Rethinking Health Inequities research team in identifying what gaps exist in suitable programming to assist lone mothers. Please direct any comments or corrections to mpaynter@dal.ca.

Martha Paynter
Research Assistant
Atlantic Centre of Excellence for Women’s Health
August 2004

ANTI-POVERTY RESOURCES

National

KAIROS (NATIONAL)

Anti-poverty program and Fund
John Mihevc (Team Leader, Global Justice)
129 St Clair Avenue West,
Toronto ON M4V 1N5
(Toll-free) 1 877 403 8933 x228
jmihevc@kairoscanada.org

KAIROS unites churches and religious organizations in a faithful ecumenical response to the call to "do justice, and to love kindness and to walk humbly with your God" (Micah 6:8). We deliberate on issues of common concern, advocate for social change and join with people of faith and goodwill in action for social transformation.

Newfoundland and Labrador

GROUP AGAINST POVERTY (GAP)

P.O. Box 1574, Station C Tel. (709) 754-5323
St. John's, Newfoundland or (902-753-2202
A1C 5V3

The Group Against Poverty, formed in 1987, is comprised of individuals and groups who share the concerns of those living in poverty. The aim of this organization is to provide ways to surmount everyday challenges. At GAP, both low-income individuals and community group representatives meet regularly to discuss the crucial issues of poverty. From their discussion, this group initiates various efforts and activities within the community whether it be through educating the public, contributing to government policy or participating in a variety of community events. GAP strives to bring about change that will benefit those affected by poverty. GAP has a video available entitled, "Closing the Gap: the Fight Against Poverty." This video deals with the experience of people in St. John's who are struggling to solve the problems of poverty, in the hope of creating a more just and equitable society.

LEARNING INDEPENDENCE, SELF-ESTEEM, TRAINING, EDUCATION AND NEEDS (LISTEN)

172 Military Road Tel.: (709) 747-4327
P.O. Box 1761
St. John's, Newfoundland
A1C 5P5

Learning Independence Self-Esteem Training Education and Needs is an advocacy group, formed in 1987, which strives to address injustices created by a social assistance system that encourages abuse and inefficiency. This organization also attempts to find

alternatives to chronic welfare and short-term employment and searches for opportunities that allow individuals to break free of the system. Therefore, the goals of this advocacy group are to change the system and empower low-income families and individuals. This organization, where low-income people provide services voluntarily, also conducts research on low-income families and assistance programs.

THE R.E.A.D.Y. CENTRE (Referral, Education, Assessment, Development, Youth)
Community Services Council Tel.: (709) 726-4335
365 Water Street, 2nd floor, Fax: (709) 726-7327
P.O. Box 1191
St. John's, Newfoundland
A1C 5M9

The R.E.A.D.Y Centre provides a program of preparation and access to employment for young people from aged 15 to 24 who are receiving welfare benefits. The program includes an educational component (secondary school equivalent and preparation for other types of training), and an employment component (job hunting techniques, career planning and life skills development). Placement in training or employment are also provided at the READY Centre. The Centre emphasizes a learner-centred approach based on the acquisition of personal and social skills that lead to self-empowerment.

KAIROS NEWFOUNDLAND
Patricia Green
136 Pleasant Street
St. John's, NL
A1E 1L4
mpaegreen@kairoscanada.org

Prince Edward Island

ALERT P.E.I.
81 Prince Street Tel.: (902) 583-2561 or (902) 368-7337
Charlottetown, Prince Edward Island Fax: (902) 368-7180
C1A 4R3

Alert P.E.I. is a volunteer organization made up of welfare recipients and supporters who lobby government to make changes and introduce better regulations to improve the situation of people in poverty. It also educates the general public on the realities of poverty.

KAIROS PRINCE EDWARD ISLAND
Mary Boyd
Box 1774
Charlottetown, PE

C1A 7N4
bpg@kairoscanada.org

Nova Scotia

ANTI-POVERTY NETWORK (APN)
c/o Dalhousie Legal Aid Tel.: (902) 423-8105
5557 Cunard Street Fax: (902) 422-8067
Halifax, Nova Scotia
B3K 1C5

The Anti-Poverty Network was organized in 1990. Its members originally come from tenant associations and parent resource centres in Halifax, Spryfield and Dartmouth. The majority of the members are or have been on some form of social assistance. Others belong to the group as support and resource persons. APN has tackled a variety of issues concerned with the social assistance system's failure to provide adequate assistance to families and individuals in need. This organization also provides workshops to empower people living on a low income.

HALIFAX METRO WELFARE RIGHTS ASSOCIATION/ REGIONAL WELFARE RIGHTS
2085 Gottingen Street Tel.: (902) 422-6424
Halifax, Nova Scotia Fax: (902) 425-8586
B3K 3B2

Halifax Metro Welfare Rights Association was formed in 1969 to provide assistance to individuals and families on low incomes and fixed incomes. The Association originally focused on social concerns, but later turned its efforts toward other problems. Today, Halifax Metro Welfare Rights Association offers advocacy, information and referral services to a wide and varied clientele. Advocacy, information and referral are provided in problem areas such as social assistance, family benefits, unemployment insurance, workers compensation, housing, tenant concerns and other social concerns relating to low income.

LOW INCOME NETWORK COMMITTEE (LINC)
no address available
Tel.: (902) 434-1388

The Low Income Network Committee has been in operation for the past four years. This organization is run by people living on low- incomes who provide support and advocacy to others. The organization also fights for the rights of low-income families regarding Pharmacare cards, Social Assistance and Workfare.

VEITH HOUSE
3115 Veith Street Tel.: (902) 453-4320
Halifax, Nova Scotia
B3K 3G9

Veith House's goal is to encourage and support individuals and families living on a low incomes in their struggle toward personal growth, independence, and self-empowerment. Programs offered at Veith House include adult education (Project Headway), parenting skills (Project H.O.P.E.), a preschool, counselling and support services including advocacy, information and referrals.

KAIROS NOVA SCOTIA
Shirley Johns
30 Lethbridge Ave.
Dartmouth, NS
B2X 2X2
sjohns@kairoscanada.org

New Brunswick

ABORIGINAL DIRECTIONS
33 Hanover Street Tel.: (506) 633-0449
Building A Fax: (506) 633-6881
Saint John, New Brunswick
E2L 3G1

Aboriginal Directions is a non-incorporated organization consisting of Aboriginal people living in the area. The primary goal of this organization is to oversee the delivery of Employment Outreach Services directed toward the successful integration of Aboriginal People into the workforce. The goal of this project is to identify and serve Aboriginal people in need of employment-related services living in the target area. Centred in Saint John, the services will extend to Sussex in the east and Welford in the west.

Services offered by Aboriginal Directions include:

- * Assessment of skills and needs in relation to employment, educational and training requirements, career changes, interview skills, résumé writing and effective job-search techniques.
- * Career Paths, a comprehensive program focusing on career planning, goal setting and skills development.
- * Information on government and community programs and services, as well as local job market requirements.
- * Referrals through a network of community and government services on a follow-up basis to meet the identified support needs.

CENTRE DE BÉNÉVOLAT DE LA PÉNINSULE ACADIENNE
111 Blv St-Pierre Ouest Tel.: (506) 727-1860
C.P. 397 Fax: (506) 727-1862
Caraquet, New Brunswick
E0B 1K3

Grâce à des contrats de service avec les gouvernements provincial et fédéral, ce centre gère de nombreux programmes et offre plusieurs services sociaux dans la péninsule acadienne. Ce faisant, en plus de créer des emplois, il sert d'endroit de formation aux personnes désireuses de retourner sur le marché du travail.

Une des particularités de l'organisme est le lien entre les services des secteurs "privés" et bénévoles et les services sociaux gouvernementaux. L'utilisation du contrat de services, dans un contexte de privatisation, est l'option privilégiée. Comme dans beaucoup de centres communautaires, le développement du Centre de bénévolat est dû en grande partie au dynamisme du coordonnateur.

Through service contracts made with the provincial and federal governments, this Centre operates a number of programs and provides social services in the Acadian Peninsula. In so doing, in addition to creating jobs, the Centre serves as a training location for those wishing to return to the labour market.

One distinguishing feature of the organization is the link between the "private" and volunteer formula, and government services. The use of service contracts, in the context of privatization, is the preferred option. As with many community centres, the Centre's development is due to a great extent to the dynamic nature of the coordinator.

CHIPMAN COMMUNITY CARE INC.
P.O. Box 266 Tel.: (506) 339-6168
Chipman, New Brunswick
E0V 1V0

The mandate of the Chipman Community Care Inc. is to fight poverty and empower low-income families and individuals. To this end, this organization operates a Clothing, Furniture and Food Bank, and sponsors low-rental housing. Future projects include the building of a Family Enrichment Centre where low-income mothers can attend workshops on such topics as nutrition, financial management and government services. The children are then supervised in a play centre with stimulating recreation equipment operated by the mothers. The Chipman Community Care provides services such as support groups and cooking classes.

ELM HILL COMMUNITY CENTRE
Elm Hill Road Tel.: (506) 488-2688
R.R.#1, Elm Hill, New Brunswick
E0G 1V0

Elm Hill, a prosperous rural Black community at the time of the Loyalists, is now one of the poorest communities in New Brunswick. Its isolation, a source of strength in the 19th century, has become one of the reasons for its marginalization. Over the past few years, resident families in the area, supported by a group of community workers (nurse, social worker, member of the clergy, community organizer, and a representative from the New Brunswick Housing Services) have been working in close cooperation to help the community regain its cohesion and its pride. This has been accomplished through an unflinching respect for the decisions of the community, which is gradually taking charge through housing and community garden projects, and has renovated its community centre.

Solidarity among workers and the community, mutual trust, and especially the key role played by a community worker have succeeded in creating a dynamic process in this isolated community. From this project has sprung a model of cooperation between workers and the community, based on the resourcefulness of people, rather than on their problems.

