



Supporting the mental,
physical, spiritual, & emotional wellness of
Eastern Shore & Musquodoboit Valley residents.

Programs and Services

**Eastern Shore & Musquodoboit Valley
Fall 2025 / Winter 2026**

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About the Well-Being Hub

The Well-Being HUB is a not-for-profit providing services & programming supporting the mental, physical, spiritual, and emotional wellness of residents through the Eastern Shore and Musquodoboit Valley.

OUR VISION:

A supportive community where residents can transition through life with hope and dignity, accessing the right care and services at the right time.

WE OFFER

- Workshops, seminars, and info sessions focused on mental health, aging in place, caregiving, and more
- Visiting Buddies Volunteer Visitor Program
- Mental Health and Wellness Navigation
- Aging in Place Navigation for seniors and unpaid caregivers
- Opportunities for collaboration & capacity building.

The Well-Being Hub's activities are possible with support from:

- Nova Scotia Health
- The Office of Addictions and Mental Health's Community Wellness Framework
- The NS Dept. of Seniors and Long Term Care's Age Friendly Communities
- Service Canada's New Horizons for Seniors Program

Letter from the Executive Director, Lesley Magee



Welcome to a new season of connection, learning, and growth in our community!

We are **so excited to share this fall's program guide** with you, filled with inspiring events, workshops, and opportunities to come together. Each gathering is designed to build skills and **strengthen the bonds that make our community so special.**

We have created a personal calendar for you to fill in with events you want to attend - find it on page 36!

This season is especially meaningful because we are proud to launch our very own Mental Wellness Ambassadors Program (MWAP). This new certificate program was created to empower volunteers, those working with community service organizations, and caring individuals of all kinds with the knowledge and confidence to support community members navigating mental health challenges — whether their own or those of their loved ones. By equipping people with these tools, we can foster resilience and compassion at every level of our community.

We invite you not only to explore the pages ahead but also to **help us bring these programs to life. Your participation makes all the difference.** Together, we can create spaces where everyone feels seen, supported, and connected.

I can't wait to see you out at an event this fall!

Lesley Magee
Executive Director, Well-Being Hub





The Well-Being HUB's Visiting Buddies Program addresses isolation among older adults in the community.

This program matches isolated older adults with volunteers for weekly social visits of 2-3 hours over a 6 month period, with the option to extend. **Visits are social** and can include going on outings, doing an activity at home, and navigation to resources. The volunteer commitment is flexible and we offer training.

We are working to expand the Visiting Buddies program to include accompaniment for errands and appointments. This new service will allow volunteers to further connect clients to needed services and help with caregiver fatigue.

Volunteers undergo an application process, including an interview, Vulnerable Sector Check, and orientation. Volunteers & community members can utilize MusGo Rider for transportation during visits
& we cover volunteer travel costs.



If you are interested in becoming a Visiting Buddies Volunteer or a Volunteer Accompanier please contact us at admin@wellbeinghub.ca or 782-409-9007, or toll free at 1-833-393-2298 ext. 1.



The Well-Being HUB's Navigation Service

offers support to community members in-person, in community or virtually.
Contact our Navigators with questions, to make an appointment, or to provide a referral for someone else.

Meet our Navigators

Michelle Williams SENIORS NAVIGATOR



WHAT I OFFER

- ✓ One-on-one help
- ✓ Help navigating complex systems related to health and aging
- ✓ Connections with resources supporting aging in place and caregivers
- ✓ Information about local social programming, eligibility for senior-focused benefits, transportation options and other resources supporting aging in place and unpaid caregivers.

Phone: (902) 981-4001 | Toll Free: 1 (833) 393-2298 ext. 3
Email: seniors@wellbeinghub.ca

Julia Brown MENTAL WELLNESS NAVIGATOR, 16+



WHAT I OFFER

- ✓ Help to access services in community or the mental health system
- ✓ Connections with community mental wellness resources
- ✓ Information about local programming and services like support groups, transportation options & food banks

Phone: (782) 446-1645 | Toll Free: 1 (833) 393-2298 ext. 2
Email: wellness@wellbeinghub.ca

You can text me!
(782) 446-1645



We are thrilled to announce our brand new
Mental Wellness Ambassadors Program!

If you struggle with your mental health, are a caregiver for a loved one with mental health struggles, or someone who who works or volunteers in a helping role, the Mental Wellness Ambassadors Program has been designed with you in mind.

This series is made up of five distinct yet interconnected workshops aimed at building resilience, a supportive community, and mental health literacy. Each workshop is interactive, practical, and sensitive to diverse participant needs. Each provides actionable strategies for improved mental well-being, and for supporting others' mental well-being.

