

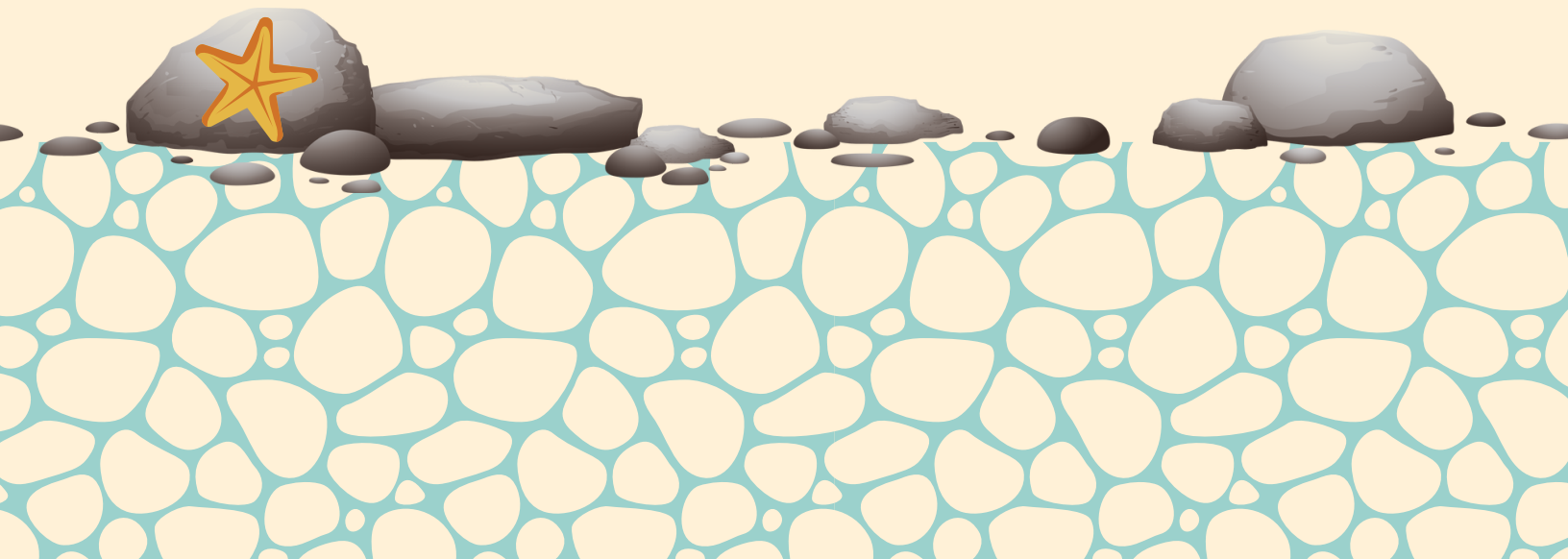
Eastern Shore & Musquodoboit Valley



Programs and Services

Spring and Summer 2024

**Working in collaboration to create
supportive communities where residents
can access programs, services and resources
they need when they need them.**



Well-Being HUB activities are possible with support from
Nova Scotia Health.

Cover design by Kirstin Fahie, youth YESS intern.

Send us your best fall photo for our Fall Brochure Cover
Contest!

Deadline: August 1, 2024

send your digital entry to communications@wellbeinghub.ca

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Introducing the Well-Being HUB

The Eastern Shore Musquodoboit Valley Well-Being HUB Association (Well-Being HUB) is a new not for profit organization serving as a way for Nova Scotia Health (NSH) and community partners to collaborate on service provision while addressing accessibility. The initiative began in 2020 as a way for NSH and community organizations to collaborate on common issues and service provision. We are a small team partnering with other organizations and agencies to offer resources to community members through the Eastern Shore and Musquodoboit Valley. Our services focus on mental wellness as well as supporting older adults and their care partners as they age in place and transition into care.

We offer:

- Mental Wellness Navigation & Navigation for Seniors
- Workshops, seminars & information sessions focused on mental wellness, aging in place, chronic disease, and more
- Visiting Buddies Volunteer Visitor Program
- Opportunities for collaboration.

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.