LAKEWOOD HEADSTART ASSOCIATION INC
P.O. Box 634 Rothesay Avenue Tel.: (506) 696-6164
Saint John, New Brunswick
E2L 4A5

Lakewood Headstart is a non-profit community support centre geared toward low-income families, serving the suburban and rural areas of East Saint John, Saint Martins and Hammond River. Services provided include a clothing bank and an emergency food service. Every year, Lakewood Headstart organizes a "Christmas Sponsor Project" where gifts of new clothing, food and toys from nearly 100 sponsors help to make Christmas a joyful time for a corresponding number of families living in poverty. Lakewood Headstart also provides referrals to other services.

MONCTON HEADSTART INC.
1111 Mountain Road Tel.: (506) 858-8252
Moncton, New Brunswick Fax: (506) 857-3170
E1C 2S9

Created in 1974, Moncton Headstart Inc. was originally set up to provide children "at risk" with the personal and intellectual tools they require to adapt more effectively to the school system. Subsequently, preventive work with parents was added. Currently, the organization provides six services including a clothing counter, a bursary fund, an educational kitchen and a food counter.

Located in Moncton, N.B., this service provides underprivileged families in the region with a place to meet and to learn certain basic skills that will help them re-enter the mainstream of society.

THE SAINT JOHN LEARNING EXCHANGE

47 Princess Street Tel.: (506) 648-0202
Saint John, New Brunswick Fax: (506) 658-0785
E2L 4R7

The Saint John Learning Exchange provides training and retraining activities within an informal setting and in small groups. It emphasizes learner-centred training strategies through personalized assistance, and provides encouragement and support to all those who join the organization. According to the organization, it operates on three basic principles:

- * to give priority to the aspirations and needs of the students;
- * to maintain close contact with the community;
- * to maintain financial stability through an employment policy that attracts qualified personnel interested in the organization's philosophy based on the needs of the participants.

SAINT JOHN BUSINESS COMMUNITY ANTI-POVERTY INITIATIVE

Anne Marie Maloney
Box 5777
Saint John
New Brunswick
E2L 4M3
T: 506-633-5588
F: 506-632-5126
maloney.annemarie@jdirving.com

In 1997, the business community of Saint John founded BCAPI. Like all savvy business people, BCAPI researched its market, learned from the people struggling in poverty, amassed demographic data and catalogued the breadth and depth of existing social and professional services available.

They developed a strategy based on the Anti-poverty Study that recognized the majority of the 19,000 impoverished residents of Saint John are single unemployed parents with no high school education.

As a result, senior business leaders in partnership with community organizations are pooling their time, influence, energy and professional resources. They assist in managing specific initiatives, motivate others, effect change in public policy and invest new ways to root out the root causes of poverty. And it's working!

The BCAPI model exemplifies innovation, "change that creates a new dimension of

performance". It serves as a model of how a program with limited resources can tap the energy and abilities of a whole community producing impressive results and transform lives.

SAINT JOHN URBAN CORE SUPPORT NETWORK

Brenda Murphy, Coordinator

116 Coburg

Saint John NB

E2L 3K1

ucsnsj@nbnet.nb.ca

Tel: 506-642-9033

<http://www.ahsc.health.nb.ca/CHC/urbancore.shtml>

Action strategies and support to eliminate poverty. Have produced materials including "Responding to the Voices of Poverty", a ground-breaking report, and "Solving the Puzzle", a guide to income assistance.

UPPER DAWSON COMMUNITY CENTRE

743 Assass St. Tel.: (506) 548-2439

Bathurst, New Brunswick Fax: (506) 547-7488

E2A 3J4

This is one of two provincial projects initiated by New Brunswick Housing Services to involve families living in subsidized housing in decisions that affect them. Gradually, over the last three years, the Centre has started to defend the rights of poor families living in the neighbourhood.

Managed by a Board composed entirely of low-income women living in the neighbourhood, the Upper Dawson Community Centre initiates activities that respond to the needs of the people living there, while at the same time participating actively in the provincial and national arenas.

In addition to providing information on the services available in the region, a distinguishing feature of the Centre is that it offers assertiveness training to its participants. A collective kitchen and a literacy group have just been added to the existing services.

KAIROS NEW BRUNSWICK

Thomas Graham

4 Second St.

Saint John, NB

E2K 3L2

swalkirk@kairoscanada.org

SAINT JOHN LEARNING EXCHANGE

47 Princess Street

Saint John, NB

Mailing address:

PO Box 6278, Stn A

Saint John, NB

E2L 4R7

Phone: 648-0202

Fax: 658-0785

E-Mail Address: sjle@nbnet.nb.ca

Contact Person: Marion Wells - Executive Director

The Saint John Learning Exchange is a not-for-profit literacy education training centre dedicated to the empowerment of individuals through education, upgrading and employment preparation programmes.

FAMILY CENTRES AND PARENTING RESOURCES

National

HEALTH CANADA- NOBODY'S PERFECT

Nobody's Perfect is a parent support and education program for parents of children under age 6. The program gives parents access to accurate information in a supportive group setting. It is designed to meet the needs of parents who are young, single, socially or geographically isolated or who have low income or limited formal education.

Nobody's Perfect strives to: bring together a group of parents who can support each other; increase their knowledge and understanding of children's health, behaviour and safety; increase their skills in coping with the challenge of parenting, along with their ability to parent and their sense of confidence; and decrease their sense of isolation in parenting.

Nobody's Perfect was developed by Health Canada in partnership with the departments of health of the four Atlantic provinces. It was introduced nationally in 1987. The program is offered in communities as a series of six to eight weekly group sessions, and is built around five colourful, easy-to-read books, which are given to parents free of charge. Parents' participation is voluntary and free. During the meetings, trained facilitators work together with parents to discover positive ways of parenting.

The Canadian Association of Family Resource Programs and the Canadian Institute of Child Health coordinate Nobody's Perfect nationally. All provinces and territories have a Nobody's Perfect coordinator in place. Last year, Nobody's Perfect reached 12,000 parents in a variety of settings, such as child care centres, schools and Native friendship centres. Across Canada, nearly 7,000 community workers, parents and public health nurses have been trained as Nobody's Perfect facilitators.

COMMUNITY ACTION PROGRAM FOR CHILDREN

Health Canada's Community Action Program for Children (CAPC) springs from the awareness that communities are well positioned to recognize the needs of their children, and have the capacity to draw together the resources to address those needs. CAPC builds on community strength by funding community-based coalitions to establish and deliver services to meet the developmental needs of children under age 6 living in conditions of risk.

CAPC was designed to address the health and development needs of children living in conditions of risk. These children are: living in low-income families; living in teenage-parent families; at risk of, or have, developmental delays, social, emotional or behavioural problems; and/or neglected or abused.

Special consideration is given to Métis, Inuit and off-reserve First Nations children, the children of recent immigrants or refugees, children in lone-parent families and children

who live in remote or isolated communities. There are 464 CAPC projects across Canada.

Each CAPC project is unique. Some provide parenting workshops, one-on-one counselling or help families access other community resources. Others provide home visits or operate toy-lending libraries, family resource centres and community kitchens. Others provide street-level programs for substance-abusing mothers.

Newfoundland and Labrador

SINGLE MOTHERS AGAINST POVERTY

P.O. Box 1574, Station "C" Tel.: 754-5323 or 753-2202
St. John's, Newfoundland
A1C 5V3

This project grew from the finding that poverty is perpetuated mainly because the education system (secondary school and university in particular) does not respond to the needs of low-income single mothers. Since they do not have access to an education that would enable them to break out of the poverty cycle, they are condemned to survive on welfare benefits.

With the help of a two-year grant from Human Resources Development Canada, this action-research project is attempting to identify the structural obstacles to post-secondary education in particular, and to propose appropriate corrective measures. Three hundred students from Newfoundland and Labrador participated in a joint project between Memorial University and a group of women in single-parent families. A final report is now available.

FAMILY RESOURCE CENTRES:

Fortune Bay North Family Resource Committee
Coordinator: Sheila Keeping - Acting
Belleoram, Newfoundland A0B 1B0
Voice: 709 881 2181
Fax: 709 881 2180
Email: fbnfrc@cancom.net

COMMUNITY ACTION COMMITTEE FOR BAY ST. GEORGE

Coordinator: Bernice Hancock
P.O. Box 421
Stephenville, Newfoundland A2N 2Z5
Voice: 709 643 5399
Fax: 709 643 5490
Email: bsgcacnf@thezone.net

ORGANIZATION FOR COMMUNITY ACTION INITIATIVE

Coordinator: Bonnie Randell
9 Vine Place
P.O. Box 712
Corner Brook, Newfoundland A2H 6E6
Voice: 709 634 2316
Fax: 709 634 2319
Email: No Email

EXPLOITS VALLEY COMMUNITY COALITION

Box 609
Botwood, Newfoundland A0H 1E0
Voice: 709 489 8940
Fax: 709 489 8133
Email: CPNP@nf.sympatico.ca

BURIN PENINSULA BRIGHTER FUTURES STEERING CTTE

P.O. Box 659
Marystown, Newfoundland A0E 2M0
Voice: 709 279 2922
Fax: 709 279 2902
Email: bpbs@nf.sympatico.ca

BRIGHTER FUTURES COALITION OF ST JOHN'S AND DISTRICT (1994)

Coordinator: Maureen Reddigan
P.O. Box 28146
St. John's, Newfoundland A1B 4J8
Voice: 709 739 8096
Fax: 709 739 8097
Email: futures@seascape.com

GANDER BAY COMMUNITY COALITION FOR CHILDREN

Coordinator: Kim Cooper
c/o Riverwood Academy
Wings Point, Newfoundland A0G 3R0
Voice: 709 676 2475
Fax: 709 676 2382
Email: familyroom@thezone.net

NORTH SHORE EARLY CHILDHOOD COMMITTEE

Coordinator: Judy Smith
P.O. Box 3764, R.R. #2
Corner Brook, Newfoundland
A2H 6B9
Voice: 709 783 2996
Fax: 709 783 2970