You can register for one workshop, or take all five. If you complete all five workshops, you will be awarded our **Mental Wellness Ambassadors Program Certificate**. The workshops in the series are:

1. The Basics of Mental Health & Wellness
2. Thoughts, Feelings, Actions: Creating a Healthy Inner Dialogue
3. Mastering Self-Awareness and Emotional Intelligence
4. Creating Psychological Safety for Yourself and Others
5. The Five Vitamins of Flourishing

**To register or for more information, contact
Sarah Ryan, Outreach and Education Coordinator:
902-237-5065 / oec@wellbeinghub.ca**

THE WELL-BEING HUB'S MENTAL WELLNESS AMBASSADORS CERTIFICATE



Program Details

Part 1: The Basics of Mental Health & Wellness

Join us for an engaging discussion on mental health. The session focuses on general information on common mental health challenges, including tools and strategies we can use to help ourselves and others.

Oct. 2 - 2:30-4:30pm - Musquodoboit Harbour Public Library

Oct. 7 - 1:30-3:30pm - Sheet Harbour Public Library

Oct. 22 - 1:30-3:30pm - Middle Musquodoboit- MV Family Resource Centre

Part 2: Thoughts, Feelings & Actions: Tools for a Healthy Inner Dialogue

This workshop will focus on how our own thoughts influence our mental wellness. It goes in depth on how our thoughts, feelings and actions influence our reality and beliefs.

Nov. 4 - 1:30-3:30pm - Sheet Harbour Public Library

Nov. 6 - 2:30-4:30pm - Musquodoboit Harbour Public Library

Nov. 19 - 1:30-3:30pm - Middle Musquodoboit- MV Family Resource Centre

Part 3: Mastering Self-Awareness & Emotional Intelligence

In this session we will define self-awareness & emotional intelligence. We will also introduce a suite of strategies and tools for developing self-awareness, helping to build our emotional intelligence.

Feb. 19 - 2:30-4:30pm (Online Session)

To register for any or all of the
Mental Wellness Ambassadors workshops,
or for more information, contact us at
oec@wellbeinghub.ca or 902-237-5065.

Interested?
Mark it on the
calendar on
page 36!



Well-Being HUB has partnered with Bereaved Families of Nova Scotia to bring their grief support programs to the Eastern Shore. To register, visit www.bereavedfamiliesns.ca or contact Bereaved Families of Nova Scotia at 902-564-6795 or info@bereavedfamiliesns.ca

Grief Support and Share - Musquodoboit Harbour

September 9, October 7, November 4, December 16, 6:00 - 7:30 pm

Musquodoboit Harbour Public Library, 7900 Nova Scotia Trunk 7

Grief Support and Share – Sheet Harbour

September 10, October 1, November 5, December 3, 6:30 - 8:00 pm

Board Room, Eastern Shore Memorial Hospital, 22637 Hwy 7, Sheet Harbour

Grief Support and Share provides immediate help for grieving individuals. Sessions are usually held once per month. The sessions last up to 2 hours and adult participants of all backgrounds can attend. Attendees may be at different stages in the grief process. Attendees can attend alone or bring a support person. At these sessions, attendees will also receive appropriate guidance on recommended programs that will suit their individual needs. While advance registration is preferred for this program, walk-ins are welcome as well.

8-Week Suicide Loss Program

September 22 to November 10, 6:00 - 8:00 pm

MLA's Constituency Office, 6321 Hwy 7, Head of Chezzetcook

This suicide support group offers a compassionate and supportive environment for those who have lost a loved one to suicide. During the 8 weeks, facilitators who share an understanding based on their own lived experience of losing a loved one by suicide, will provide guidance. The gatherings are a safe space to share and reflect. There is comfort in knowing you are not alone in your grief journey. Bereaved Families of Nova Scotia offers this program in collaboration with Roots of Hope Nova Scotia.

6-Week Living with Grief Program

November 3 to December 8, 6:00 - 8:00 pm

Musquodoboit Harbour, location to be determined

This 6-week program brings together people who have suffered the loss of a loved one. Any adult experiencing the loss of a loved one (for example, individuals suffering the loss of a relative, a friend) is welcome. Each week, a related topic is covered to help move through the grief process.



Join fly fishing guide Don Taylor for a free, three-part fly fishing series. Participants will learn fly tying, the species found in and around the river, as well as fly fishing techniques. This is a perfect chance for folks of all ages to get out into nature, enjoy good company and learn a new skill.

Due to the current woods ban and drought conditions on many rivers, we are postponing Workshops 2 & 3 until the spring of 2026.

Workshop 1 - Fly Tying

Oct. 4, 12:30 - 5:00 pm

Location to be confirmed, in the area of the Musquodoboit River

In the first of the three workshops, participants will learn how to tie two different flies - a Woolly Buzzer and a Dry Fly. Topics covered will be types of flies, patterns, tools and materials.

Workshop 2 - Fly Fishing

Spring 2026, site on Musquodoboit River

The fly fishing workshop will take participants out on the river, beginning with a discussion of fly lines, leaders, backing, reels, rods, and tools. Participants will learn the dynamic of the cast, moving into casting practice. Fly choice and reading the water will be also be introduced.

Workshop 3 - River Walk

Spring 2026, site on Musquodoboit River

Workshop 3 will also take place on the river where participants will be focused on collecting insects and matching them to fishing flies. The impacts of water temperature on the fauna will also be covered.

Registration is very limited and requires a commitment to attending Workshops 1, 2, and 3. Minimum age for participation is 10 years old.