OUR MISSION

To create a network of community and health providers who will work collaboratively to provide the right care and supports that will empower residents to take charge of their mental, physical and spiritual health. The network will work to navigate, educate, coordinate and facilitate access to existing programs and services and create new ones to fill identified gaps.

Well-Being HUB activities are possible with financial support from
Nova Scotia Health.

Well-Being HUB Programs and Services

Navigation Service

The Well-Being HUB Navigation Service offers support to community members who are 16 years and over. Our service features two Navigators - our Mental Wellness Navigator and our Navigator for Seniors. Our Navigators are “links” in the social prescribing process, helping community members access resources, navigate systems, connect with necessary care and other supports. They can provide information about services, practical supports, and connections to community resources.

Contact either of our Navigators with your own questions, or to provide a referral for someone else at:

- **Mental Wellness Navigation**
782-446-1645 or wellness@wellbeinghub.ca
- **Aging in Place Navigation**
902-981-4001 or seniors@wellbeinghub.ca

Both of our Navigators can be reached toll free at 1-833-393-2298

Visiting Buddies Program Volunteer Visitor Program

Volunteers are paired with an older adult who could use some company or whose care partner needs respite. The volunteer visits their "match" at home or in the community for two to three hours per week. Matches are for six months, with the option to extend.

Visits are social and can include going on outings, doing an activity at home, providing help with errands and appointments, and navigation to resources. The volunteer commitment is flexible and regular training opportunities are offered.

For more information, get in touch at 782-409-9007, 1-833-393-2298, or admin@wellbeinghub.ca.

Well-Being HUB Programs and Services

Community Programming

We offer workshops and information sessions that aim to educate on topics related to mental wellness, aging in place, managing chronic illness, and those that address the social determinants of health. Some of our programming is designed to provide the opportunity to connect socially, bringing community members of all ages together to learn new skills and have fun.

Sessions have included:

- Advance Care Planning , (ACP) with Nova Scotia Health's (NSH) INSPIRED COPD
- Meal planning on a budget with plant-based foods
- Caregiver Stress Management with Caregivers Nova Scotia
- Conflict management for Care Partners
- Scams Against Seniors with the Better Business Bureau and Service Nova Scotia Internal Protection Unit
- Paint Events with Artsy Fartsy
- Grief support groups
- among others...

See registration information for each individual listing.

Transportation support is available for all programming, please contact us in advance to make arrangements.

Inquiries and transportation requests can be directed to

782-409-9007

1-833-393-2298

admin@wellbeinghub.ca

Meet our Navigators

Michelle Williams

NAVIGATOR FOR SENIORS



WHAT I OFFER

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

Tuesdays: Library Office, Middle Musquodoboit, 9:30-2:30

Wednesdays: The Old School, Musquodoboit Harbour, 9-3

Thursdays: NS Works/YMCA Building, Sheet Harbour, 10-2

Cell: (902) 981-4001 | Toll Free: 1 (833) 393-2298

Email: seniors@wellbeinghub.ca

MENTAL WELLNESS NAVIGATOR

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, and other resources that can help support community members' mental well-being



Cell: (782) 446-1645 | Toll Free: 1 (833) 393-2298

Email: wellness@wellbeinghub.ca

Community Programming

March 2024

Creative Kitchen: Learn to maximize your pantry and budget!

Saturday, March 23, 2:00-4:30 pm (Part 1)

Saturday, April 6, 2:00 - 4:30 pm (Part 2)

Middleton United Church, Middle Musquodoboit

Saturday, March 30, 2:00-4:30 pm (Part 1)

Saturday, April 20, 2:00-4:30 pm (Part 2)

Old School Community Gathering Place, Musquodoboit Harbour

Join facilitator Nicola Bailey for a free two-part, hands-on cooking workshop series exploring topics like:

- boosting the nutrition of foods
- how to build a "complete meal"
- cooking techniques
- shopping in season & on sale
- food storage for budget cooking
- adjusting recipes for your own needs, and more...

Spaces are limited, registration required. To register or for more information, contact the Well-Being HUB at 782-409-9007 or by email at admin@wellbeinghub.ca.

