



# Spryfield Youth Connecting Tree – June 2011



## Recreation and Free Time

### Sports

**Atlantic Karate Club** 477-4639  
[www.atlantickarateclub.ca](http://www.atlantickarateclub.ca)

**Bike/Skateboard Bowl – Captain William Spry Centre**

*Briarwood* 440-2363  
[www.briarwoodgolfclub.net](http://www.briarwoodgolfclub.net)

**Chebucto Hiking Club** 462-1458  
[www.chc.chebucto.org](http://www.chc.chebucto.org) all year round hiking

**Chebucto Minor Hockey** 477-6887 Sept.-March  
[www.chebuctominorhockey.com](http://www.chebuctominorhockey.com)

**Chimo Taekwondo** 477-0538  
[www.chimotaekwondo.com](http://www.chimotaekwondo.com) ages 3 up to adults

*Dunbrack Soccer* 455-0078  
[www.dunbracksoccer.ns.ca](http://www.dunbracksoccer.ns.ca)

*Halifax City Wanderers Soccer Club* 453-0741 ages 5 and up  
[halifaxcitysoccercub.ca](http://halifaxcitysoccercub.ca)

**Halifax Southwest Hurricanes Lacrosse** 477-2540  
[www.hhla.goalline.ca](http://www.hhla.goalline.ca) ages 5 & up

*Herring Cove Minor Basketball* 479-1895 ages 12-19 Sept-June

*Herring Cove Soccer*  
<http://www.servicedeliveryoffice.ca/public/herringcovessharks/start/>

*Ketch Harbour Yoga* 868-1892

**Mainland South Basketball** 852-5468 [www.mse.goalline.ca](http://www.mse.goalline.ca) ages 5-15

**Spryfield Minor Softball**  
[www.angelfire.com/bug/spryult](http://www.angelfire.com/bug/spryult)

**Spryfield Lions Rink & Recreation Centre** 477-5466 ringette, skating

*Williamstown Minor Ball* 475-1662 ages 5-12

### Community Centres

**Captain William Spry** Community Centre/wave pool 477-POOL  
[www.halifax.ca/rec/CentresCaptainSpry.html](http://www.halifax.ca/rec/CentresCaptainSpry.html)

**Captain William Spry Library-** 490-5809; 490-5818  
[www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca) Teen programs & services

*Chocolate Lake Center* 490-4607  
[www.halifax.ca/rec/CentresChocolateLake.html](http://www.halifax.ca/rec/CentresChocolateLake.html)

*Harrietsfield/Williamstown Community Centre* 446-4847  
[www.halifax.ca/rec/recentres.html](http://www.halifax.ca/rec/recentres.html) facility for community use

### Clubs & Interest Groups

**529 Armdale Kiwanis Air Cadet Squadron** ages 12-19  
[www.aircadetleague.ns.ca](http://www.aircadetleague.ns.ca)

**Adventure Earth Centre** 490-4539 [www.earthed.ns.ca](http://www.earthed.ns.ca) outdoor programs

**Barrens & Backlands** 868-1892  
[www.publicland.ca/herringcovebacklands.html](http://www.publicland.ca/herringcovebacklands.html) environmental group

**Boys and Girls Club** 477-9840  
[www.bgcspryfield.org](http://www.bgcspryfield.org) activities ages 5-12, 12-19

**Girl Guides of Canada** 423-3735  
[www.girlguides.ns.ca](http://www.girlguides.ns.ca) girls groups, Sparks (5-6) Brownies (7-8), Guides (9-11), Pathfinder (12-14), Rangers (15-17)

**HEAT (Helping the Earth by Acting Together)** 490-4520  
[www.earthed.ns.ca/heat](http://www.earthed.ns.ca/heat) environmental group ages 13-19

**Katimavik** 492-3111  
[www.katimavik.org](http://www.katimavik.org) youth programs 12-21

*Mainland South Heritage Society* history/heritage Armdale/Pennants  
[rootsweb.ancestry.com/~nsmshs](http://rootsweb.ancestry.com/~nsmshs)

**Scouts Canada** 423-9227  
[www.ns.scouts.ca](http://www.ns.scouts.ca) boys and girls co-ed groups, Beavers (5-7), Cubs (8-11), Scouts (11-14), Venturers (14-17), Rovers (17-26)

## Connecting with Others

### Connecting Places

*The Centre @ Halifax Shopping Centre* 446-4838, drop-in for ages 12-18

**Urban Farm - Come Grow with us** 477-6087 agricultural activities, ages 12 and up  
[www.urbanfarmspryfield.com](http://www.urbanfarmspryfield.com)

**YWCA** 423-6162 [ywcahalifax.com](http://ywcahalifax.com) leadership program girls 12-15; lunchtime program Rockingstone, Cunard & Elizabeth Sutherland