Email: north.shore@ns.sympatico.ca

TRINITY-CONCEPTION FAMILY RESOURCES PROGRAM

Coordinator: Deanne Martland
9 Newfoundland Drive
Carbonear, Newfoundland A1Y 1A4
Voice: 709 596 0712
Fax: 709 596 0713
Email: tcfamilyresourcecenter@thezone.net

LABRADOR AHS SITES:

ABORIGINAL FAMILY CENTRE

Coordinator: Jenny Lyall
P.O. Box 1949, Stn B,
Happy Valley,
Labrador A0P 1E0
Voice: 709 896 4398
Fax: 709 896 4408
Email: afc@cancom.net

ABORIGINAL HEAD START HOPEDALE SUGWET CENTRE

Coordinator: Hulda Pijogge
P.O. Box 135,
Hopedale,
Labrador,
A0P 1G0
Voice: 709 933 3846
Fax: 709 933 3645
Email: liathope@cancom.net

Prince Edward Island

FAMILY RESOURCE CENTRES

In Prince Edward Island, Family Resource Centres, operating with funding from the Community Action Program for Children, are grass-roots organizations, geared toward low-income families, designed to promote the whole healthy development of children aged 0-6 years by strengthening and supporting these children and their families. This is achieved, in part, by offering a variety of parent-driven programs and services, including a prenatal program; drop-in play programs; parenting programs such as Nobody's Perfect; toy lending library; resource lending library; support groups; information sessions; parent help line; community kitchens, gardens and sewing; literacy programs; mobile programs; school readiness programs and child-oriented programs.

To function effectively, these community-based organizations rely heavily on

partnerships with other organizations, community involvement and a strong volunteer base. The Centre also provides specialized prevention and parenting programs for youth and young adult parents, as well as support and literacy training.

CAROUSEL FAMILY RESOURCE CENTRE

P.O. Box 133 Tel.: 1-800-838-4601
Montague, Prince Edward Island Fax: (902) 838-4600
C0A 1R0

LEND A HAND FAMILY RESOURCE CENTRE

P.O. Box 662 Tel.: (902) 687-3928
Souris, Prince Edward Island Fax:(902) 687-4086
C0A 2B0

MI'KMAQ FAMILY RESOURCE CENTRE

Coordinator: Mary Moore
228 Grafton Street
Charlottetown PEI C1A 1L4
Voice: 902 892 0928
Fax: 902 894 3854
Email: mfrcepei@auracom.com

KIDS WEST INCORPORATED

Coordinator: Sterling Carruthers
P. O. Box 369
Alberton PEI C0B 1B0
Voice: Toll free 1 800 778 3444
Fax: 902 853 4066
Email: kidswest@auracom.com

EAST PRINCE COMMUNITY COALITION (Kids R First)

Coordinator: Laura Quinn
P.O. Box 1567
Summerside PEI C1N 4K4
Voice: 902 436 1348
Fax: 902 888 3954
Email: epccinc@auracom.com

Provides support and nutrition information to parents with children aged 0-6.

VOICES FOR CHILDREN COALITION INC.

Coordinator: Wendy Pobjoy
P.O. Box 133
Montague PEI C0A 1R0
Voice: 902 838 4600
Fax: 902 838 4645

Email: cfrc@pei.sympatico.ca

EASTERN KINGS COMMUNITY COALITION INC (Lend a Hand Family Center)

Coordinator: Ms. Barb Lundrigan

P.O. Box 682

Souris PEI C0A 2B0

Voice: 902 687 3928

Fax: 902 687 4086

Email: Lend@pei.sympatico.ca

C.H.A.N.C.E.S.

Coordinator: Ann Robertson

P.O. Box 2086

Charlottetown PEI C1A 1T4

Voice: 902 892 8744

Fax: 902 892 3351

Email: chances@isn.net, rioux@isn.net, prenatal@isn.net

COALITION ACTIONS POUR ENFANTS

Coordinator: Leona Bernard

General Delivery

Wellington PE C0B 2E0

Voice: 902 854 2123

Fax: 902 854 2981

Email: epccinc@auracom.com

EAST PRINCE WOMEN'S INFORMATION CENTRE (EPWIC)

75 Central Street Tel.: (902) 436-9856

Summerside, Prince Edward Island Fax: (902) 436-9856

C1N 3L2

The East Prince Women's Information Centre opened its doors in November 1984. A group of Summerside women established the Centre with the priority of addressing the unmet needs of the women of East Prince. The Centre's purpose is to support change in the status of women and to encourage full and equal participation in the social, economical, political and legal sphere of daily life in the community. EPWIC's goals are to provide a meeting place for all women; serve as an information and referral service to community resources; support women whose lifestyles have changed due to relocation, job re-entry, change in marital status; and to offer volunteer opportunities in new work skills, fulfil personal goals and meet other women.

EPWIC is currently sponsoring activities designed to reflect the information needs of women, such as legal aid for family law, programs about entrepreneurship, prescription drug addiction, a comparative database of court cases and sentences (focusing on family violence), self-help and support groups, a film series, a resource library, public speakers, conferences, lobbying and networking.

Funding was recently cut from EPWIC's employment-oriented projects including Women in Management, Women in Trades, Women Entrepreneurs and the Entrepreneur Handbook. In the early 1990's, EPWIC produced "A Directory of Services for Women and Their Families," submission of policy papers and a teen mothers' support group.

MOVING ON-

A Practical Guide for Women Leaving a Relationship

Produced by the PEI Advisory Council on the Status of Women in 2002, this 60 + page guidebook is available on-line.

COMMUNITY LEGAL INFORMATION ASSOCIATION

Distributes a comprehensive kit to single mothers, including leaflets about Naming Your Child; Custody and Access; Child Support; Naming a Guardian; Adoption; Parents' Rights and Responsibilities; Birth Certificates; Helpful Services; Grandparents' Role; and Proof of Parentage.

PARENT POWER GROUP- EAST PRINCE YOUTH DEVELOPMENT CENTRE

Tel: 902-436-2815. SPOKE WITH LILA McISAAC-BUCHANAN on JUNE 22.

The group is in its third year, and runs once a year for six months. Ten single moms and dads participate, in their late teens or early twenties. The group comprises an education component, such as GED certification. Participants learn life skills and parenting skills; participate in community and volunteer work; work on directories of resources to benefit single parents ; on-the-job training. There are also guest speakers, a community kitchen, and a parents' fair. There is a lot of interest in this group.

ELSA RILEY

This woman apparently coordinates a program through the Western School Board that supports single mothers through high school.

MEDIATION SERVICES (FAMILY COURT)

902-368-6056, 902-368-6057

POSITIVE PARENTING FROM TWO HOMES

A Program of parenting information sessions offered by Family Court Services. These courses are available to parents who are separating or parenting from two homes. No charge. 1-877-203-8828, 902-368-4333.

FAMILY SUPPORT ORDERS PROGRAM

A program of the PEI Department of Health and Social Services. If you are on financial assistance, lawyers who work with this program help to secure a child support order or agreement. 902-368-6540, 902-888-8066.

CHILD SUPPORT GUIDELINES CLERKS

Clerks work in the Charlottetown and Summerside courthouses. They have information and forms for applying for child support of variations and, though they cannot provide

legal advice, they can help with child support order applications. 902-368-6220, 902-888-8188.

MAINTENANCE ENFORCEMENT

Can collect child and spousal support payments and take steps to enforce support orders when they are not paid. You must register your order with this service to use it. If the relationship between the parents is hostile, Maintenance Enforcement can be used as a 'go-between' for the exchange of support money.

ISLAND INFORMATION SERVICES

902-368-4000, 902-236-5196.

Nova Scotia

FAMILY RESOURCE CENTRES

In Nova Scotia, Family Resource Centres, operating with funding from the Community Action Program for Children, are grassroots organizations, geared toward families living in low-income circumstances. The programs offered by Family Resource Centres are designed for children aged 0-6 years by strengthening and supporting these children and their families. This is achieved, in part, by offering a variety of parent-driven programs and services, including a prenatal program; drop-in play programs; parenting programs such as Nobody's Perfect; toy lending library; resource lending library; support groups; information sessions; parent help line; community kitchens, gardens and sewing; literacy programs; mobile programs; school readiness programs and child-oriented programs. To function effectively, these community-based organizations rely heavily on partnerships with other organizations, community involvement and a strong volunteer base.

CAPE BRETON FAMILY RESOURCE COALITION

Coordinator: Ms. JoAnna Latulippe-Rochon

106 Townsend Street

Sydney, Nova Scotia B1P 5E1

Voice: 902 562 5616

Fax: 902 562 8528

Email: family@auracom.com

THE BABY BUILDING CLUB (a project of the Cape Breton Family Resource Coalition).

Baby Building Club, a project of the Cape Breton Family Resource Coalition, includes a network of family resource centres throughout Cape Breton Island. The Coalition offers a comprehensive prenatal program to improve the health of babies by increasing access to healthy food, promoting breastfeeding, and reducing the isolation of young mothers in Sydney. Weekly education and support sessions are offered for pregnant women, especially teens, off-reserve Aboriginal women, and Black women. These sessions

promote breastfeeding and address issues such as family violence, smoking, drinking, and drug abuse.