Community Tax Clinics

There are tax clinics happening across our catchment area. Clients must meet suggested income eligibility and should bring their government issued photo ID and all relevant tax slips and receipts.

March 7-April 25

YMCA NS Works, Sheet Harbour Office

Weekly on Thursdays, 9 am - 12 pm

Drop off and walk in service available. Contact Lisa Snyder with any inquiries at 902-885-3593 or Lisa.snyder@halifax.ymca.ca.

Community Programming

March 2024

Community Tax Clinics Cont'd

March 2-April 16

Musquodoboit Valley Family Resource Centre

Tuesdays, Wednesdays, Thursdays & Saturdays, 9 - 11:30 am

Service is by appointment and is offered in-person, virtually and drop off. Contact Angela Deal at 902-384-2794 or mvfrc1@gmail.com for more information or to make an appointment.

March 23-April 20

Musquodoboit Harbour Public Library

10 am - 3 pm during service period

Service is by appointment, please call the library at 902-889-2227 or drop by to book an appointment.

April 2024

Container Garden Workshop Series Session 1

Tuesday, April 2, 1 pm - 3 pm

Sheet Harbour Public Library Programming Room

Join organic food producer extraordinaire, Jude Major, for a workshop on the basics of setting up a container garden. Jude will go over the materials needed and how to prepare for planting. This is the first of three gardening workshops to be led by Jude through the spring & summer. Each workshop will cover a different aspect of container gardening. This workshop is co-sponsored by the Well-Being HUB and Gerald Hardy Memorial Society & Rainbow Food Bank. For more information, please contact Tina at Gerald Hardy Memorial Society at 902-885-2300.

Community Programming

April 2024

Book Club: Peace by Chocolate

Wednesday, April 3, 1-2:30 pm

Sheet Harbour Public Library

Discover new authors, meet new people, and share insights monthly. For April, we will discuss *Peace by Chocolate*, by Jon Tattrie. Register by calling the library at 902-885-2391.

Eastern Shore Pride Trivia Night

Saturday, April 6, doors open at 5:30, trivia starts at 6:30

Old No. 7 Sports Bar, Jeddore

Gather your team or come as you are and join us at the Old No. 7 Sports Bar for some queer trivia! Tickets are \$10 per person, cash collected at the door!

Watercolour Paint Party

Monday, April 8, 2:30 – 4:00 pm

Musquodoboit Harbour Public Library

Create your own watercolour painting in this workshop designed for beginners, and take home your artwork along with some information on the basics of watercolour painting. Supplies will be provided. To register, please call the Library at 902-889-2227.

Mystery Solved! Writers' Workshop with David A. Wimsett

Thursday, April 11, 1:30 – 4:30 pm

Musquodoboit Harbour Public Library

Join author David A. Wimsett, author of four award winning books of historical fiction, Epic Fantasy, and science fiction mystery as he explores the process of writing novels. This in-depth

Community Programming

April 2024

workshop will covers what makes a novel different from a short story, choosing the narrator, point of view, character development, dialogue, using emotions & details over sentimentality, world building, pacing, establishing a beginning, middle & end and the reality of a writer's life, and more. To register, please call the Library at 902-889-2227.

Laughter Yoga with Michele Graveline

Sunday, April 14, 1:30 – 2:30 pm

Musquodoboit Harbour Public Library

Laughter yoga combines laughter exercises and yoga breathing, increasing oxygen to the body and brain. Studies have shown that the brain does not recognize the difference between real laughter and fake laughter, allowing us to benefit from this practice. Today, Laughter Yoga is practiced while sitting in a chair; chair is provided. To register, please call 902-889-2227.

Life, Death, After

Tuesdays from April 16 to May 7, 2 - 4 pm

PAUSE Wellness Centre, Murchyville

Are you experiencing grief and loss of a loved one? Have a hard time talking about death and dying? Are you looking for a supportive environment to share your thoughts and questions? Rev. Dr. Linda Yates, author of “For the Death of Me, Accepting Death, Choosing Life”, is a compassionate and knowledgeable facilitator, who will lead you through a four session series, in a supportive environment, where you will have the opportunity to learn, explore and express your feelings around grief, death and dying. This series has a \$40 subsidized cost to cover facilitation. Please contact the Well-Being HUB at 782-409-9007 or admin@wellbeinghub.ca if this is a barrier to your participation.

