

HELPFUL RESOURCES for Families and Children

Family Supports:

- **Canning & Area Food Bank-**
902-582-3886; 1000 Seminary St, Canning, NS.
Open Wednesdays 11:30-2:30
First time family- bring ID and proof of address and health cards for children
- **Family Resource Centre – Kings County**
Address: 503 Main Street, Kentville, NS
Phone number: 902-678-5760
Website: <http://www.kcfrc.ca/>

A home visitation program that provides support for families experiencing complex social, emotional and familial challenges that may impact overall family functioning, parent-child relationships and the well-being and development of children/youth.

- **Kids Action Program-** Phone number: 902-680-6172

Basic Needs: working with Food Banks and willing to deliver food and supplies to families, working with another store to get essentials to families in need. ~ Serves Hants & Kings counties ~Workers available by phone 9-5 Parenting Info and Support: putting suggestions on fb for activities to do with kids that are no cost, available by phone for support, ongoing updates on fb Crisis Management: the most vulnerable families will be contacted regularly for check ins and support, can continue to access fb for info, calling 911 for emergencies

- **Kings District Office-** Income Assistance, Employment Supports, Child Welfare Services & General Inquiries
Phone: 902-678-6176 Toll Free: 1-877-424-1177
76 River Street, Kentville
- **Glooscap School Counselling**
Ms. Keddy is available for phone conferences with students. Please email Nova.Keddy@avrce.ca to set appointments
- **Canadian Mental Health Association Kings County Branch (CMHA)**
Phone number: 902-679-7464
Address: 440 Main Street, Kentville, Nova Scotia. B4N 1K8.
E-mail: info@cmhakings.ns.ca
Website: <https://www.kingsns.cmha.ca/>

The CMHA Kings County Branch offers a wide range of programs and services targeted at individuals and families who are living with mental illness and addictions.

- **Crisis Response Services** Phone number: 1-855-273-7110
- **Nova Scotia Mental Health Mobile Crisis**
Phone number: 902-429-8167 Toll Free: 1-888-429-8167

- **Kids Help** - Phone Number: 1-800-668-6868
- **Chrysalis House**- Phone number: 902-679-1922

E-mail: ed@chrysalishouseassociation.org

Website: <http://www.chrysalishouseassociation.org/index.php>

Chrysalis House is a voluntary, confidential, safe and non-judgemental environment providing shelter and outreach services for women and children. Services are available for women who have been psychologically, emotionally, physically, and/or sexually abused. The shelter operates 24 hours a day 365 days a year. There are no fees for service to women and children, and they may stay up to six weeks however extensions may be considered.

Other Helpful Information Sites:

Healthy Parenting during Covid 19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Information on anxiety

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

Helping kids cope with change since Covid-19

- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Dr. Strang vidoes - question and answer with children

- https://www.youtube.com/watch?v=9ZoWwnQlwZs&list=PLwLZ9YtgHtLCS6v8p-PC-hzka4a7O0nqc&index=1&disable_polymer=true
- <https://www.youtube.com/watch?v=VQRJGxyZ3BY&list=PLwLZ9YtgHtLCS6v8p-PC-hzka4a7O0nqc&index=2>

Mindful breathing

- <https://www.anxietycanada.com/articles/mindfulness-mindful-breathing/>

Mental Health Commission of Canada

- <https://www.mentalhealthcommission.ca/English/covid19>