KIDS FIRST ASSOCIATION

Coordinator: Ms. Michelle Ward
PO Box 352
Westville, Nova Scotia B0K 2A0
Voice: 902 396-4455
Fax: 902 396-1149
Email: wardhale@north.nsis.com

MAGGIE'S PLACE

Coordinator: Ms. Carolyn D'Entremont
P.O. Box 1149
Amherst, Nova Scotia B4H 4L2
Voice: 902 667 7250
Fax: 902 667 0585
Email: maggies@auracom.com

CUMBERLAND PRENATAL NUTRITION PROGRAM (a project of Maggie's Place- a Family Resource Centre)

Quita Gray
Executive Director
129 Arthur St.
Truro, NS 2N 1Y2
Voice: 902 895-0200
Fax: 902 895-0200
Email: maggies@north.nsis.com

ANNAPOLIS VALLEY HANTS: CAPC

Coordinator: Ms. Pauline Raven
PO Box 159, 1203 Main Street
Canning, Nova Scotia B0P 1H0
Voice: 902 542 3085
Fax: 902 542 1154
Email: raven.avhcapc@ns.sympatico.ca

SOUTH WEST NOVA FAMILY RESOURCE CENTRES

Coordinator: Holly Thomas
Yarmouth Family and Children's Services
c/o Parents Place
11B Bond Street
Yarmouth, Nova Scotia B5A 7P6
Voice: 902 742 0233
Fax: 902 742 1622
Email: capcyar@auracom.com

SOUTH SHORE FAMILY RESOURCE ASSOCIATION

Coordinator: Debbie Smith
156 York Street
Bridgewater, Nova Scotia B4V 1R3
Voice: 902 543 1301
Fax: 902 543 1828
Email: capcbri@ns.sympatico.ca

PARENT 'M TOT MEETING PLACE

Coordinator: Theresa Ransome
3524 Dutch Village Road
Halifax, Nova Scotia B3N 2S1
Voice: 902 443 9569
Fax: 902 445 4867
Email: av840@chebucto.ns.ca

DARTMOUTH FAMILY RESOURCE CENTRE

Executive Director--Christy Green
96 Highfield Park Drive - #126
Dartmouth, Nova Scotia B3A 4W4
Voice: 902 464 8234
Fax: 902 464 8232
Email: dfrc@accesswave.ca

SACKVILLE FAMILY CAY CARE ASSOCIATION

Coordinator: Ms. Joyce Beaudry
70 Memory Lane
Lower Sackville, Nova Scotia B4C 2J3
Voice: 902 864 6363
Fax: 902 865 8982
Email: children@dbis.ns.ca

MI'KMAQ CHILD DEVELOPMENT CENTRE

Coordinator: Kim Campbell
2158 Gottingen Street
Halifax, Nova Scotia B3K 3B4
Voice: 902 454 9294
Fax: 902 423 6130
Email: Kim.campbell@ns.sympatico.ca

CHILD HELP INITIATIVES PROJECTS

Coordinator: Ehmeele Toney
PO Box 1320
Truro, Nova Scotia B2N 5N2
Voice: 902 895 1523 Truro

902 567 1240 Sydney
Fax: 902 895 0024 Truro
902 564 1123 Sydney
Email: ncns@atcon.com

BAYER'S WESTWOOD FAMILY SUPPORT SERVICES

Executive Director: Debbie Van Horne
6720 Chisholm Ave.
Halifax, NS B3L 2R9
Voice: 902 454-9444
Fax: 902-420-2818

SHELBURNE COUNTY FAMILY RESOURCE CENTRE

Coordinator: Jennifer Lamrock
King Street Centre,
P.O. Box 532, 35 King St.
Shelburne, NS B0T 1W0
Voice: 902 875-3256
Fax: 902 875-4199
Email: capcshel@atcon.com

QUEEN'S COUNTY FAMILY RESOURCE CENTRE

Coordinator: Mary McConnell
P.O. Box 1360,
108 College St.
Liverpool, NS B0T 1Y0
Voice: 902 354-7176
Fax: 902 354-7460
Email: qfrckid@atcon.com

DIGBY COUNTY FAMILY RESOURCE CENTRE

Executive Director: Jennifer Gravel
Warwick St.,
Box 163
Digby, NS B0V 1A0
Voice: 902 245-6464
Fax: 902 245-6464
Email: dcfrc@ns.sympatico.ca

ANNAPOLIS COUNTY FAMILY RESOURCE CENTRE

Director: Amy Lewis
Box 298
Annapolis Royal, NS B0S 1A0
Voice: 902 532-2277
Fax: 902 532-2277
Email: annafrc.amy@ns.sympatico.ca

FAMILY SOS

337 - 7071 Bayers Road Tel.: (902) 455-5515
Bayers Road Shopping Centre Fax: (902) 455-7190
Halifax, Nova Scotia
B3L 2C2

Contact: Melissa Now (Sp?)

Family SOS works with disadvantaged parents, who may be feeling isolated, depressed or overwhelmed in raising their children, to reduce family stress. The organization assists parents in areas such as child care skills, parenting skills, family budgeting, nutrition, health care, home safety, and advocacy. Family SOS employs parents who have used the services and have learned coping skills through personal experience and received training as Family Support Workers. In 1992, Family SOS published *The Family Decision-Making Demonstration Project, A model of Intervention for Victims of Child Abuse and/or Neglect*.

NORTH END PARENT RESOURCE CENTRE

2465 Gottingen Street Tel.: (902) 492-0133
Halifax, Nova Scotia Fax: (902) 492-4193
B3K 3G3

Contact: Joan Mendes.

Email: carol.fenton@sympatico.ca

The North End Parent Resource Centre is located in a public housing project in a multiracial low-income Halifax neighbourhood. The organization provides a meeting place for parents (generally young mothers) and their children. It has a drop-in day care and organizes activities designed to break the isolation of parents and children. The North End Parent Resource Centre is operated by the participants, who sit on the Board of Directors. Programs are offered based on the requirements of the women who register.

One activity organized by the members of the Centre is a program in which families set up a nutritional food cooperative and organized a nutrition course. As a result of this initiative, the Centre has set up a community-operated catering service. Also of note are the activities and programs offered to adolescent mothers and their children, parent support groups and many other activities that open the Centre up to other organizations in other provinces. The Centre is committed to promoting women's rights and the rights of people belonging to racial minorities.

One of the major needs of the members concerns employment and training, particularly for young black mothers who form a majority group at the Centre. A group at the Centre developed an action-research project to evaluate the training needs in their community. This enabled them to pinpoint the obstacles encountered by young single mothers when looking for work or training and empowered them to become advocates for change in that area.

E'PIT NUJI ILMUET (Woman Advisor)
Organization and Native Council of Nova Scotia
Address: P.O. Box 1320
Truro, NS B2N 5N2
Contact Name: Shannon Newcombe
Telephone: (902) 895-1738
Fax: (902) 893-7680
E-Mail: caringconnection@tru.eastlink.ca
Internet Site: Not Available

E'Pit Nuji Ilmuet (Woman Advisor) is a project of the Native Council of Nova Scotia that provides culturally and linguistically appropriate programming for young or low-income Aboriginal women who are pregnant, enabling them to make informed decisions about pregnancy, child birth, and parenting. The project aims to reduce substance abuse and improve nutritional intake during pregnancy and lactation, promote and protect breastfeeding, and reduce the rate of low birth weight babies. Prenatal education is provided through home visits, workshops, and a bus that delivers resources throughout the region. Public health nurses and nutritionists offer general information sessions to promote nutrition, medical care, and breastfeeding.

SECOND STORY WOMEN'S CENTRE AND PLANNED PARENTHOOD LUNENBURG COUNTY

624 King Street Tel.: (902) 543-1315
Bridgewater, Nova Scotia
B4V 1B4
Contact: Maureen

Second Story Women's Centre first opened its doors in 1983. Inspired by the Lunenburg County Women's Group, Second Story is a referral, information, resource and drop-in centre for women. Second Story's goal is to raise awareness of and support for women's issues and concerns in order to achieve equality for all women. For Second Story, equality means that all women should have an equal chance to have access to, and participate in, all aspects of our society. Services offered at Second Story include support on how to deal with a low income, peer counselling, planned parenthood, information, community education and self-help groups. Planned Parenthood appears to be closed during the summer months.

SINGLE PARENTS CENTRE

3 Sylvia Avenue Tel.: (902) 479-3031
Halifax, Nova Scotia Fax: (902) 477-2257
B3R 1J7
Contact: Paige McFarlane
Email: singleparent@ns.sympatico.ca

SPOKE WITH LESLEY.

Various funders.

The SPC welcomes all women, not only single mothers.

Current programs include: Parent-child programs such as “Mother goose” (games and rhymes); childcare available during most programming; volunteer doula training and natching program; post-natal support; parent massage (on a sliding scale); infant massage classes; breast-feeding support clinic; parenting programs for parents of older children; a prenatal program that lasts 9 weeks (2 hours every Tuesday), usually has about 8 pregnant participants (+support people), is tailored to their interests, and includes guest speakers and a hospital tour. One-to-one prenatal education is also available; interest is growing and is now at about 12 women.

TAKING CONTROL - MAKING CHANGES

35 Riverside St. Tel.: (902) 755-4647

P.O. Box 964 Fax: (902) 755-6775

New Glasgow, Nova Scotia

B2H 5K7

Low-income women in single-parent families, backed by Nova Scotia's Pictou County Women's Centre, decided in 1987 to pool their efforts to improve their personal and collective lives. As their name suggests, this group believes that collective effort brings about personal and structural change, while at the same time helping to combat the isolation of women living in rural areas.

With its distinctive leadership formula (administrative positions rotate every six months), women support each other in their problems and use collective advocacy strategies to promote and defend their rights. They have published *Women and Children: Struggle for Survival*, which talks about the daily struggles and hopes of the women of Pictou County.

LEGAL INFORMATION SOCIETY OF NS (LISNS)

5523 B Young Street

Halifax, Nova Scotia

Canada B3K 1Z7

Tel: (902) 454-2198

Fax: (902) 455-3105

Email: lisns@legalinfo.org

The Legal Information Society of Nova Scotia (formerly known as the Public Legal Education Society of Nova Scotia) is a non-profit organization that provides Nova Scotians with information and resources about the law.