For more information or to register, contact Program Coordinator, Nicola Bailey, at admin@wellbeinghub.ca, 782-409-9007 or 1-833-393-2298 ext. 1.



We recognize World Suicide Prevention Day to raise awareness about suicide, support community members who have lost loved ones to suicide, and most importantly, to remember the loved ones we have lost.



September 14, 2:00 - 4:00 pm

Peace Park, Park Rd., Musquodoboit Harbour

Everyone is welcome to this free, fun-focused and awareness building event for all ages. Paint rocks to raise awareness and decorate a candle lantern to take home. Annie Lynn the Face Painter will join us and light refreshments will be served.

September 21, 5:00 - 8:00 pm

SR Balcom Centre, Port Dufferin

We will gather to decorate candle lanterns, paint commemorative rocks, and have a light supper together. This will be followed by a candlelight vigil and the opening of the new SR Balcom Centre's Memorial Garden.



Community Programming

Fall 2025 / Winter 2026

Transportation support is available for all programming.

Contact us in advance to make arrangements

782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

All Areas

(Porter's Lake, Musquodoboit Harbour Area, Musquodoboit Valley & Area, Sheet Harbour & Ship Harbour)

Eastern Shore Musquodoboit Valley Learning Network

The ESMV Learning Network promotes lifelong learning by offering free educational and essential skills programming for adults 18+ for the Eastern Shore and Musquodoboit Valley. The following classes run multiple times a week between September & June. Classes are free, flexible, and supportive. No experience needed, computers provided. For more information or to register, contact us at 902-391-0014 or admin@esmvlearning.ca

- **High School Equivalency Prep Classes**

The Canadian Adult Education Credential (CAEC) is a new high school equivalency program (previously GED). Our instructors help learners prepare for their exams for free, both online and in person.

- **Beginner Digital Skills**

This free program is perfect for those new to technology, offering hands-on experience in navigating internet safely, learning digital terminology, and understanding how to use your personal device.

- **Tech Connect Digital Skills Program**

Designed for learners with basic computer knowledge, this free program focuses on workplace applications like Google Workspace, Zoom/Teams, and Microsoft 365. You'll explore cloud storage, operating systems, and more advanced digital skills in a flexible way.

Community Programming

Fall 2025 / Winter 2026

Transportation support is available for all programming.

Contact us in advance to make arrangements

782-409-9007 / 1-833-393-2298 ext. 1/ admin@wellbeinghub.ca

Porter's Lake & Musquodoboit Harbour Area

Ship Harbour Community Hall

214 W Ship Harbour Rd, Lake Charlotte

Call 902-845-2775 or join their Facebook Group for more info

There are a variety of community led programs and events that happen at the Ship Harbour Community Hall.

- Exercise groups: Monday & Friday Community led classes starting at 10am.
- Tuesdays to Thursdays HRM Rec hosts a variety of classes
- Gift Card Bingo: 3rd Thursday of the month except in December at 7:30pm.
- Cribbage: 2nd & 4th Friday of the month at 7:30pm.

**Interested?
Mark it on the
calendar on
page 36!**



Porter's Lake & Musquodoboit Harbour Area - continued

Musquodoboit Harbour Public Library Programs

7900 Hwy 7, Musquodoboit Harbour
902-889-2227 / www.halifaxpubliclibraries.ca/locations/mh/

Craft & Chat

September 25, October 22, November 14, December 12, 2:30-4:00 pm

Join library staff for a relaxed, social, fun crafting event. Each month will feature a different creative project. To register, please call 902-889-2227.

Coffee & Books

September 22, October 27, November 20, 2:30-4:00 pm

Do you love to read? Have a favourite book you want to recommend? Join library staff to meet fellow book lovers and get ideas about what to read next. Talk about your favourite books, authors, and your TBR (to-be-read) pile.

Laughter Yoga:

Oct 11, Nov 1, Jan 17, Feb 7, Mar 7, 11:00 am-12:00 pm

Laughter yoga combines laughter exercises and yoga breathing, increasing oxygen to the body and brain. To register, call 902-889-2227.

Café Français:

October 4, 2:30-4:00 pm

Rejoignez-nous à la bibliothèque pour prendre un thé, un café, et une collation. Profitez-en pour discuter avec les autres membres de la communauté en français. Tous les niveaux de français sont bienvenus. Join us at the Library for a tea, coffee, and snack. Benefit from speaking with other members of the community in French. All levels of French welcome.

Porter's Lake & Musquodoboit Harbour Area - continued

The Old School Community Gathering Place Programs

**7962 Highway 7, Musquodoboit Harbour
902-889-2735 or info@theoldschool.ca**

Enhance Through Dance

Fridays from 11:00 am to 12:00 pm

Led by Movement Therapist, Karen Bradley, this class is for people who are interested in using dance and movement as ways to manage pain from arthritis, symptoms from diagnoses like Parkinson's and Alzheimer's diseases, or those who just want to move more. Free but a \$5 offering is suggested.