Community Programming

April 2024

Enriching Soil with Jude

Monday, April 22, 2024, 10:30 – 11:30 am

Musquodoboit Harbour Public Library

Are you starting to prepare for your garden? Join Jude Major to learn how to naturally enrich your soil. See the process in action with this hands-on workshop outside the library. We will meet in the library before heading outside. To register, please call the Library at 902-889-2227.

Art Hive with Life As Medicine

Monday, April 22, 2:00 - 6:00 pm

The Deanery Project, Lower Ship Harbour

Come and spend the afternoon at the Deanery Project on Earth Day! The Well-Being HUB and Life as Medicine are hosting an Art Hive. We'll have a mini studio set up where community members are invited to come and create an art piece guided by Life as Medicine facilitators. No experience required and all ages welcome! Call us at 782-409-9007 or email admin@wellbeinghub.ca for more information. No registration required for this event.

Healing & Hope Grief & Bereavement Group

Wednesdays from April 24 to June 12

Old School Community Gathering Place, Musquodoboit Harbour

Connecting with others who are grieving has proven to be a profound and positive experience for those in mourning. Learning helpful coping skills helps to validate and normalize the natural process of grief. Join Jan Rowlings, trained facilitator with 24 years of experience and a recipient of provincial and national awards, for her bereavement group program. This eight-week series is free, registration is required. For more info or to register, please contact Jan at 902-229-0391 or janrowlings@gmail.com.

Community Programming

April 2024

Creative Kitchen: Learn to maximize your pantry and budget!

Saturday, April 27, 2:00-4:30 pm (Part 1)

Saturday, May 25th, 2:00 - 4:30 pm (Part 2)

SR Balcom Centre, Port Dufferin

Join facilitator Nicola Bailey for a free, two-part, hands-on cooking workshop series exploring topics like:

- boosting the nutrition of foods
- how to build a "complete meal"
- cooking techniques
- shopping in season & on sale
- food storage for budget cooking
- adjusting recipes for your own needs
- and more...

Spaces are limited, registration required. To register or for more information, contact the Well-Being HUB at 782-409-9007 or by email at admin@wellbeinghub.ca.

May 2024

Book Club: The Fault in Our Stars

Wednesday, May 01, 1:00pm-2:30pm

Sheet Harbour Public Library

Discover new authors, meet new people, and share insights monthly. For May 1, we will discuss *The Fault in Our Stars*, by John Green. Please call the library at 902-885-2391 to register.

Community Programming

May 2024

Internet Self-Defense

Two part series beginning May 2

Eastern Shore Musquodoboit Valley Literacy Network Office, Middle Musquodoboit

Technology is moving so fast that many of us are left feeling nervous about using it. Join our Internet Self Defense program and learn helpful tips to avoid scams and viruses. In this 2-part series we'll explore the topics of fake news, social media, digital footprints and online safety. If you're eager to join but don't have a laptop, we have classroom computers for everyone. Reach out if you would like to learn more about this program and to sign up - 902.391.0014 or esmv@adulthoodliteracynetwork.ca.

Beginner Computer

Classes beginning May 2

Eastern Shore Musquodoboit Valley Literacy Network Office, Porters Lake

This class is for folks who want to start at the very beginning. We will learn the basics of computer hardware and software...and what those terms mean! Participants will learn everything from how to comfortably use a mouse to safely navigating the internet. Contact or message the Literacy Network to register at 902-391-0014.

Plant Exchange

Saturday, May 11, 10:00 am – 12:00 pm

Musquodoboit Harbour Public Library

Did you start too many seedlings? Have some extra perennials or houseplants? Bring them to the Plant Exchange and take some other plants home! Please label your plants clearly.

Community Programming

May 2024

Chess Drop In

Saturday, May 25, 10:30 - 11:30 am

Sheet Harbour Public Library

Join us at our Chess Drop-in for a chance to play with other chess enthusiasts! This is an all ages event.