Downloadable pamphlets from <http://www.legalinfo.org/publications.html>:

[Abuse in a marriage or common law relationship](#) (pdf file)

[Adoption](#) (pdf file)

[Changing Your Name](#) (pdf file)

[Common Law Relationships](#) (pdf file)

[Custody and Access](#) (pdf file)

[Divorce](#) (pdf file)

[Family Court](#) (pdf file)

[Maintenance](#) (pdf file)

[Release of Information about Adoption](#) (pdf file)

[Separation](#) (pdf file)

Divorce Information Kit for Petitioners (Uncontested divorces) Supreme Court (Family division)

Child Support Guidelines - You Can Help: Information for Service Providers

New Brunswick

CAPC PROJECTS

The [Community Action Program for Children](#) (CAPC) funds 13 projects in New Brunswick. Each project operates a family resource centre managed by a community board of directors. The programs offered by the 13 centres cover the province through a network of about 70 outreach sites, many in isolated rural areas. The family resource centres offer a variety of programs and activities for families with children ages 0 to 6. The centres evaluate their work regularly to find ways to improve their programs and services.



CAPC projects in New Brunswick work with a variety of partners, including New Brunswick's Early Childhood Initiatives and Public Health, the Canada Prenatal Nutrition Program, Healthy Baby and Me (HBM)/ B  b   et moi en sant   (BMS), literacy organizations, and transition houses.

FAMILY RESOURCE CENTRES

In New Brunswick, Family Resource Centres, operating with funding from the Community Action Program for Children, are grass-roots organizations, geared toward isolated, low-income families, single parents and children. The programs offered by Family Resource Centres are designed for children aged 0-6 years by strengthening and supporting these children and their families. This is achieved, in part, by offering a variety of parent-driven programs and services, including a prenatal program; drop-in play programs; parenting programs such as Nobody's Perfect; toy lending library; resource lending library; support groups; information sessions; parent help line; community kitchens, gardens and sewing; literacy programs; mobile programs; school readiness programs and child-oriented programs.

To function effectively, these community-based organizations rely heavily on partnerships with other organizations, community involvement and a strong volunteer base.

CARE 'N SHARE INC.

Organization and
Address:

Care 'N Share Inc.
93 Bridge St.

Chipman, NB E4A 1R8

Contact Name: Valerie Blyth
Telephone: (506) 339-6726
Fax: (506) 339-6726
E-Mail: careinc@nbnet.nb.ca
Internet Site: www.nald.ca/nbfr.htm

Care 'N' Share Inc. is a family resource centre serving young children, their parents and caregivers in central New Brunswick. The centre offers programs and services such as drop-in, parent education and support groups, and toy and resource lending libraries. Programs are offered at the main centre in Chipman and at several outreach sites in the south-central region of New Brunswick, in English.

CENTRE DE RESSOURCES FAMILIALES MADAWASKA/VICTORIA FAMILY RESOURCE CENTRE INC.

Organization and Centre de ressources familiales Madawaska/Victoria Family Resource Centre inc.
Address: 415 Portage St.
Grand Falls, NB E3Z 1M4
Contact Name: Amy Soucy
Telephone: (506) 473-6351
Fax: (506) 473-5211
E-Mail: amys.mvfr@nb.aibn.ca
Internet Site: www.nald.ca/nbfr.htm

The Centre de ressources familiales Madawaska/Victoria Family Resource Centre inc. serves young children, their parents and caregivers in northwestern New Brunswick. The programs offered include drop-in play, parent education and support programs, child development programs, and a toy and resource lending library. These programs are offered in the main centre in Grand Falls and in several outreach sites located in rural regions of northwestern New Brunswick. Programs and services are available in both official languages.

CENTRE DE RESSOURCES FAMILIALES DE KENT INC.

Organization and Centre de ressources familiales de Kent inc.
Address: 21 Renaud Street
Richibucto, NB E4W 4G8
Contact Name: Diane Levesque
Telephone: (506) 524-9192 or 743-8444
Fax: (506) 524-9915
E-Mail: kentcent@nbnet.nb.ca
Internet Site: www.nald.ca/nbfr.htm

The Kent Family Resource Centre serves young children, their parents and caregivers in Kent County. The programs and services offered include drop-in, parent education and support groups, literacy club, pre-school programs, and resource lending libraries. These services are offered from the main centres in Richibucto and Bouctouche, and through outreach programs in several rural communities in Kent County. Programs are available in French and English as requested by participating parents.

CENTRE DE RESSOURCES FAMILIALES DE LA PENINSULE ACADIENNE INC.

Organization and Address: Centre de bénévolat de la péninsule acadienne inc.
220 St. Pierre Blvd West, Suite 100
Caraquet, NB E1W 1A5

Contact Name: Josée Arseneau
Telephone: (506) 727-1860
Fax: (506) 727-1862
E-Mail: crfpa@nb.aibn.com
Internet Site: www.cbpa.ca/crfpa

This family resource centre serves young children, their parents and caregivers throughout the Acadian Peninsula. The programs and services offered include drop-in, parent education and support groups, "Bébé Grandit," teaching kitchens, and resource lending libraries. These programs are all available in French through a network of sites in four rural regions of the Acadian Peninsula.

CENTRE DE RESSOURCES FAMILIALES DE RESTIGOUCHE

Organization and Address: Centre de ressources familiales de Restigouche
6 Prince William Street
Campbellton, NB E3N 3H3

Contact Name: Nicole Bernard
Telephone: (506) 753-4172
Fax: (506) 753-0007
E-Mail: centrederessourcesrest@nb.aibn.com
Internet Site: www.nald.ca/nbfrc.htm

The Restigouche Family Resource Centre serves young children, their parents and caregivers in Restigouche County. Programs and services include developmental and support programs for parents and their pre-school children, including drop-ins, school readiness, and toy and resource lending libraries. These programs are available in both official languages from the main centre in Campbellton and in several outreach sites in northern rural New Brunswick.

CENTRE DE RESSOURCES POUR PARENTS CHALEUR RESOURCE CENTRE FOR PARENTS

Organization and Address: Centre de ressources pour parents Chaleur Resource Centre for Parents inc.
1236 Vanier Blvd
Bathurst, NB E2A 3N7

Contact Name: Julie Hickey

Telephone: (506) 545-6608

Fax: (506) 546-3816

E-Mail: crcp@nbnet.nb.ca

Internet Site: www.nald.ca/nbfrc.htm

Chaleur Resource Centre for Parents serves young children, their parents and caregivers in northeastern New Brunswick. The Centre offers programs and services such as drop-ins, parent-child development programs, educational and parenting programs, and toy, book and video lending libraries. The Chaleur Resource Centre also organizes a variety of special events according to the interests and needs identified by parents. Programs are available in both English and French in the main centre in Bathurst and in several outreach sites in rural communities of Gloucester County.

LE CERCLE FAMILIAL INC/ A FAMILY PLACE

Organization and Address: Le Cercle Familial inc./ A Family Place
1204 Water Street
Miramichi, NB E1N 1A2

Contact Name: Jeanne d'Arc Doucet

Telephone: (506) 622-5103

Fax: (506) 622-6879

E-Mail: ncfrc@nb.aibn.com or ncfrc@nbnet.nb.ca

Internet Site: www.nald.ca/nbfrc.htm

Le Cercle familial / A Family Place is a family resource centre serving young children, their parents and caregivers in northeastern New Brunswick. The Centre offers the following programs and services: drop-in, parent education and support groups, school readiness programs for families of young children, teaching kitchens, and toy and resource lending libraries. Le Cercle familial / A Family Place offers programs in both French and English in the main centre in Miramichi and in numerous outreach centres in rural areas of the Northumberland region.

FAMILY RESOURCE CENTRE OF CHARLOTTE COUNTY

Organization and Address: Family Resource Centre of Charlotte Co. Inc.
126 Milltown Blvd
P.O. Box 352
St. Stephen, NB E3L 2X3

Contact Name: Susan Embleton

Telephone: (506) 465-8181

Fax: (506) 465-8196
E-Mail: frcchar@nb.sympatico.ca
Internet Site: www.nald.ca/nbfrc.htm

The Charlotte County Family Resource Centre serves young children, their parents and caregivers in southwestern New Brunswick. The Centre offers programs and services such as drop-in, parent education and support groups, teaching kitchens, developmental activities for children, and toy and resource lending libraries. Programs are delivered in the main resource centre in St. Stephen and in several outreach sites in rural Charlotte County, in English.

FAMILY RESOURCE CENTRE (SJ) INC.

Organization and Address: Family Resource Centre (SJ) Inc.
39 Cliff Street
Saint John, NB E2L 3A8
Contact Name: Suzanne Kingston
Telephone: (506) 633-2182
Fax: (506) 633-2182
E-Mail: frcsj@nbnet.nb.ca
Internet Site: www.nald.ca/nbfrc.htm

The Family Resource Centre (SJ) Inc. serves young children, their parents and caregivers in the greater Saint John area. The Centre offers programs and activities such as drop-in, playgroups, parent education and support groups, teaching kitchens, developmental activities for children, and toy and resource lending libraries. Programs are offered in the main centre in Saint John and in several outreach sites in rural communities in southern New Brunswick, in English.

Programming is mostly directed at families, not single parents. However, there are two support groups for single mothers- one for ages 21 and under, one for ages 22-27. They meet once a week for about 7 weeks.

FREDERICTON REGIONAL FAMILY RESOURCE CENTRE

Organization and Address: Fredericton Regional Family Resource Centre Inc.
678 Union St.
Fredericton, NB E3A 3N7
Contact Name: Carla Hitchcock or Beth Corey
Telephone: (506) 474-0252
Fax: (506) 474-0253
E-Mail: frfrc@rogers.com
Internet Site: www.nald.ca/nbfrc.htm

The Fredericton Regional Family Resource Centre serves young children, their parents and caregivers in Fredericton and the surrounding area. Programs and activities include drop-ins, parent education and support groups, Collective Kitchens, and toy and resource lending libraries. The centre also organizes a variety of special events addressing the interests and needs identified by parents. The Fredericton Regional Family Resource Centre offers programs in the main centre and in several outreach sites in surrounding rural communities, in English.

LIFESTYLE EDUCATION FOR ADOLESCANT PARENTS

Coordinator: Gail Hooper
416 York Street,
Fredericton, New Brunswick E3B 3P7
Voice: 506 459 1497
Fax: 506 450 4385
Email: von@nbnet.nb.ca

KINGS COUNTY FAMILY RESOURCE CENTRE INC.