Dance for Health: A weekly program for people with Parkinson's, Neurocognitive Concerns, and Chronic Pain

Tuesdays from 11:00 am to 12:00 pm

Chair-based movement: anatomically sound, safe and joyful! These sessions focus on mobilizing and stabilizing, activating and engaging with others sharing similar challenges. Sessions are free but a \$5 offering is suggested.

Musqui Cafe

Every Thursday from 11:30 am to 1:00 pm (check website & facebook for any last minute changes)

8 Park Rd (St. Philip Neri Church), Musquodoboit Harbour

Gather with your neighbours for a free lunch! Meals include both a vegetarian and gluten free option & take out is available. Community resource navigators onsite can assist with various concerns such as housing, benefits, food security, ageing in place, youth support and mental health. All welcome for a delicious meal and social time!



Check their website or drop by for info on even more programming!

Porter's Lake & Musquodoboit Harbour Area - continued

Porters Lake Community Centre

4693 Highway 7, Porters Lake

902-223-1506 / plcsa.ca/ facebook.com/porterslakecommunitycenter

The Porters Lake Community Centre organizes a range of activities and events for the whole family. Check out their facebook page for updates on programming.

Porters Lake Seniors Club

Every Wednesday from 1:30 pm to 3:30 pm

This social group holds pot lucks, outings and other activities, as well as weekly meetings. Drop by, new members welcome. Contact Kay Bruce at 902-827-2065.

Eastern Shore Mental Health (ESMH) Peer Support Drop In
Sundays from 2:30 - 4:00 pm starting October 12

Musquodoboit Harbour Public Library

7900 Highway 7, Musquodoboit Harbour

Drop by if you are someone who has experience living with mental illness, is on the journey of recovering from mental illness, or someone who cares about someone who struggles with mental wellness.

Coffee Club

Tuesdays from 9:00 am to 12:00 pm beginning September 30

Ste Therese Community Centre

17 Conrod Rd., Grand Desert / www.facebook.com/ste.theresec

Drop in each week to catch up on the local news, play cards and enjoy some coffee tea and light refreshments.

Everyone welcome, \$2 donation suggested.

Porter's Lake & Musquodoboit Harbour Area - continued

Narcotics Anonymous (NA)

Tuesday at 7:30 pm

4300 Highway 7, Porters Lake

902-789-8323 / www.na.org

NA is a nonprofit fellowship or society of people for whom drugs have been a problem in life. Members are people in recovery who meet regularly to help each other stay clean. The only requirement for membership is the desire to stop using.

Musical Friends Choir

Mondays at 6:00 pm to 8:00 pm

The Old School Multi Purpose Room

7962 Highway 7, Musquodoboit Harbour

A community choir welcoming all voices. New members are welcome. Contact Director Charlene at charlene.cable@live.com or 902-240-2283.

Jam Night

Wednesdays from 7:00 pm to 10:00 pm beginning October 7

Ste Therese Community Centre

17 Conrod Rd., Grand Desert / www.facebook.com/ste.theresec

A space for local musicians in our community to perform and collaborate in a social, musical atmosphere. Open to the community; enjoy all the talent our community has to offer. Drop in.



**Interested?
Mark it on the
calendar on
page 36!**

Porter's Lake & Musquodoboit Harbour Area - continued

Harbour Lites New Horizons Club

167 Meaghers Grant Road, Musquodoboit Harbour

www.facebook.com/harbourliteseniorsclub/

A gathering place for seniors to meet regularly for company and fun. Anyone 55 and over can join Harbour Lites.

Activities include:

- General Meeting - Second Tuesday of each month at 1:00 pm. Members & new members welcome.
- Jam Sessions - Every Wednesday at 7:00 pm
- BINGO: Third Tuesday of each month at 2:00 pm
- Dinner: Fourth Tuesday of each month at 12:30pm
- Cribbage: First Sunday of the month

The future may include: Kitchen Parties/Open Mic.
Check their Facebook page for more updates.



Community Programming

Fall 2025 / Winter 2026

Transportation support is available for all programming.

Contact us in advance to make arrangements

782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Musquodoboit Valley & Area

Valley Voices Community Choir Led By Gordon Tucker

Musquodoboit Valley Bicentennial Theatre & Cultural Centre, Tuesdays

7:00 - 9:00 pm

12390 Hwy 224 Middle Musquodoboit

902-384-2819 / bicentennialtheatre.ca

A free drop-in group singing gathering where we sing any and every genre of music & welcome all abilities & ages (participants 12 years and under must be accompanied by an adult).

Carroll's Corner Community Centre

9 Milford Rd, Carrolls Corner

- **Sew What Social Crafting Group: Mondays from 10:00am - 12:00 pm**
 - Bring your fibre arts, knitting, quilting, or other crafting project to work on and enjoy some company and social time. A supportive and inclusive group.
- **Adult Social Group: Tuesdays from 1:30 to 3:30 pm**
 - An informal drop in group for adults of all ages (no children please). Free of charge.
- **Dungeons & Dragons: Fridays at 6:30pm**
 - Drop in to find out more

Interested?
Mark it on the
calendar on
page 36!

