

HOUSING & SHELTER SERVICES

AUTUMN HOUSE

Shelter and outreach support for women and gender-diverse individuals experiencing intimate partner violence.
41 Russell St.
902-667-1200

CUMBERLAND HOMELESSNESS AND HOUSING SUPPORT ASSOCIATION

24/7 emergency shelter, meals, laundry, housing navigation.
10 Prince Arthur Street.
902-669-1935

NOVA SCOTIA HOUSING AUTHORITY

Helps low-income individuals and seniors access affordable housing.
144 Victoria St E.
902-667-8757

CUMBERLAND YMCA HOMELESS PREVENTION AND OUTREACH PROGRAM

Assists individuals 16+ at risk of or experiencing homelessness in accessing stable housing.
28 Church Street.
902-614-1500

MENTAL HEALTH & ADDICTION

CUMBERLAND MENTAL HEALTH & ADDICTIONS SERVICES

Offers outpatient mental health and addiction services for adults.
33 Havelock Street.
902-667-3879

YOUTH SERVICES

ANCHOR YOUTH SPACES CUMBERLAND

Free walk-in support for youth 12–25, including mental health services, job support, and peer programs
13 West Pleasant St.
902-614-4706

HOTLINES & EMERGENCY SUPPORT

211 NOVA SCOTIA

Free and confidential service that connects people with community and social services.
Call or text 2-1-1 | Visit: ns.211.ca

KIDS HELP PHONE

Support for youth and young adults, including mental health, relationships, and more.
1-800-668-6868 | kidshelpphone.ca

MENTAL HEALTH CRISIS LINE (NOVA SCOTIA HEALTH)

24/7 crisis support for anyone experiencing a mental health emergency.
1-888-429-8167

NOVA SCOTIA DOMESTIC VIOLENCE HELPLINE

For individuals experiencing domestic violence. Available in multiple languages.
1-855-225-0220

NOVA SCOTIA SEXUAL VIOLENCE HELPLINE

Confidential support for survivors of sexual violence, available province-wide.
1-877-544-7288



Town of Amherst
98 Victoria Street E.
Amherst, N.S.
B4H 1X6
1.902.667.3352



Community Resources



FOOD SECURITY & BASIC NEEDS

AMHERST FOOD ASSISTANCE NETWORK

Emergency food support including delivery when needed.
5 King Street.
902-661-0677

YMCA OF CUMBERLAND, SEA GLASS CAFE

Community Kitchen- Serves a meal once a week on Wednesdays from 12 noon-1pm.
92 Church St.
902-667-9112

AFTER THE BELL FOOD PROGRAM

Provides weekend food bags for school-aged children.
142 South Albion St.
902 664-1607

SOULS HARBOUR

Free community lunch Mon-Fri, 12-2 PM.
6 Maltby Court.
902-405-4663

PAY IT FORWARD COMMUNITY PANTRY

Self-serve food pantry accessible 24/7 for anyone in need.
6 Maltby Court

AMHERST PANTRY (In the Works)

Self-serve food pantry- 26 LaPlanche St.

THE NEST

2 Albion St Amherst

CUMBERLAND FOOD SUPPORTS

Advocate Pantries - 8334 Hwy 3521 Hwy 209
River Hebert Pantry - 1808 NS-242
Springhill Food Bank - 93 Main St, Appointment required - 902-597-3954
Parrsboro Food Bank - 216 Main St. Open the 2nd and 4th Wednesday of each month from 1:30-3:00
Oxford Food Bank - 127 Lower Main St. - Open every Thursday from 6-7 and 2nd and 4th Thursday of the month from 1:30-2:30
Pugwash Food Bank - 11103 NS-6 - Open Wednesdays from 1-3

PARENTING & FAMILY SUPPORTS

MAGGIE'S PLACE

Parenting programs, playgroups, and family supports for those with young children.
11 Elmwood Drive.
902-667-7250

CUMBERLAND EARLY INTERVENTION

Support for families of children ages 0-6 with developmental delays.
16 Station Street.
902-667-8244

COMMUNITY NAVIGATION & SUPPORT

LILAC PLACE

Drop-in services, peer support, and navigation help for women and gender-diverse individuals.
10 Lawrence Street.
902-664-1272

DEPARTMENT OF COMMUNITY SERVICES

Income assistance, child protection, and housing services.
26-28 Prince Arthur Street.
902-667-3336

ST. VINCENT DE PAUL SOCIETY

Assists with emergency food, financial aid, and housing needs for eligible individuals.
902-661-0433

YREACH

Provides settlement support, language assistance, and community orientation for immigrants, refugees, and their families.
92 Church Street.
902-397-3915

SEXUAL HEALTH CENTER

Offers walk-in supports as well as free materials for safer sex. 10 Lawrence St., Amherst 902-667-7500

CUMBERLAND COUNTY TRANSPORTATION SERVICES

Provides accessible, affordable transportation for individuals without access to a vehicle, including seniors and people with disabilities.
141 Victoria Street.
902-667-8149

DISABILITY SUPPORT SERVICES

BRIDGE ADULT SERVICE CENTRE

Life skills, work programs, and social engagement for adults with intellectual disabilities.
16 Station Street.
902-667-8433

AUTISM NOVA SCOTIA

Provides programs, resources, and support for individuals and families living with autism.
81 South Albion Street.
902-660-3003

EMPLOYMENT & EDUCATION SUPPORTS

CAN-U

Free adult learning including GED prep, digital literacy, and essential skills.
21 Acadia Street (above Amherst Library).
902-661-0153

CANSA (NOVA SCOTIA WORKS)

Career counseling, job search help, training funding, and employment services.
63 Victoria Street East.
902-661-1509

IN THE WORKS

Job readiness training, life skills development, and employment preparation for youth and adults.
85 Church Street.
902-660-3003