Organization and Address: Kings County Family Resource Centre Inc.
625 Main St.
Sussex, NB E4E 7H5

Contact Name: Linda Floyd-Sadler
Telephone: (506) 433-2349
Fax: (506) 433-3463
E-Mail: kcfrc@nbnet.nb.ca
Internet Site: www.nald.ca/nbfrc.htm

Kings County Family Resource Centre serves young children, their parents and caregivers in southern New Brunswick. The Centre offers programs and activities such as drop-in, parent education and support groups, toy and resource lending libraries, and developmental activities for children. Programs are offered in the main centre in Sussex and in several outreach sites in rural Kings County.

VALLEY FAMILY RESOURCE CENTRE INC.

Organization and Address: Valley Family Resource Centre Inc.
110 Richmond Street - Unit 1
Woodstock, NB E7M 2N9

Contact Name: Anna Marie Hayes
Telephone: (506) 325-2299
Fax: (506) 328-8896
E-Mail: valfamly@nbnet.nb.ca
Internet Site: www.nald.ca/nbfrc.htm

The Valley Family Resource Centre serves young children, their parents and caregivers in central western New Brunswick. Programs and activities offered at the centre include

parent education and support groups, parent-child development programs, toy and resource lending libraries, and a variety of special events. The Valley Family Resource Centre offers programs in the main centre in Woodstock and in several outreach sites in rural areas of central western New Brunswick.

CAMBELLTON FAMILY RESOURCE CENTRE/CENTRE DE RESOURCE POUR PARENT

1 Tingley Tel.: (506) 753-4161
Campbellton, New Brunswick Fax: (506) 753-0007
E2N 2S1

CARAQUET FAMILY RESOURCE CENTRE

111 St-Pierre Boulevard West Tel.: (506) 727-1864
Caraquet, New Brunswick Fax: (506) 727-1862
E1W 1B9

MOTHERS AND TOTS

c/o Church of St-Andrew and St-David Tel.: (506) 634-3094- THIS NUMBER IS NOT WORKING
164 Germain Street
Saint John, New Brunswick
E2L 2G3

Mothers and Tots is a support group for single and low-income mothers with pre-schoolers. Mothers and Tots allows mothers some time apart from their children and the opportunity for friendship. Mothers are involved, as a group, in choosing from a wide variety of activities. These include parenting information, crafts, cooking, visiting community resources, hearing guest speakers from other agencies, educational and career information, and computer classes.

GREATER MONCTON FAMILY RESOURCE CENTRE

Organization and Address: The Greater Moncton Family Resource Centre Inc.
20-451 Paul Street, Suite 210
Dieppe, NB E1A 6W8
Contact Name: Claire LaBelle
Telephone: (506) 384-7874
Fax: (506) 869-9916
E-Mail: aparent@nbnet.nb.ca
Internet Site: www.frc-crf.com

The Greater Moncton Family Resource Centre serves young children, their parents and caregivers in southeastern New Brunswick. Programs and activities include drop-in, parent education and support groups, Collective Kitchens, developmental activities for children, and toy and resource lending libraries. The Centre offers programs in both

French and English in the main centre and in several outreach sites in southeastern New Brunswick. The programs are established based on the outcome of the needs assessment. The target groups are low-income, single and teenage families. The project provides skills training to at-risk parents on such topics as assertiveness, self-esteem, board management. The Greater Moncton Parent Resource Centres are in two locations. The Central Information Resource Centre is located at 154 Queen Street and a centre is located at 150 Katherine Avenue in the Parkton Heights Housing Community

SUPPORT TO SINGLE PARENTS

154 Queen Street Tel.: (506) 858-1303
Moncton, New Brunswick
E1C 1K8
www.supporttosingleparents.ca

Established in 1982, Support to Single Parents (formerly Mothers) works to improve the quality of life of low-income single parents and their children, by helping them make positive changes in their lives. Support to Single Parents designs and implements a broad range of adult workshops, and educational training programs, which benefit its target group. Individual sessions are included to provide support, referral, guidance, assessment and skill acquisition.

Support to Single Parents also operates a drop-in centre, a child care service, a swap shop and a resource centre. Support to Single Parents further provides referral services, public awareness, alliances, advocacy, and physical and emotional support services that address the needs of single parents.

Support to Single Parents provides services such as prenatal and new born care classes, parenting classes, literacy training, raising self-esteem, aids awareness, teen independence program and a new beginnings programs.

Support to Single Parents, Crossroads for Women and the Advisory Council on the Status of Women have undertaken a three-year joint project to determine the needs of women (not exclusively single mothers) whose lives have been affected by substance abuse. In conjunction with a focus group of women, a treatment model will be developed and implemented for women with addictions.

Recently, programming has changed due to cutbacks. Fewer programs are directed at young and teen parents.

OTHER SINGLE PARENT RESOURCE CENTRES:

Fredericton (506) 453-6671
St-Stephen (506) 466-4995
Bathurst (506) 547-2062
Woodstock (506) 325-9452
Sussex (506) 433- 6206
Chipman (506) 339-6728
Richibucto (506) 523-7639

UNB RESEARCH PROJECTS

Judith Wuest, Faculty of Nursing. Recently published findings from a study about single mothers and health promotion strategies after leaving abusive partners (see bibliography). Judy is currently working on a four-year, CIHR-funded project that analyses in depth the mental and physical health in the early years after women leave abusive partners. Many of the study participants are single mothers.

For her Master's Thesis in Sociology, Jeannie Malcolm is studying single mothers who identify themselves as having made a transition from less to more self-sufficiency and asset development. There is a lot of research about the obstacles single mothers face; this study will hopefully contribute positively to our understandings of how single mothers use strengths and strategies. Jeannie is using grounded theory to analyze interviews with twelve women. 506-447-3413, moms@unb.ca.

THE SAINT JOHN COMMUNITY LOAN FUND

The Saint John Community Loan Fund gives loans to start a business or get back to work or into housing. Targeted mostly at single mothers in transition, "Opening the Door" covers security and other deposits and some repairs. They have made nearly 70 loans (on average of \$1,500) from over 400 inquiries for total disbursement of approx. \$100,000. The Fund also delivers courses in basic money management and a business-plan training course in partnership with the YM-YWCA. Saint John Community Loan Fund is the only community loan fund in Atlantic Canada where the risk capital is 100% private investments from individuals and groups. - Saint John Community Loan Fund, 636-8542; loanfund@nbnet.nb.ca

PUBLIC LEGAL EDUCATION AND INFORMATION SERVICE OF NEW BRUNSWICK

P.O. Box 6000, Fredericton
New Brunswick E3B 5H1
Telephone: (506) 453-5369
Fax. (506) 457-7899
E-mail: pleisnb@web.ca

PLEIS-NB is a non-profit organization and a registered charity. Our mandate is to develop a variety of bilingual educational products and services about the law for the public in order to promote access to the legal system. The goal is to assist the public in identifying and understanding their legal rights and responsibilities with a view to improving their ability to deal with legal matters.

Publications available at <http://www.legal-info-legale.nb.ca/pub.asp#familylaw>:

They include:

Family Law

[What Parents Should Know About Child Protection](#)

[The Marital Property Act of New Brunswick](#)

[Custody and Access in New Brunswick](#)

[Domestic Legal Aid](#)

[Financial Statement and Income Information \(PDF\)](#)

[Child and Family Support](#)

[What you should know about enforcement if you pay support](#)

[What you should know about enforcement if you receive support](#)

[Questions and Answers](#)

[What you should know about the new tax rules and guidelines on child support](#)

[Family Support Orders Service](#)

[Who's Minding the Kids?](#)

[Parent's Guide](#)

[A Sitter's Guide](#)

[A Homecare Guide](#)

[Family Violence](#)

[Child Abuse](#)

[A Legal Rights Handbook for Abused Women \(PDF\)](#)

[Woman Abuse Consultation: A Report on Concerns About the Legal System's Response to Woman Abuse \(PDF\)](#)

[Information for Abused Women](#)

[Survival Strategies](#)

[Dealing With The Police](#)

[Peace Bonds](#)

[Going To Court](#)

[Getting married? Before you say your vows...](#)

HOUSING RESOURCES

National

HABITAT FOR HUMANITY CANADA

40 Albert Street Tel. : (519) 885-4565
Waterloo, Ontario Fax : (519) 885-5225
N2L 3S2

Habitat for humanity/life is a grassroots community-based movement. Habitat is a people-helping-people, Christian organization with the goal of providing simple, adequate and affordable shelter for low-income people. Habitat attempts to do this by asking the future home owners to contribute time, and also by soliciting resources from other people, such as their time, funds, or in-kind gifts. With needy and affluent people working together in equal partnership, they build new housing, new relationships and a new sense of community.

Through volunteer labour, Habitat builds and rehabilitates homes with the help of home owners. Houses are sold at no profit to partner families, and no-interest mortgages are issued. Small monthly mortgage payments, including taxes and insurance, are repaid over an average of 20 years and deposited into a revolving Fund for Humanity, which supports the construction of more houses.

Habitat is a joint venture in which those benefiting from it participate directly in the work. Each home owner family must invest 500 hours of unpaid labour ("sweat equity") as a down payment. They help build their own house and those of other prospective Habitat home owners. This reduces cost, increases pride of ownership and fosters positive relationships.

Habitat for Humanity is a remarkable program for a variety of reasons. By bringing people of different backgrounds together and by organizing time and resources, they are able to build more homes and help more needy families restore their dignity and self-respect.

Habitat for Humanity is administered by local affiliates across the country. It is these groups that actually build the houses. Affiliates are started by people interested in helping others in their community.