Musquodoboit Valley Area - continued

The Musquodoboit Valley Family Resource Centre (MVFRC) offers a variety of programming. Contact the MVFRC at 902-384-2794 or mvfrc1@gmail.com for more information and to register:

- **Chair Yoga, Tuesdays from 10:30-11:30 am:** Contact the Centre to register.
- **Walking Footz, Wednesdays from 9:30-11:30 am:** A walking program that meets weekly from the Legion Branch #147 in Upper Musquodoboit.
- **Just Older Youth (JOY) Group, last Monday of the month at 12 pm:** A social group that meets for lunch followed by an activity or chat. Contact the Centre to register.
- **Braeside Buddies,** Spend time with the residents of Braeside Home for Special Care. Sing some songs, visit and read a story! Check in with Centre staff for more information.
- **Coffee Morning, Fridays from 10:00-11:30am:** An intergenerational drop in social. Come for a coffee and a snack. There will be a special craft or activity on the last Friday of the month.
- **Rock N' Rhyme Time,** a drop in for babies to 5 year olds and their caregivers
- **Project Early Learning Musquodoboit (ELM),** a school preparedness program for 3 to 5 year olds.
- **Later Gator** for youth in grade 4 and up.
- **Parenting Journey Home Visitor Program,** a free program for families with babies to 18 years promoting healthy development and growth.

Make sure to check out the [monthly calendar](#) for more!



Community Programming

Fall 2025 / Winter 2026

Transportation support is available for all programming.

Contact us in advance to make arrangements

782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Sheet Harbour & Area

Sheet Harbour Public Library Programs

22756 Highway 7, Sheet Harbour

902-885-2391

www.halifaxpubliclibraries.ca/locations/sheet-harbour-public-library

- **Art & Paint Group: Every Wednesday, 9:30 am to 12:00 pm**
 - Do you enjoy painting, knitting, crocheting, drawing or any other hands-on crafts? Join us to share your talents while you socialize with friends.
- **Friends Crafting Together: Mondays from 10:00 to 12:00 pm**
 - Share patterns, projects and advice! All levels of experience welcome.
- **Baby & Tot Drop-in: Most Fridays from 10:30 am to 11:15 am**
 - Enjoy stories, songs and playtime for little ones and their caregivers.
- **After School Club: Thursdays from 3:00pm to 4:00pm**
 - Hang out, meet new people, and do STEM activities together. Ages 5-12.

Sheet Harbour Area - continued

Grandfriends, Moser River Community Hall

Mondays from 11:00 am to 1:00 pm

28975 Highway 7, Moser River

Everyone is welcome to join in for games, crafts, guest speakers, tea & coffee. Free will offering. Contact the Hall at 902-347-2114 for more information.

Together Tuesday, SR Balcom Centre, Port Dufferin

September 16, October 21, November 18, and December 16 , 11am-1 pm

A community drop in day. Come out for lunch and a visit. For more information, email srbalcomcentre24@gmail.com

Adventure Club, SR Balcom Centre, Port Dufferin

Every Friday starting October 3, 10am -12pm

A weekly homeschooling club for all homeschooling ages. To register or for more information, please contact Jessica.

jessica_k_01@hotmail.com. Weekly Fee of \$5.00 per child

Community Social, Gerald Hardy Memorial Society

Every second Thursday starting September 18, 10am -12pm

22657 Highway 7, Sheet Harbour

An invitation is extended to all community members to join in on the Community Social. Topics include but are not limited to cards, crafts, info sessions, chair yoga, and more. Ideas are welcome!

For more information, check out their Facebook page or contact Tina Boutilier, Program Instructor at 885-2300 or tina@geraldhardysociety.ca



Community Food Supports Musquodoboit Harbour & Area

Eastern Shore Family Resource Association (ESFRA)

5528 Hwy 7, Porters Lake

902-827-1461; Email: esfamilyresource@ns.aliantzinc.ca /

www.esfamily.org

- **Cobs Bread Distribution** - Drop by on Wednesdays to pick up a bag of delicious fresh bread products free of charge.
- **Shore Suppers**
 - The Centre provides free select fruit bags for community members - one bag per five-week cycle.

The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

902-889-2735; Email: info@theoldschool.ca / www.theoldschool.ca

- **The Old School Kitchen Community Pantry**

The kitchen is open the first Friday of each month for seniors from 12:30 to 1:30 and to other community members from 1:30 to 3:30. Hot meals also provided for visitors to eat in or take out. Also open the following Thursday from 4:30 to 6:30.

- **Community Garden**

Plots are available to rent each spring for planting through the harvest season. Workshops on topics like sustainable growing, maintaining soil health, mulching, harvesting and more.



Community Food Supports Musquodoboit Valley

Musquodoboit Valley Food Bank

Middleton United Church, 12430 Highway 224

Email: mvfoodbank2020@gmail.com

Operates every Friday from 10:00 to 11:00 am, and the same time on Saturday if the Food Bank is closed on Friday due to a holiday, weather event, etc. Register by calling 902-715-4762 or emailing.