Wild Wonderful Nature: Bird Watching

Thursday, May 30, 10:00AM – 11:00AM

Musquodoboit Trailway Park Road Trail Head

Warblers! Chickadees! Robins! Oh my! Get outside with your Library to find some birds and learn the basics of birdwatching on the Musquodoboit Harbour Trail. We will cover:

- Tips to help you find birds
- Bird sounds – what do they mean?
- How to use binoculars like a pro
- Spring vs Fall plumage

Meet Karen by the sign for the Musquodoboit Trailway sign at the Trailhead parking lot. Bring sunscreen, a hat, comfortable clothes, and binoculars if you have them. Wild Wonderful Nature is a series of nature programs in partnership with Eastern Shore Forest Watch Association. To register, please call the library at 902-889-2227.

Community Programming

June, July & August 2024

Healthy Wells Workshop with Rural Water Watch Association

Tuesday, June 11, 6:00 – 7:30 pm

Musquodoboit Harbour Public Library

Join us to learn how to keep your well healthy. Learn about common issues with water quality and quantity, as well as how to test your well for bacteria and metals. We will also discuss local concerns like the impacts of climate change and introduce you to resources to help you manage and protect your well water. In partnership with Rural Water Watch Association

Container Garden Workshop Series Sessions 2 & 3

Tuesday, June 11, 10 am - 12 pm

Tuesday, August 13, 10 am - 12 pm

Sheet Harbour Public Library Programming Room

Join organic food producer extraordinaire, Jude Major, for a series of workshops on the basics of setting up a container garden. Jude will go over the materials needed and how to prepare for planting. These are the second and third of a series of three gardening workshops to be led by Jude through the spring & summer. This workshop is co-sponsored by the Well-Being HUB and Gerald Hardy Memorial Society & Rainbow Food Bank. For more information, please contact Tina at Gerald Hardy Memorial Society at 902-885-2300.

Book Club: Indian Horse

Wednesday, June 12, 1:00 – 2:30 pm

Musquodoboit Harbour Public Library

Join us in our monthly book club where we discover new authors, meet new people, and share insights. This month, we will discuss Indian Horse by Richard Wagamese. To register, please call 902-889-2227.

Community Programming

June, July & August 2024

Book Club: The Dutch House

Wednesday, July 10, 1:00 – 2:30 pm

Musquodoboit Harbour Public Library

Join us in our monthly book club where we discover new authors, meet new people, and share insights. This month, we will discuss *The Dutch House* by Ann Patchett. Please call the library at 902-889-2227 or drop by the Library to register.

Book Club: The Paris Library

Wednesday, August 14, 1:00 – 2:30 pm

Musquodoboit Harbour Public Library

Join us in our monthly book club where we discover new authors, meet new people, and share insights. This month, we will discuss *The Paris Library* by Janet Skeslien Charles. To register, please call 902-889-2227 or drop by the Library.

Eastern Shore Pride

August 17 - August 25, various events

Various locations from Musquodoboit Harbour to Salmon River.

Come celebrate pride on the eastern shore! Join Eastern Shore Pride for our 8 day festival full of fun events and activities for all ages. We'll be hosting a variety of events from a flag raising ceremony, variety show, market and so much more! Please check out our Facebook and Instagram pages at Eastern Shore Pride as we continue to post more dates and events for everyone. As always, all our events are safe spaces and everyone is welcome.

Community Programming

June, July, August 2024

Pride Art Hive with Life As Medicine

Saturday, August 17, time to be confirmed

The Well-Being HUB and Life as Medicine are hosting a Pride Art Hive! Life as Medicine will facilitate a mini studio where community members are invited to come and create an art piece guided by their facilitators. No experience required & all ages welcome! Call us at 782-409-9007 or email admin@wellbeinghub.ca for more information. No registration required for this event.

On-Going Programs

Middle Musquodoboit, Sheet Harbour, Musquodoboit Harbour & Porters Lake

Eastern Shore Musquodoboit Valley Literacy Network

The ESMV Literacy Network promotes lifelong learning by offering free educational and essential skills programming for adults 18+ for the Eastern Shore and Musquodoboit Valley. ESMV follows the school calendar so does not offer programming over the summer months.

GED/CAEC Prep

Free Program. Work toward your GED with our qualified instructors. September to June.