Newfoundland and Labrador

NEWFOUNDLAND AND LABRADOR HOUSING CORPORATION

Gerry Kennedy
Director, Programs
Newfoundland and Labrador Housing Corporation
P.O. Box 220
St. John's, Newfoundland and Labrador

A1C 5J2

Phone: (709) 724-3226

TTY: Not Available

Fax: (709) 724-3250

Email: gfkennedy@a1.nlhc.nf.ca

Non-profit housing is provided directly by NLHC to low-income families, seniors, non-elderly singles, aboriginal people, disabled individuals and others in need of housing. Tenants are required to pay 25 - 30 per cent of their total monthly household income towards rent.

SHELTERS:

Cara Transition House

PO Box 305, Gander

NF A1V 1W7

(709) 256-7707

cara@nf.aibn.com

Iris Kirby House

PO Box 6208, St. John's

NF A1C 6J9

(709) 722-8272

deborahkeats@hotmail.com

Corner Brook Transition House

PO Box 152, Corner Brook

NF A2H 6C9

(709) 634-4199

thouse@nf.sympatico.ca

Grace Sparkes House

PO Box 327, Marystown

NF A0E 2M0

(709) 279-3562

khackett@nf.aibn.com

Nain Safe House

PO Box 447, Nain,

LAB A0P 1L0

(709) 922-1229

nainsafehouse@nf.aibn.com

Labrador West Family Crisis Shelter

PO Box 106, Labrador City

LAB A2V 2K3
(709) 944-7124
familycrisis@nf.aibn.com

Libra House
PO Box 449, Stn. B,
Happy Valley, Goose Bay, LAB. A0P 1P0
(709) 896-8022
librahouse@nf.sympatico.ca

Nukum Munik Shelter
Box 160,
Sheshatshui, NF A0P 1M0
(709) 497-8868

Hopedale Safe Home
lihchope@hvgb.net

Prince Edward Island

CANADIAN MORTGAGE AND HOUSING CORPORATION
119 Kent Street, Suite 300, 3rd floor
Charlottetown, PE
C1A 1N3

Telephone: (902) 566-7336
Facsimile: (902) 566-7350
[Canadian Mortgage and Housing Corporation Website](#)

Provides operating subsidies to numerous non-profit housing corporations and non-profit housing co-operatives throughout PEI so that these non-profit organizations might offer housing at rent levels lower than those normally available in the "private" marketplace. In many cases these non-profit organizations provide housing at a rent level that is geared or tied to the household's income.

Client groups served by these non-profit organizations include: seniors, families, persons with mental health concerns, victims of family violence and the physically challenged.

SHELTERS:

Anderson House
PO Box 964, Charlottetown
PEI C1A 7M4
(902) 368-8658
shelter@isn.net

Outreach:
Transition and Support Services - Charlottetown
(902) 566-1480
outreach@isn.net

Transition and Support - East Prince
(902)436-0517
tass@pei.aibn.com

Family Violence Prevention Services - West Prince
(902)859-8849
wptrans@isn.net

Family Violence Prevention Services - Southern Queens, East & Southern Kings
(902)838-0795
gddavies@ihis.org

Nova Scotia

UNIACKE SQUARE PUBLIC HOUSING TENANTS ASSOCIATION
2439 Gottigen St. Tel.: (902) 425-4493
Halifax, Nova Scotia
B3K 3C3

As with many other community centres, Uniacke Square encourages residents of the community to empower themselves through mutual help and sharing. Projects are formulated around a group of participants and implemented: a summer camp for neighbourhood children, self-help sessions for adolescents and substance abuse, a job hunting circle, a support group for retired people, workshops on how to present a résumé, all with no financial resources...

Breaking isolation, creating ties, working together and encouraging people to commit to social change through their solidarity: these are just some of the special facets of Uniacke Square. Here, as elsewhere, almost all of the participants are women.

JUNIPER HOUSE
PO Box 842, Yarmouth
NS B5A 4K5
(902) 742-8689
Outreach: (902)742-0231
wak@auracom.com

LEESIDE SOCIETY
P.O. Box 2115 Port Hawkesbury
NS B0E 2V0
(902) 625-2444

Outreach: (902)625-1106
leeside@auracom.com

MI'KMAQ FAMILY TREATMENT CENTRES
PO Box 310, Whycomomagh
NS B0E 3M0
(902) 756-3440 Waycobah
1-800-565-4741 Millbrook
macleaij@gov.ns.ca

HARBOUR HOUSE
PO Box 355, Bridgewater
NS B4V 2W9
(902) 543-3999
Outreach: (902) 543-9970
harbourhouse@ns.sympatico.ca

CAPE BRETON TRANSITION HOUSE
PO Box 487, Sydney
NS B1P 6H4
(902) 539-2945
Outreach: (902)562-3045
bea.leblanc@ns.sympatico.ca

AUTUMN HOUSE
PO Box 1141,
Amherst NS B4H 4L2
(902) 667-1200
Outreach: (902)667-1200
cctha@ns.sympatico.ca

NAOMI SOCIETY
23 Bay St., Suite 316, Antigonish
NS B2G 2G7
(902) 863-3807
naomisociety@ns.sympatico.ca

CHRYSALIS HOUSE
PO Box 356, Kentville
NS B4N 3X1
(902) 679-1922
Outreach: (902)679-1155
chrysalis@ns.sympatico.ca

TEARMANN HOUSE
PO Box 153, New Glasgow
NS B2M 5E2
(902) 752-0132
Outreach: (902)752-2591
tearmann@north.nsis.com

THIRD PLACE TRANSITION HOUSE
PO Box 1681,
Truro NS B2N 5Z5
(902) 893-3232
Outreach: (902)893-4844
n.j@ns.sympatico.ca

CASA
PO Box 1456,
Digby NS B0V 1A0
(902) 245-4789
casa@ns.sympatico.ca

BRYONY HOUSE
Suite 104, 5663 Cornwall St.,
Halifax NS B3K 1B6
(902) 422-7650
Outreach: (902)429-9008
bryony@ns.sympatico.ca
bhadmin@supercity.ns.ca

New Brunswick

HOUSING ALTERNATIVES INC.
LaTour Terrace, 61 Union Street, Suite 400 Tel.: (506) 632-9393
Box 6246, Station A
Saint John, New Brunswick
E2L 4R7

Housing Alternatives Inc. favours the development of non-profit cooperative housing in Saint John, N.B. With financial assistance from the Canada Mortgage and Housing Corporation (CHMC) and New Brunswick Housing Services, low-income families can now find cooperative housing in homes that have been renovated in poor neighbourhoods in Saint John. The program is called Rehabitat. There are currently nine cooperatives consisting of between 20 and 57 housing units each. More than 800 housing units have been created this way since 1981.

Housing Alternatives Inc. has also begun promoting cooperative housing projects

throughout the province by advocating for changes in discriminatory legislation concerning housing for low-income families. Thus, in addition to its role of direct intervention, Housing Alternatives has taken on an advocacy role.

FIRST STEPS HOUSING INC.

info@firststepshousing.com, Telephone: 506.693.3590 Fax: 506.693.2232

693-BABY (2229) 24hr Helpline

Young, single women and their children represent the single largest group of people living in poverty in Saint John. First Steps Housing Project Inc (First Steps) was developed in Saint John because of the high teen pregnancy rate and the lack of support facilities for young women and their babies. These mothers and their children are in jeopardy of poverty, illness and abuse. First Steps provides a supportive environment where young mothers can continue their education, further their personal development and gain the skills required to thrive as individuals and as parents.

In Saint John New Brunswick, on May 22, 2002, First Steps Housing Project Inc opened its doors to homeless pregnant and parenting youth.

Saint John, New Brunswick has one of the highest rates of teen pregnancy in Canada, and the birth rate in Saint John is almost 50% higher than the provincial average. For many years, the Greater Saint John Teen Pregnancy Committee, community organizations, non-profit agencies, and concerned citizens of Saint John have tried relentlessly to address the issue of teen pregnancy, primarily through preventative measures and educational methods.

These groups have seen some positive results from their efforts, showing a 19% reduction in teen pregnancy over the past five years. However, Saint John continues to have one of the highest teen pregnancy rates in Canada; 43.7 babies per 1000 are born each year.

A group of Saint John business people who were committed to help combat the growing poverty problem in Greater Saint John established the Business Community Anti-Poverty Initiative. This group selected an independent party to identify initiatives that could best effect significant and ongoing reductions in poverty in the area. The study concluded that young, single women and their children represent the single largest group of people living in poverty in Saint John. They are likely to have become pregnant as teens, experienced broken homes or abusive situations and have ongoing coping or life skill challenges.

Single mothers are unlikely to finish high school, citing personal problems as their primary reason for dropping out, including pregnancy. These statistics are alarming, and indicate that the personal safety and security of these young mothers and their infants is in jeopardy.

The aim of First Steps is to provide a supportive transitional housing facility for homeless pregnant youth and their infants. First Steps strives to ensure that homeless pregnant young women will have a healthy pregnancy and a healthy baby; and through partnering with existing community services will assist these young women in moving from homelessness to self-sufficiency and a better quality of life.

SAINT JOHN NON-PROFIT HOUSING INCORPORATED

Narinder Singh, Executive Director
39 Charlotte Street
Saint John, NB
E2L 2H3
Canada
Main Phone: 506-658-1925
After Hours: 506-658-1925
Main Fax: 506-635-3479

Description of Services

1. Develop, construct and maintain and operate housing for low and moderate income seniors, families and special groups.
2. Maintain liaison with other community-based housing groups to exchange information and provide support.
3. Maintain liaison with seniors levels of government to ensure appropriate funding levels.
4. Develop and implement a social policy for housing for the city of Saint John.

SECOND STAGE HOUSING INC.

P.O. Box 3339 Station B
Saint John, NB
E2M 4X9
Canada
Main Phone: 506-632-4289

Contact Person: Elaine Stewart - Executive Director

Second stage provides a forum for social and political activity. We exist to empower abused women, children and society in their struggle to counter the effects of patriarchy. Through the provision of services for women and children, second stage housing provides an alternative to living with violence. Second stage provides safe, affordable housing and on-going support and programs to abused women and children.

