

## NOVA SCOTIA

### COVID Social Resource Connector

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This listing of resources complements the "COVID-19 Social Care Guidance" (available at [upstreamlab.org/covid19](http://upstreamlab.org/covid19)) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately ([upstreamlab@smh.ca](mailto:upstreamlab@smh.ca)) if you are aware of new resources or have concerns about any specific resource.

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### Resources

#### Food Resources

##### Grocery and Delivery

##### **Virtual School Meal Pilot Program**

Description: Provides nutritious meals to students who relied on school meal programs while schools are closed due to COVID-19. The program is available in 4 Cape Breton communities (Sydney Mines, North Sydney, New Waterford and Glace Bay) with 12 participating schools. They provide 1 meal/day Mon-Fri.

Sign-up: [Click2Order.ca](http://Click2Order.ca) or contact school principal

Website: <https://novascotia.ca/coronavirus/virtual-school-meal-program/#eligibility>

### **Feed Nova Scotia's COVID-19 Food Box program**

Description: short-term initiative is to provide home delivery of food to Nova Scotians who lack the means to access any other form of food support, largely because they can't leave their home and they don't have the funds, friends, or family to help get food.  
Contact: call 211 on weekdays between 8am and 8pm

### **Meals on Wheels**

Please use think link to find Meals on Wheels in your area:  
<http://mealsonwheelsnovascotia.ca/>

### **Food Banks**

FEED NS distributes food to 141 food banks, shelters, soup kitchens, and meal programs. Call 211 or visit [www.ns.211.ca](http://www.ns.211.ca) and select 'Food Support' for a listing of other food support services in your area.  
<https://www.feednovascotia.ca/find-food>

## **Homelessness Resources**

### **Emergency Shelters**

#### **Shelter NS**

Description: Provides emergency shelter for men, women, trans individuals, and gender nonconforming individuals and their dependent children experiencing homelessness.

- Barry House (Women and Children) - 2706 Gottingen Street, Halifax
- Metro Turning Point (Men) - 2170 Barrington Street, Halifax

Contact: 902-422-8324; [amieleslie@shelternovascotia.com](mailto:amieleslie@shelternovascotia.com)  
<https://www.shelternovascotia.com/about-us>

#### **The Salvation Army - Halifax Centre of Hope Men's Shelter**

Description: provides short-term emergency shelter  
Contact: 902-422-2363; [office@halifaxcentreofhope.ca](mailto:office@halifaxcentreofhope.ca)  
<http://www.halifaxcentreofhope.com>

## **Legal Resources**

#### **Nova Scotia Legal Aid (NSLA)**

Description: Offers some level of legal assistance to all Nova Scotians, including information, advice and full representation by a lawyer for qualified applicants. Full service is based on financial need, area of law requested and the merit of the case.  
Contact: 902-420-7800  
<https://www.nslegalaid.ca/online-application/>

## **COVID-19 - I Have a Legal Question**

### **Legal Information Society of Nova Scotia**

Description: Website answers questions that people are asking about the law relating to COVID-19. Shares updates about changes to government programs and court services.

Website: <https://www.legalinfo.org/i-have-a-legal-question/covid-19>

## **Well-being Resources**

### **Social Isolation**

#### **Seniors' Connection Line**

Description: A new connection line in place in Kings County that aims to ensure older individuals living in isolation are not falling through the cracks during the COVID-19 pandemic.

Contact: 902-670-0950

#### **CareMongering Facebook Groups**

Description: Facebook groups created by community members to coordinate neighbours helping other neighbours in multiple communities across NS. People can post offers of help or requests.

Annapolis County <https://www.facebook.com/groups/caremongeringAC/>

HRM: <https://www.facebook.com/groups/1401399166697546/>

Antigonish: <https://www.facebook.com/groups/1320898228108678/>

Lower Sackville: <https://www.facebook.com/groups/660549148051957>

Prospect Rd. Peggy's cove:

[https://m.facebook.com/prospectcommunities/posts/?ref=page\\_internal&mt\\_nav=0](https://m.facebook.com/prospectcommunities/posts/?ref=page_internal&mt_nav=0)

### **Interpersonal Violence**

#### **Kids Help Phone**

Description: offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

#### **ShelterSafe**

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

**Transition House Association of Nova Scotia**

Description: 24-hour helpline if seeking help with violence.

Contact: 1-855 225-0220

**Sexual Assault Centres**

List of local sexual assault centres: <https://novascotia.ca/coms/svs/sexual-assault-centres/>