Musquodoboit Valley Family Resource Centre (MVFRC)

Middle Musquodoboit, Haverstocks Pharmasave Building, 2nd Floor

The MVFRC has a number of programs offering food support:

- A Community Food Cupboard with basic supplies including perishables, non-perishables, baking supplies & more
- Monthly Good Food Bag, fresh fruit & veggie bag delivered for \$10

Contact the Centre at 902-384-2794 or mvfrc1@gmail.com for more information

Mobile Food Market

Middleton United Church, Middle Musquodoboit

Thursdays, 4:00-6:00 pm

Pick up fresh produce and other food items for very affordable prices.



Community Food Supports Sheet Harbour

Rainbow Foodbank

22657 Hwy 7, Sheet Harbour

Gerald Hardy Memorial Society

Available once a month on a designated Wednesday & Thursday. For more information and registration please call 902-885-2300.

Dates for 2025: September 10 & 11, October 15 & 16, November 19 & 20, Dec 10 & 11.

Community Food Supports Ship Harbour

The Deanery Project

751 W. Ship Harbour Rd., Lower Ship Harbour

902-845-1888 / thedeaneryproject@gmail.com

Community Gardens and Little Community Pantry

The Deanery is keen to support community gardens on site, and share skills, seeds and projects that can be applied to home gardens.



Community-Resources

YMCA Nova Scotia Works

Offering free support to job seekers and employers, including career planning, job matching, workplace accommodations, and career assessments.

www.ymcansworks.ca

- **Career Practitioners** – Our Career Practitioners will assess your employment needs, create an individualized return to work action plan, and provide referrals as needed.
- **Job Developers** – Our Job Developers provide support by matching you with potential employers and offering support.
- **Employment Support Practitioners (ESP)** – Our ESPs provide support to clients who may need workplace accommodations, job carving, coaching, assistance retaining employment or advocacy between the client and employer.
- **Career Counselling / Career Assessments** – Our Career Counsellors work with you to manage career change and transition by providing in-depth career assessment.
- **Employer Engagement Specialist** – Inclusive hiring practices, eliminating recruitment costs, developing competency based job descriptions.

Locations:

Sheet Harbour: 22540 Highway 7 | 902-885-3593

Middle Musquodoboit: 12335 Highway 224 | 902-384-2390

Porters Lake: 5228 Highway 7 | 902-827-4117

Well-Being HUB Community Partner Spotlight

Caregivers Nova Scotia



Caregivers Nova Scotia (CNS) provides **free programs and services**, support, and advocacy **to unpaid family and friend caregivers**. They **provide one on one support, host support groups, educate caregivers and advocate** on their behalf. By listening to caregivers' experiences and sharing their stories, CNS amplifies the collective voice of caregivers — because being heard is the first step toward better support.

Ben Robertson is the new Caregiver Support Coordinator for Eastern HRM. With a passion for helping others, **Ben has a deep understanding of the caregiver's journey.** This comes from his four years of professional experience as a care provider with Northwood Care, as well as his personal experience as a caregiver for three family members. He is currently a caregiver himself, and is dedicated to providing valuable resources and a supportive community for others.

Starting September 17, Ben will be facilitating a new caregiver support group at the Musquodoboit Harbour Library.

The group will meet every third Wednesday of the month from 2:00 PM to 4:00 PM. This is a wonderful opportunity for caregivers to connect, share experiences, and find mutual support in a welcoming environment.

To register and for more information, contact Ben at 902-817-9268 or **outreach@caregiversns.org**



Community Resources - continued

Seahorse Sexual Health Centre

22637 Hwy 7, Sheet Harbour / 902-696-6505

Located on the first floor of the Eastern Shore Memorial Hospital. SeaHorse Sexual Health Centre provides a variety of services to the residents of our communities, including educational programs and resources, a library, referrals to health care professionals and other organizations, birth control information, STI prevention, free condoms, free period products, access to our Transformation Closet and so much more. Please drop in or contact us today for more information.

Eastern Shore Pride

info@easternshorepride.ca / www.facebook.com/easternshorepridens

Eastern Shore Pride strives to grow and foster the 2SLGBTQIA++ community on the Eastern Shore and surrounding area! They host a variety of events throughout the year, including a Pride Festival in the summer time

Two Tunics Free Clothing Bank

St Philip Neri Church, 8 Park Rd & Highway 7, Musquodoboit Harbour

Drop by for any of your clothing needs, as well as some household items. All items are available for free. Accepting donations of gently used items.



Community Resources - continued

MusGo Rider Rural Transportation Association

www.musgorider.ruralrides.ca

Email: musgorider@gmail.com / 902-483-7433

MusGo Rider is a non-profit charity providing accessible rural transportation to everyone who resides in communities from East Preston/Lawrencetown to Ecum Secum and the Musquodoboit Valley. The service must be booked at least 24 hours in advance but it's recommended to book earlier for best availability. "We are a friendly, supportive group at MusGo Rider and our main goal is to help people get to where they need or want to go!"

Eastern Shore Family Resource Association (ESFRA)

5528 Hwy 7, Porters Lake

902-827-1461 / esfamily.org / Email: esfamilyresource@ns.aliantzinc.ca

Go With the Flow - A bi-monthly program offering free select menstrual products (2 per household). Contact ESFRA for more information.