NB COALITION OF TRANSITION HOUSES

Jackie Matthews
PO Box 342
St Stephen
E3L 2X2
Email: Syn456@nb.sympatico.ca
T 506-466-5879

F 506-465-8038

This coalition meets 3-4 times per year to discuss the issues facing transition houses and emergency shelters.

Alternative Address:

292 Duke Street

St. John, NB

E2L 1P5

Phone: 506-648-0481

Fax: 506-693-8508

Email: candlewd@nb.sympatico.ca

HOMELESS WOMEN'S SHELTER

Dorothy Dawson

SHELTERS:

L'Accueil Sainte-Famille Inc.

C.P. 3685 Succ. bureau chef

Tracadie-Sheila, N.-B.

E1X 1G5

Phone: (506) 395- 1500

FAX: (506) 395- 6677

acstefam@nbnet.nb.ca

Fundy Region Transition House

249 Milltown Blvd., St. Stephen

NB E3L 1H3

(506) 466-4485

frth@nbnet.nb.ca

Gignoo Safe Haven

PO Box 3385, Stn. B

Fredericton, NB E3A 5H2

(506) 458-1236

gignoo@nbnet.nb.ca

Sanctuary House

PO Box 1014, Woodstock

NB E0J 2B0

(506) 325-9452

mwaves@nb.sympatico.ca

Sussex Vale Transition House

PO Box 2184, Sussex

NB E0E 1P0
(506) 432-6999
sue_delong@hotmail.com

Crossroads for Women
PO Box 1247, Moncton
NB E1C 8P9
(506)853-0811
crosroad@nb.sympatico.ca

Miramichi Emergency Centre for Women
PO Box 249, Miramichi
NB E1V 3M3
(506) 622-8865
mecw@nb.aibn.com

Maison Notre-Dame
PO Box 158, Campbellton
NB E3N 3G4
(506) 753-4703M

Escale Madavic
PO Box 411, Edmundston
NB E3V 3L1
(506) 739-6265
bgbozo@nbnet.nb.ca

Women in Transition
PO Box 1143, Fredericton
NB E3B 5C2
(506) 459-2300
trans@nbnet.nb.ca

Maison de Passage House
PO Box 1284, Bathurst
NB E2A 4J1
(506) 546-9540
passagehouse@nb.aibn.com

Hestia House
PO Box 7135, Stn A, St. John
NB E2L 4S5
(506) 634-7571
hestia@nbnet.nb.ca

NUTRITION AND FOOD SECURITY REOURCES

Newfoundland and Labrador

FEED THE CHILDREN FOUNDATION OF NEWFOUNDLAND AND LABRADOR
106A - 2nd floor Tel.: (709) 722-1996
Virginia Park Plaza Fax: (709) 722-1996
Newfoundland Drive
St. John's, Newfoundland A1A 3E9

Feed the Children Foundation of Newfoundland and Labrador is a non-profit organization established to foster the development of sustainable nutritious food programs for school children throughout the province. The Foundation provides information, seeks support from the community at large and offers grants to set up food programs for children.

The Foundation assists groups or individuals by providing information and advisory services, including budgeting, local program administration, menu planning, nutrition standards and food handling.

Feed the Children Foundation is committed to addressing the problem of child hunger in Newfoundland and Labrador. Their philosophy is that every child deserves a fair chance and an equal opportunity for good health and education.

Nova Scotia

CUMBERLAND PRENATAL NUTRITION PROGRAM (a project of Maggie's Place)

Organization and Maggie's Place

Address: P.O. Box 1149
Amherst, NS B4H 4L2

Contact Name: Trudy Reid

Telephone: (902) 667-7250

Fax: (902) 667-0585

E-Mail: maggies@ns.sympatico.ca

Internet Site: Not Available

The Cumberland Prenatal Nutrition Program is a project of Maggie's Place. Staff work with pregnant women, especially those who are young, unemployed, on municipal assistance, or working for low wages. The program provides food supplements and encourages women to participate in the Basic Shelf Food Experience, a program also offered in the high school, which increases skill and awareness about healthy eating and lifestyle choices.

Through CPNP, Maggie's Place improves the nutrition of young and low-income women living in isolated rural areas, teaches them nutrition, creates support networks, and helps these women make positive lifestyle changes. To encourage full participation, the centre covers child care and transportation costs.

DIGBY COUNTY PRENATAL NUTRITION PROGRAM

Organization and Digby Family Resource Centre

Address: P.O. Box 163
Digby, NS B0V 1B0

Contact Name: Darlene Lawrence

Telephone: (902) 245-6660

Fax: (902) 245-1026

E-Mail: dcfrc@ns.sympatico.ca

Internet Site: Not Available

The Digby County Prenatal Nutrition Program is a project of the Digby Family Resource Centre whose goal is to improve the nutritional health of teens and low-income women from Acadian, Black, and rural fishing communities in Digby County. Staff provide the following culturally and linguistically appropriate services: nutrition counselling, home visits, a workshop series, food supplements, a warm-line, and food baskets.

The program increases support, reduces substance abuse, reduces rates of low birth weight and birth defects, increases rates of breastfeeding, and maintains cultural diversity. Transportation and child care are provided for participants.

GREAT BEGINNINGS

Organization and Annapolis Valley Hants Prenatal Nutrition Program

Address: Apple Tree Landing Children's Centre
1203 Main Street, P.O. Box 159
Canning, NS B0P 1H0

Contact Name: Lois Baird; Leslie Frank; Kim Burns

Telephone: (902) 678-1184

Fax: (902) 678-1326

E-Mail: brittara@ns.sympatico.ca

Internet Site: www.up2us.ca

Great Beginnings is a project of the Annapolis Valley Hants Prenatal Nutrition Program with centres in Canning, Kennetcook, and Kentville. The project operates an outreach program for pregnant women, especially young women and those living in isolation or poverty. Trained outreach workers provide support, training and food supplements, and promote breastfeeding.

A working group of partners made up of participant representatives, nutritionists, and key professionals from other related fields recommends effective ways to identify and involve low-income women.

KIDS FIRST PRENATAL NUTRITION PROGRAM

Organization and Kids First

Address: P.O. Box 352
Westville, NS B0K 2A0

Contact Name: Michelle Ward

Telephone: (902) 755-1213

Fax: (902) 755-1630

E-Mail: wardhale@ns.sympatico.ca

Internet Site: Not Available

The Kids First Prenatal Nutrition Program is a project located in Antigonish and Guysborough counties whose goal is to create a positive support program for low-income, geographically isolated pregnant women and young mothers and their babies. The program promotes the health of mothers, infants, and pregnant women by enhancing prenatal and infant nutrition through home visits, food supplements, individual counselling, and breastfeeding support. The program also offers the following services: a prenatal education program, smoking cessation groups, a maternity and infant clothing exchange, and a resource lending library that includes books, videos, and breast-pumps for nursing mothers. The project has mobilized broad-based community support and developed partnerships with Community Services and a regional breastfeeding network.

PRESTON AND AREA PRENATAL NUTRITION PROGRAM

Organization and East Preston Day Care Centre

Address: W5 Mall, 1900 # 7 Highway, Suite 501
East Preston, NS B2Z 1E9

Contact Name: Sandra Brooks

Telephone: (902) 462-7266

(902) 462-0054

Fax: 902-462-5744

E-Mail: paapnp@eastlink.ca

Internet Site: Not Available

The Preston and Area Prenatal Nutrition Program is a project of the East Preston Day Care Centre designed to benefit low-income pregnant adolescents and women at risk of abuse in and around East Preston, a Black community in the Halifax Regional Municipality. The goals of the project are to enhance self-esteem, assist women to recognize abuse in their relationships, and increase knowledge about nutrition. The centre provides the following programs and services: a Collective Kitchen, a self-esteem support group, individual and group nutrition counselling, workshops on breastfeeding, and a resource library with culturally appropriate educational material. To facilitate participation, child care and transportation to the centre are provided.

METRO FOOD BANK SOCIETY

1 - 50 Thornhill Tel.: (902) 468-2422
Dartmouth, Nova Scotia B3B 1S1 Fax: (902) 468-1526

The Metro Food Bank Society operates on public donations of food, which are distributed to people in need. Metro Food Bank advocates and educates the public and government to eliminate hunger and poverty. The Metro Food Bank also runs a collective kitchen as well as the program Share-a-Garden, which encourages families to grow fresh produce for themselves. The organization publishes Options, a newsletter providing a forum for food bank customers to share information and ideas.

New Brunswick

FOOD FUN

c/o Church of St. Andrew and St. David Tel.: (506) 634-3092
164 Germain Street
Saint John, New Brunswick E2L 2G3

Food Fun is a cooking program for families on low budgets where families can learn basic cooking and nutrition, meal planning and budgeting. Recipes chosen are inexpensive, nutritious, and easy to prepare. The program costs \$2 per month with child care provided at no extra cost.

MAPLETON FOOD BANK AND TEACHING KITCHEN

1111 Mountain Road Tel.: (506) 858-8257
Moncton, New Brunswick E1C 2S9 Fax: (506) 857-3170

The Mapleton Food Bank and Teaching Kitchen provides emergency food services for low-income families in the Greater Moncton Area. This organization also provides an educational program centred around a nutrition and life skills program to help participants become self-sufficient. The Teaching Kitchen's goals are to help low-income families to learn how to cook nutritious meals with accessible and low-cost foods. In this program, each participant makes a recipe and shares it with others. This organization would like to open a collective kitchen in the near future.

SAINT JOHN FOOD PURCHASING CLUB

Community Health Centre Tel (506) 632-5537
St. Joseph's Hospital sjchc@reg2.health.nb.ca
116 Coburg Street
Saint John, New Brunswick

A non-profit organization that has been in operation since May 1997 to assist individuals and families to obtain nutritious food at reasonable prices.

SAINT JOHN EAST FOOD BANK INC.

129 Bayside Drive Main Phone: 506-633-8298
Saint John, NB E2J 1A3