**Youth On the Radar** 479-4612 innovative art project for Spryfield youth 12-18

### Churches

**Calvary United Baptist** 477-4099

**City Church** 479-2489  
[www.citychurchhalifax.ca](http://www.citychurchhalifax.ca)

**Emmanuel Anglican** 477-1783  
[www.emmanuelanglican.net](http://www.emmanuelanglican.net)  
*Parkhill United* 868-2791

**Saint Augustine's Anglican** 477-5424

*Saint George's Greek Orthodox* 479-1271

**Saint James Anglican** 477-2979  
*Saint James United* 868-1445

**Saint Joseph's Monastery** 475-1986

**Saint John The Baptist Catholic** 477-3110

**Saint Michael's Roman Catholic** 477-3530

*Saint Paul's Roman Catholic* 477-3855

**Saint Paul's United** 477-3937  
*Saint Peter's Roman Catholic* 477-3855

**Saint Phillips Anglican** 477-2979

**Salvation Army Spryfield Community Church** 477-5393  
[www.spryfieldarmy.com](http://www.spryfieldarmy.com)

*Victory Baptist Church* 477-7898

### Schools/Education

**Central Spryfield** 479-4286 [www.cses.ednet.ns.ca](http://www.cses.ednet.ns.ca)

**Chebucto Heights Elementary** 479-4298 [www.echs.ednet.ns.ca](http://www.echs.ednet.ns.ca)

**Cunard Junior High** 479-4418 [www.cunard.ednet.ns.ca](http://www.cunard.ednet.ns.ca)

**Elizabeth Sutherland** 479-4427  
[www.elizabethsutherland.ednet.ns.ca](http://www.elizabethsutherland.ednet.ns.ca)

**Frontier College** tutoring children, youth, adults 494-7003

*Harrietsfield Elementary* 479-4230 [harrietsfield.ednet.ns.ca](http://harrietsfield.ednet.ns.ca)

*Herring Cove Junior High* 479-4214 [www.hcjh.ednet.ns.ca](http://www.hcjh.ednet.ns.ca)

**J.L. Isley** 479-4612 [www.jlihs.ednet.ns.ca](http://www.jlihs.ednet.ns.ca)

*John W. MacLeod Fleming Tower* 479-4437 [jwmft.ednet.ns.ca](http://jwmft.ednet.ns.ca)

**Pathways to Education**  
[www.pathwaystoeducation.ca/com-m-halifax.html](http://www.pathwaystoeducation.ca/com-m-halifax.html) 471-1262 tutoring, counselling program for any Gr. 9 student in Spryfield

**Rockingstone Heights** 479-4452 [www.rhes.ednet.ns.ca](http://www.rhes.ednet.ns.ca)

*Sambro Ketch Harbour* 868-2717 [sambro.ednet.ns.ca](http://sambro.ednet.ns.ca)

*William King Elementary* 479-4200 [wkes.ednet.ns.ca](http://wkes.ednet.ns.ca)

YOUTH ADVOCATE WORKER  
Tyla Johnson  
476-2562  
(with youth 9-14)

HRSB COMMUNITY OUTREACH WORKER  
Stephen McCracken  
237-2273  
(youth/family support, school liaison)

### Community Groups

**Chebucto Connections** 477-0964 creating possibilities together with partners and residents from Armdale to Pennant  
[www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)



**Greystone Community Centre** 431-8087

**Healthy Kidz** 446-3020  
[familysos.ca/healthy-kidz-programs](http://familysos.ca/healthy-kidz-programs) club & meeting place for kids, youth

*HeartWood Centre for Community Youth Development* 444-5885  
[www.heartwood.ns.ca](http://www.heartwood.ns.ca) programs, opportunities, info for youth

*Ketch Harbour Area Residents Association* 868-1310

### Volunteering, Grants & Funding

*Active Halifax* 490-5447  
[www.halifax.ca/activehalifax](http://www.halifax.ca/activehalifax) funding for groups to promote physical activities

**HRM Kids** 479-4760 get \$\$ to send kids to recreation activities  
[www.halifax.ca/rec/hrmkids.html](http://www.halifax.ca/rec/hrmkids.html)

*HRM Youth* (see box on other side) [www.halifax.ca/hrmyouth](http://www.halifax.ca/hrmyouth)

**Katimavik** 492-3111  
[www.katimavik.org](http://www.katimavik.org) volunteering

**KidSport** – financial supports for children to be in sports programs  
[www.sportnovascotia.ca/kidsport/](http://www.sportnovascotia.ca/kidsport/)

**Mind Shift** (at J.L. Isley)  
[www.earthed.ns.ca/mindshift](http://www.earthed.ns.ca/mindshift)

*United Way Youth Grants*  
[www.unitedwayhalifax.ca/what-we-do/youth-grants.html](http://www.unitedwayhalifax.ca/what-we-do/youth-grants.html)