Porter's Lake - Wednesdays, 2pm or 6pm

Musquodoboit Harbour - Mondays & Tuesdays 9:30am or 1pm

Sheet Harbour - Mondays & Thursdays, 9am or 12:30pm

Call the Literacy Network to register at 902-391-0014.

Square 1

Free digital skills classes for very beginners. Includes email, internet, keyboarding and more. Bring your own device or use one of ours. Call the Literacy Network to register at 902-391-0014.

Porter's Lake - Tuesday 9am or 1pm

Middle Musquodoboit - Thursday 10am or 1pm

Sheet Harbour - Monday 9am, Tuesday 1pm, Wednesday 1pm

Tech Connect

Free Program. Expand your digital skills with courses in Microsoft Excel and Google Workspace, and learn more about applications like Zoom and the many Social Media sites. Don't see what you want to

On-Going Programs

Middle Musquodoboit, Sheet Harbour, Musquodoboit Harbour & Porters Lake

learn listed here? Give us a call, we can probably offer it. 902-391-0014

Porter's Lake - Thursdays 9:30am or 1:30pm

Middle Musquodoboit - Wednesdays 1pm and Fridays 9:30am or
12:30pm

Sheet Harbour - Mondays 1pm, Tuesdays 9:30am, Wednesdays 9:30am

Musquodoboit Valley

The **Musquodoboit Valley Family Resource Centre (MVFRC)** offers a variety of programming for older adults including:

Chair Yoga, Tuesdays from 10:30 to 11:30 am: Meets weekly at the Centre in the Haverstocks building.

Walking Footz, Wednesdays from 9:30 - 11:30 am: A walking program that meets weekly from at the Legion Branch #147 in Upper Musquodoboit.

JOY (Just Older Youth) Group, last Monday of the month at 12 pm: A social group that meets for lunch at the Centre followed by an activity or chat. The group meets until the end of June.

A new offering is the **Centre's Coffee Morning**, an intergenerational program meeting on **Fridays from 10:00-11:30 am.**

All regular programming at the MVFRC will continue until June, watch for their summer programming schedule later on in the spring!

Contact the MVFRC at 902-384-2794 or mvfrc1@gmail.com for more information on any of their initiatives and to register.

On-Going Programs

Musquodoboit Valley

Valley Voices Community Choir Led By Gordon Tucker

Every second Tuesday from 7:00 to 8:30 pm

Musquodoboit Valley Bicentennial Theatre & Cultural Centre

12390 Hwy 224 Middle Musquodoboit

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)! Upcoming practices for the season are:

- April 2, 16, 30
- May 14, 28
- June 11, 25

Visit bicentennialtheatre.ca or call 902-384-2391 for more information.

Musquodoboit Harbour and Porters Lake area

Musquodoboit Harbour Public Library Programming

7900 Hwy 7, Musquodoboit Harbour

902-889-2227

Check their website at www.halifaxpubliclibraries.ca/locations/mh/ or drop by the library for information on even more programming!

- **Quilting together: Every Wednesday, 6:00pm to 7:45pm**
 - Quilt the night away with friends every Wednesday evening. You can learn to quilt, or work on your own project with others. A sewing machine is provided. Room capacity is limited.
- **Eastern Shore Artist & Friends Monthly Meet-up: Wednesday April 3 & May 1, 1:00 – 2:00 pm**
 - Join us for this series where an Eastern Shore artist will discuss their work, inspiration, and approach. This is an opportunity for artists to gather to share with one another, and for others to learn more about the artists in our community.

On-Going Programs

Musquodoboit Harbour and Porters Lake area

Creativity and Emotional Wellness

Starting April 26 and running every second Friday, 12:30 -2:00 pm

The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

A free program in partnership between the Old School Community Gathering Place. Each session will provide facilitation on a range of creative projects focusing on a different area of emotional wellness. No experience necessary and supplies provided. Contact Artsy Fartsy at 902-222-5227 or the Old School at oldschoollmh@outlook.com for more information.

Enhance Through Dance

Fridays from 11:00 am to 12:00 pm

The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

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.