Lea Place Women's Resource Centre

22709 Highway 7, Sheet Harbour

902-885-2668 / Email: director@leaplace.com

LEA Place engages in community development to ensure that the voices of women and adolescent girls are heard; and to initiate and develop community responses to local, regional, provincial, national, and international issues affecting the equality and well-being of women. Services include support counselling & crisis intervention, advocacy & accompaniment, information & referral, programming & more.



Community Resources - continued

The Old School Community Gathering Place

7962 Nova Scotia Trunk 7, Musquodoboit Harbour

902-889-2735 | Email: info@theoldschool.ca / theoldschool.ca

The Old School is a welcoming hub dedicated to fostering a vibrant, inclusive community. We offer programs and services that promote health, well-being, and community spirit for people in Musquodoboit Harbour and surrounding areas.

Our **Housing Support Worker** provides assistance to individuals and families in need of housing support, from emergency situations to securing long-term stability.

Our **YESS Program (Youth Employment & Skills Strategy)** supports youth in gaining meaningful work experience and developing job skills. The program focuses on helping youth overcome barriers such as education, food security, mental health, housing, and systemic challenges like racism and ableism.

Gerald Hardy Memorial Society

22657 Highway 7, Sheet Harbour

geraldhardysociety.ca / Email: info@geraldhardysociety.ca

902-885-2300

A day programming centre for persons with intellectual or physical disabilities. We offer skills development programming as well as social engagement activities.

Cascades Thrift Shop

Located at the Gerald Hardy Memorial Society

Fall & Winter Hours: Tuesday - Friday 10 am - 4 pm & the last Saturday of the month 10 am - 2 pm.

Community Resources - continued

The Deanery Project

751 W Ship Harbour Rd, Lake Charlotte, NS

902-845-1888 | thedeaneryproject@gmail.com

The Deanery is a rural hub for learning, creativity, and community. With programs in environmental sustainability, skills development, and the arts, it offers hands-on workshops, demonstrations, and events for all ages in a serene setting between forest and ocean.

Men's Sheds at the Deanery

A welcoming space to gather, share skills, and build community through hands-on projects in woodworking, gardening, crafting, and more. Focused on reducing isolation and fostering camaraderie, the Shed is shaped by its members. This project is in need of a new leader. Interested? Contact DeaneryProjectIntern@gmail.com or 902-845-1888.

Eastern Shore Mental Health

A supportive and sharing group for individuals living with mental health challenges, as well as their families and friends. Connect with others on the Eastern Shore by joining Eastern Shore Mental Health (ESMH) on Facebook.



Online Programs & Services

NSH Continuing Care

www.novascotia.ca/dhw/ccs

NSH Mental Health & Addictions

www.mha.nshealth.ca/en

Nova Scotia Health

www.nshealth.ca

Grief and bereavement services

mha.nshealth.ca/en/topics/symptoms/grief

First responders' mental health

firstrespondersmentalhealthns.com

www.pspnet.ca

MindWell-U - Free 30 day program

app.mindwellu.com/novascotia

Tranquility - free, online mental health & wellbeing support

tranquility.app/novascotia

Togetherall - free, online mental health support

togetherall.com



Phone Contacts

Provincial Mental Health and Addictions Crisis Line

Call 24/7

902-429-8167 or 1-888-429-8167

Suicide Crisis Helpline

Call or text 24/7
988

Domestic Abuse Line

Call 24/7
1-855-225-0220

Kids Help Phone

Call or text 24/7
1-800-668-6868

Peer Support Phone Service

Non-crisis, 18+
1-800-307-1686

NSH Continuing Care

1-800-225-7225

Men's / Women's or All Genders Helpline

Call 24/7
211

**Non-emergency
advice on mental
health & addictions**

811

**Good2Talk Nova Scotia
Support for post-secondary
students**

1-833-292-3698
or text 686868

**Access Wellness
single session of 1-to-1
counselling**

1-833-691-2282

**Self-refer to a mental health
or addictions clinic**

1-855-922-1122

Community Contacts

Colchester-Musquodoboit Valley Constituency Office (MLA)

87 Main Street, Stewiacke
Honourable Scott Armstrong
mlascottarmstrong@gmail.com
902-639-8679

Eastern Shore Constituency Office

6321 Highway 7, Gaetz Brook
Honourable Kent Smith
easternshore.MLA@novascotia.ca
902-989-3772

HRM District 2 Councillor, David Hendsbee

Lawrencetown - The Lakes - Chezzetcook - Eastern Shore

david.hendsbee@halifax.ca
902-483-0705

HRM District 1 Councillor, Cathy Deagle Gammon

Musquodoboit Valley

Cathy.deaglegammon@halifax.ca
902-717-2718

MP Braedon Clark

Preston, Chezzetcook Riding

281 Sackville Drive, Unit G, Lower Sackville
braedon.clark@parl.gc.ca
902-861-2333

MP Sean Fraser, Central Nova

Sean.Fraser@parl.gc.ca
Toll Free: 1-844-641-5886



fall recipe

Tomato Coconut Lentil Soup

Message from Nicola Bailey,

Program Coordinator, The Well-Being Hub

I love hearing from folks who try out the recipes - if you make this one, I would love to hear about it! Feel free to share a photo and and tell me how you liked it at facebook.com/wellbeinghub