## Employment & Income

*Department of Community Services (DCS)*  
[www.gov.ns.ca/coms/employment](http://www.gov.ns.ca/coms/employment)  
**DCS Income Assistance** 424-4262 financial helps  
**DCS Employment Assistance** 424-4150 various job, income & training programs

*Halifax Regional Police Service Youth Program* 490-5397  
[www.policeyouth.com](http://www.policeyouth.com) career help in policing profession

**MetroWorks** 477-5011  
[www.mymetroworks.ca](http://www.mymetroworks.ca)

*Phoenix Learning & Employment* 431-9111 [www.phoenixyouth.ca](http://www.phoenixyouth.ca)

*Service Canada* 426-5269 job listings [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Student Loans** [www.canlearn.ca](http://www.canlearn.ca), [studentloans.ednet.ns.ca](http://studentloans.ednet.ns.ca)

*YMCA Youth Outreach for Newcomers* [www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca) 422-9622

**YWCA** 423.6162 [ywcahalifax.com](http://ywcahalifax.com) LAUNCH lifeskills/employment program for young women 15-30

**YMOVE** 461-2513 x234 - Helping youth ages 15-30 overcome barriers to gaining employment  
[www.yeccdartmouth.ca/ymove.html](http://www.yeccdartmouth.ca/ymove.html)

*Youth Employability Project* 482-6425 [www.ceed.ca](http://www.ceed.ca) (see Youth Programs link) small business initiatives for youth 15-21

*Youth LIVE Job Experience Program* 490-5589  
[www.halifax.ca/police/YouthLIVE](http://www.halifax.ca/police/YouthLIVE) for youth 16-30 with employment barriers

**How to read this**

- **BOLD** in Spryfield
- *ITALICS* – in HRM but not in Spryfield
- underlined website



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## Housing

### General

The ARK 492-2577  
[www.arkoutreach.com](http://www.arkoutreach.com) drop-in centre for street involved youth

Metro Housing 420-6000 public housing and subsidized rent

### Youth Shelters

Phoenix House  
[www.phoenixyouth.ca](http://www.phoenixyouth.ca) Shelter 446-4663 ages 16-24, short term; Long term housing 422-5583; Apartment Program 431-9678

Homebridge Youth Society 466-2666 ages 12-18, short term, numerous supports  
[www.homebridgeyouth.ca](http://www.homebridgeyouth.ca)

### Women Shelters

Adsum House 429-4443  
[www.adsumforwomen.org](http://www.adsumforwomen.org) emergency and long term shelter

Bryony House 423-7183  
[www.bryonyhouse.ca](http://www.bryonyhouse.ca) short term up to 6 weeks

SHYM – Supportive Housing for Young Mothers - 465-2213  
[www.shym.ca](http://www.shym.ca) full apartment units for moms 16-24 with kids

YWCA 423.6162 [ywcahalifax.com](http://www.ywcahalifax.com) various - December 6th Fund (for women escaping domestic violence); WISH (for women at risk homelessness); HERIZONS (for single mothers and their children)

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## Family Support

811 - health info, 24-7

Adult Protection (Department of Community Services) 1-800-225-7225 for abused adults 16+  
[www.gov.ns.ca/health/ccs/adult\\_protection.asp](http://www.gov.ns.ca/health/ccs/adult_protection.asp)

Al-Anon Family Groups 466-7077  
[www.freewebs.com/alanonmaritimes](http://www.freewebs.com/alanonmaritimes) support for adult relatives of drinkers

**Chebucto Family Centre** 479-3031 pre-natal classes, support for new borns and more  
[www.homeoftheguardianangel.ca](http://www.homeoftheguardianangel.ca)

Child Protection (Department of Community Services) 425-5420 for children 0-15 in danger

Children's Aid Society of Halifax 425-5420 supports for children

**Children's Reading Support** 490-5714 (Captain Spry Library)

CMHA [www.cmhahaldart.ca](http://www.cmhahaldart.ca) comprehensive links of mental health resources in HRM

**Cowie Hill Child Care Centre** 473-1234 medical and mental health services

**Edward Jost Children's Centre** 477-9324 daycare age 18months to 5 years, subsidy available

**Emmanuel Anglican** 477-1954 [foodbank](http://www.foodbank)

Family Service Association 1-888-886-5552 [www.fshalifax.com](http://www.fshalifax.com) counselling service

**Family SOS** - 455-5515 support for kids & families [familysos.ca](http://www.familysos.ca)

Feed Nova Scotia Help Line 421-1188 [www.feednovascotia.ca](http://www.feednovascotia.ca) various supports, counselling, referrals

Immigration Services (ISIS) 423-3607 [www.isisns.ca](http://www.isisns.ca) supports for newcomers

IWK – Health Centre 464-4110 [www.iwk.nshealth.ca](http://www.iwk.nshealth.ca) mental health support