Call the Old School at 902-889-2735 or email oldschoollmh@outlook.com for more information.

Caregivers Nova Scotia (CNS) Support Group

Third Thursday of each month from 10:00 am to 12:00 pm

The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

This free support group is facilitated by a trained CNS staff member. It offers a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. Contact Caregivers Nova Scotia at 902-421-7390 for more information and to register.

On-Going Programs

Musquodoboit Harbour and Porters Lake area

Eastern Shore Mental Health (ESMH) Peer Support Drop In
Sundays from 2:00 pm - 4:00 pm, ending in May for the summer
The Old School Community Gathering Place
7962 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.

Narcotics Anonymous (NA)
Tuesday from 7:00 pm to 9:00 pm
Old School Community Gathering Place
7962 Highway 7, Musquodoboit Harbour

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.

For more information, contact the group at 902-789-8323.

Alcoholics Anonymous (AA)
Tuesdays and Sundays at 7:30 pm
4693 Highway 7, Porters Lake

AA is a global, peer-led mutual aid fellowship dedicated to abstinence-based recovery from alcoholism through their twelve-step program. AA stresses anonymity and offers membership to anyone wishing to stop using alcohol.

On-Going Programs

Musquodoboit Harbour and Porters Lake area

Porters Lake Seniors Club

Wednesdays from 1:00 pm to 3:30 pm

Porters Lake Community Center

4693 Highway 7, Porters Lake

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

Harbour Lites New Horizons Club

167 Meaghers Grant Road, Musquodoboit Harbour

A gathering place for seniors to meet regularly for company and fun.

Everyone is welcome at Harbour Lites. Activities include:

- Business Meeting - Second Tuesday of each month at 1:30 pm.
Members & new members welcome.
- Cribbage - first Sunday of each month
- AUCTION 45's - Every Tuesday at 7:00 pm
- Jam Sessions - Every Wednesday at 7:00 pm
- BINGO: Third Tuesday of each month at 2:00 pm

Coffee Club

Tuesdays from 9:00 am to 12 pm

Ste Therese Community Centre

17 Conrod Rd., Grand Desert

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.

On-Going Programs

Sheet Harbour & area

Sheet Harbour Public Library

22756 Highway 7, Sheet Harbour
902-885-2391

The Sheet Harbour Public Library is a cornerstone of the communities along the beautiful Eastern Shore. It boasts a large, bright space with scenic views of the ocean, great selection of the latest movies, technology resources: iPads, public computers, printing, scanning, and a variety of software—we even have a PlayStation 4 at our gaming station, and WiFi that extends to our outdoor space.

- **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.

Grandfriends

Mondays from 1:00 to 3:00 pm

Moser River Hall, 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.

NS Walks

Thursdays at 10 am

Sheet Harbour - Meeting point at the Slippery Oyster

NS Walks is a group walking program provided through Hike Nova Scotia. Walking, and especially walking in groups, is the perfect activity for a person's physical, mental, and social well-being. Connecting with people in your community and moving your body means you are better able to do the things you love. Walks are guided by a trained NS Walks leader.

Community Food Supports

Musquodoboit Valley

Musquodoboit Valley Food Bank

Middleton United Church, 12430 Highway 224

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 mvfoodbank2020@gmail.com. MusGo Rider will deliver food bank orders and bring community members to the food bank. Call them a few days ahead at 902-483-7433 to make a booking.

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
- Free Community Take Out Meals

Musquodoboit Harbour & Area

Meals on Wheels

Twin Oaks Memorial Hospital Cafeteria

Serving Musquodoboit Harbour, Lake Echo, Porters Lake, Chezzetcook, Petpeswick every Tuesday. Contact Twin Oaks at 902-889-4183 for more information.

Marine Drive Food Bank

43 East Petpeswick Road, Musquodoboit Harbour

First three Wednesdays of the month, call 902-889-9243 to register or for more info.

Marine Communities Food Bank

5531 Highway 7, Head of Chezzetcook

First and third Wednesday of the month from 6:00 pm to 7:30 pm.