Ingredients

- 2 TBSP coconut oil or other oil
- 1 medium onion, diced fine
- 4 garlic cloves, minced
- 1 2-inch piece of ginger, finely minced (or sub 2 tsp ginger powder)
- 1 TBSP curry powder
- ¼ tsp crushed red chili flake (optional)
- ¾ cup red lentils, rinsed
- 1 large can of crushed tomatoes
- salt and pepper to taste (approx. 1tsp each)
- 1 13.5oz can of coconut milk
- ½ cup cilantro, chopped (optional for garnish)
- Plain yogurt or sour cream and lime juice for garnish

Directions

- 1) Heat oil in medium sauce pan over medium high heat.
- 2) Cook onion until soft, 7-10 mins. Add garlic, ginger and chili flakes and cook for 3-4 minutes until fragrant. Stir to avoid burning.
- 3) Add in curry powder and lentils and cook for 2 minutes.
- 4) Add the tomatoes, salt and pepper to taste and 2 ½ cups of water or broth. Bring to a boil, then reduce heat to a simmer. Simmer 20-25 minutes, until lentils are soft, stirring occasionally.
- 5) Stir in the coconut milk and heat through.
- 6) Serve hot with optional garnishes. Pairs well with bread.

What is a “Social Prescription”?

Message from Michelle Williams, Seniors Navigator

Have you ever heard of a “social prescription” before? I know when I first heard it, I really wasn’t sure what it meant.

Social prescribing is a way to connect community members to services, programs, activities, and other resources that can help improve their physical, mental, spiritual, and emotional health.

How does it work?

Link workers, like myself and our Mental Wellness Navigator, work with clients, health care providers, and community partners to link people **with the resources that are right for them.**

Here at the Well-Being Hub, our work is centered around a social prescribing approach! This means **we believe in the power of social and community connection to help improve all aspects of our health and well-being.**

By attending the programming included in this guide or reaching out to our Navigation Service, you can reap the many health benefits of social connection!

SCIENCE-BACKED EVIDENCE

SOCIAL CONNECTION & BRAIN HEALTH



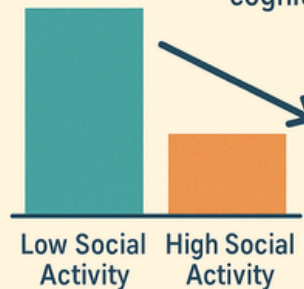
GOOD FRIENDS & ACTIVITIES → SHARPER THINKING

66,000 people in Europe & Israel (Ageing & Society, 2021)
Highest connectedness = highest cognition test scores



STAYING SOCIAL PROTECTS THE BRAIN

1,100 adults (average age 80), 5-year study
Most socially active = 70% less cognitive decline



70% LESS DECLINE

Engaging in social activities is proven to protect brain health and support healthy aging.

Sources: Ageing & Society (2021); Neuropsychology of Aging (2007); Harvard Health Publishing

Personal "Social Prescription" Calendar **SEPTEMBER 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Grief Support & Share (drop in)	11	12	13
¹⁴ World Suicide Prevention Day Event: Musquodoboit Harbour	15	16	17	18	19	20
²¹ World Suicide Prevention Day Port Dufferin	22 Bereavement by Suicide Series	23	24	25	26	27
28	29 Bereavement by Suicide Series	30	Fill this calendar with all the events you want to attend this Fall!			

Personal "Social Prescription" Calendar OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grief Support & Share (drop in)	2 Mental Wellness Ambassadors Program Part 1	3	4 Casting for Community Fly Fishing Series Workshop 1
5	6 Bereavement by Suicide Series	7 Mental Wellness Ambassadors Program Part 1	8	9	10	11
12	13 Bereavement by Suicide Series	14	15	16	17	18
19	20 Bereavement by Suicide Series	21	22 Mental Wellness Ambassadors Program Part 1	23	24	25
26	27 Bereavement by Suicide Series	28	29	30	31	

Personal "Social Prescription" Calendar **NOVEMBER 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Bereavement by Suicide Series Living with Grief Program	4 Mental Wellness Ambassadors Program Part 2	5 Grief Support & Share (drop in)	6 Mental Wellness Ambassadors Program Part 2	7	8
9	10 Bereavement by Suicide Series Living with Grief Program	11	12	13	14	15
16	17 Living with Grief Program	18	19 Mental Wellness Ambassadors Program Part 2	20	21	22
23	24 Living with Grief Program	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Living with Grief Program	2	3 Grief Support & Share (drop in)	4	5	6
7	8 Living with Grief Program	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Contact us

General Inquiries

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Toll Free: 1 (833) 393 2298

www.wellbeinghub.ca

www.facebook.com/WellbeingHUBs/

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