IWK Family Help and Strongest Help – 1-866-470-7111

IWK Extra Support for Parents 470-7111 in-home help, open to all parents of infants, 0-6 months

Mi'kmaq Friendship Centre 420-1576 [www.mikmaq.ca](http://www.mikmaq.ca) supports for First Nation families

Mi'kmaq Child Development Centre 422-7850 pre-natal & family programs, child care

PFLAG (Parents, Families and Friends of Lesbians and Gays) 431-8500 (1-888-530-6777) supports for families

Transfamily 431-8500 supports for family of transgendered children, youth and adults

Progress Centre for Early Intervention 423-2686 ext.223 [www.progresscentre.com](http://www.progresscentre.com) assess children 0-6 for learning difficulties

Public Health Services 481-5800 [www.publichealth.ns.ca](http://www.publichealth.ns.ca) programs for pregnancy, birth, breastfeeding, healthy beginnings

Salvation Army Family Centre/ Cornerstone Family Centre 477-5393 [spryfieldarmy.com/](http://spryfieldarmy.com/) helping children, families thrive; refugee & immigrant service

Sexuality and You [www.sexualityandu.ca](http://www.sexualityandu.ca)

**St. Paul's Family Resource Centre** 479-1015 family & children's supports, food bank

YMCA Centre for Immigrant Programs 457-9622 [www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca) for newcomer/refugee youth 13-18

YWCA 423.6162 [ywcahalifax.com](http://www.ywcahalifax.com) Standing Our Ground (for mothers being abused by teenage children)

### Help Lines

Teen Helpline	1-800-852-8336
Kids Help Phone	1-800-668-6868
Bullying Help line	490-7283

### Emergency Numbers 911

Police - Beechville/Timberlea/Lakeside	876-2240
Police - Herring Cove	477-7242

## Mental Health & Counselling

### Support Groups

Adolescent grief support 470-8942  
Al-Ateen 466-7077 supports for teens dealing with someone else's drinking

Smokers Help Line 1-877-513-5333

Teen Mental Health [teenmentalhealth.org](http://teenmentalhealth.org) resources, videos for youth and families

### Treatment & Info

IWK CHOICES - Mental Health & Addictions: Prevention and Treatment 491-2401 substance abuse programs for ages 13-19

IWK Mental Health 464-4110 for 0-18 years old

Laing House (17+) 425-9018 [www.lainghouse.org](http://www.lainghouse.org) peer support organization for youth with mental illness

### Emergency Services

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old

Metro Help line 421-1188

Mental Health Mobile Crisis 429-8167

QEII Emergency 473-2300 medical aid for 16 yrs and older

Kids Help Phone 1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca) supports, info and helps

## General Health & Sexual Health

AIDS & Sexual Health Info line 455-9656

**Chebucto Community Health Team** 487-0690 health/wellness programs, supports/navigation  
[www.communityhealthteams.ca](http://www.communityhealthteams.ca)

Eating Disorders Action Group 443-9944, [www.e-d-a-g.com](http://www.e-d-a-g.com)

Gay, Lesbian, Bisexual Youth Group 423-7735 or 429-5429

Halifax Sexual Health Centre 455-9656 sexual health services, pregnancy tests, options

JL Hsley Youth Health Centre (JL students only) 479-4612 + 570-1107

Phoenix Centre for Youth Health 420-0676

STD Clinic 473-2272

Support Group Directory [dailystrength.org/support-groups/Teens](http://dailystrength.org/support-groups/Teens)

## Violence & Sexual Assault

Avalon Sexual Assault Centre Crisis Line 425-0122 call in case of threats, abuse or violence  
Services for Sexual Assault Victims 422-4240

Domestic Violence LGBTQ Support 422-4240 – Supports for lesbian, gay, bi, transsexual and queer

Bryony Outreach 422-7650 for women, call in case of abuse, violence

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old

L.O.V.E. (13-18) 429-6616 Leave Out Violence support group

QEII Emergency 473-2300 medical aid for 16 yrs and older

Victim's Services 490-5300 supports for victims of crime, abuse

### [www.hrmyouth.ca](http://www.hrmyouth.ca)

- **events & programs** – post your event!
- **arts & culture** - ZINES , MUSIC, Art Map
- **volunteer opportunities** and **GRANTS (\$\$)**
- **jobs** – opportunities, career preparation
- **teen health** - Health Centres in your school, websites, Health Services, Shelters, Drop-in Centres & Soup Kitchens
- **recreation** - Skate Park Info, Dirt Bike Parks, Swimming, Weight Rooms/Fitness Centres
- **interactive** – contests, polls



Spryfield Youth Connecting Tree was created by Chebucto Connections (477-0964) & HRM Volunteer Services (490-4535). Please contact us for updates, changes or more info.