Community Food Supports

Musquodoboit Valley

Eastern Shore Family Resource Association (ESFRA) Food Initiatives

5528 Hwy 7, Porters Lake

902-827-1461; esfamilyresource@ns.aliantzinc.ca

- **Cobs Bread Distribution**
 - Stretch your grocery budget by taking advantage of ESFRA's Cobs Bread distribution service. Drop by during Centre opening hours on Wednesdays to pick up a bag of delicious fresh bread products free of charge. Contact ESFRA for more information.
- **Go With the Flow**
 - A bi-monthly program offering free select menstrual products (2 per household). Contact ESFRA for more information.
- **Shore Suppers**
 - The Centre is providing free select fruit bags for community members. Community members are eligible for one bag per five-week cycle.
 - Contact ESFRA for more information.

The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

902-889-2735; oldschoolmh@outlook.com

- **Community Pantry**
 - The Community Pantry distributes food items on the first and third Fridays of the month from 12 pm to 2 pm. Drop in for service.
- **Community Garden, The Old School Community Gathering Place**
 - Plots are available each spring for planting through the harvest season. Workshops on various garden topics like growing and harvesting tomatoes and garlic are facilitated by our Community Garden Coordinator, Jude Major.
 - Contact the Old School at 902-889-2735 for more information.

Other Resources

YMCA Nova Scotia Works

The YMCA Nova Scotia Works Centres can assist through:

- 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 Counselors 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.

Sheet Harbour - 22756 Highway 7, 902-885-2810

Middle Musquodoboit - 12335 Highway 224, 902-384-2390

Porters Lake - 5228 Highway 7, 902-827-4117

Lea Place Women's Resource Centre

22709 Highway 7, Sheet Harbour

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.

Our services include support counselling & crisis intervention, advocacy & accompaniment, information & referral, programming & more.

director@leaplace.com

902-885-2668

Other Resources

Gerald Hardy Memorial Society

22657 Highway 7, Sheet Harbour

A day programming centre for persons with intellectual or physical disabilities. We offer skills development programming as well as social engagement activities. To become a participant in programming or activities, visit the centre or give them a call.

info@geraldhardysociety.ca

902-885-2300

MusGo Rider Rural Transportation Association

www.musgorider.ruralrides.ca

musgorider@gmail.com

902-483-7433

MusGo Rider is a non-profit charity that provides accessible rural transportation that is available to everyone that resides in communities from East Preston/Lawrencetown to Ecum Secum and the Musquodoboit Valley. It is a pre-booked service that must be booked at least 24 hours in advance but we recommend that you book as soon as possible for best availability. MusGo has a Fare Assistance Program in place for low income individuals/families that will reduce the fare by 50% for medical and groceries trips. MusGo Rider also supports the communities it serves by providing free delivery of Food Bank Orders, delivery of Meals on Wheels from the Twin Oaks Hospital, delivery of fresh fruit and vegetables from the Mobile Food Market to community partners in Middle Musquodoboit, Sheet Harbour and Ship Harbour, and Cobs Bread delivery to senior apartments in partnership with the Eastern Shore Family Resource Centre.

Please feel free to call, email or text with any questions or for more information. 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!

Other Resources

Two Tunics Free Clothing Bank

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

Monday 5:00-7:00 pm

Wednesday 12:00-3:00 pm

Thursday 10 am - 12 pm

Saturday 10 am - 12 pm

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

Colchester-Musquodoboit Valley Constituency Office

87 Main Street, Stewiacke

larryharrisonmla@gmail.com

902-639-1010

Eastern Shore Constituency Office

6321 Highway 7, Gaetz Brook

kent.smith@novascotia.ca

902-989-3772

Nova Scotia Health (NSH)

www.nshealth.ca

NSH Continuing Care

www.novascotia.ca/dhw/ccs

1-800-225-7225

NSH Mental Health & Addictions

www.mha.nshealth.ca/en

Provincial Mental Health & Addictions Crisis Line - 1-888-429-8167

Kids Help Phone Line - 1-800-668-6868 or text CONNECT to 686868

211 for community services, resources and programming



Contact us

General Inquiries

admin@wellbeinghub.ca

(782) 409 9007

Toll Free: 1 (833) 393 2298

Online

www.wellbeinghub.ca

www.facebook.com/WellbeingHUBs/



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