

Community Resource Guide

**Information and Local Resources for
Students, Teachers and Parents**

April 2010



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Academics

Community Youth Network

The Community Youth Network assists youth, primarily 12-18 years, achieve their full potential and enhance the capacity of youth serving agencies. They offer specific programs such as: youth at promise, which is a literacy program; street reach, which assists at-risk youth; training opportunities; youth employment, community project grants and support services.

Contact Information:

12-16 Carters Hill Place, Youth Service Site

P.O. Box 26067

St. John's, NL A1C 5T9

Phone: (709) 754-0536

Fax: 709-754-0842

Source: <http://www.cyn-stjohns.nf.ca/>.

Factmonster's Homework Centre

Factmonster's Homework Centre provides information on studying, writing, and public speaking skills that is beneficial to students.

Source: <http://www.factmonster.com/homework/>.

Helping Children Succeed In School

Helping Children Succeed in School is a website designed to provide parents with information regarding study habits and homework, learning styles, parental involvement in school, parent – teacher communication, etc.

Source: <http://www.urbanext.uiuc.edu/succeed/05-studyhabits.html>

Additions

Addictions Program

Addictions Program is dedicated to providing effective treatment for individuals 19 years of age and older who have substance use/abuse and/or gambling and a psychiatric illness. The Addictions Program is outpatient-focused, offering group education, therapy and support as its primary means of treatment. Short-term, individual counseling as well as referrals to inpatient treatment and community services are provided.

Contact Information:

Addictions Program
Mental Health Program
Waterford Site
Eastern Health
Waterford Bridge Road
St. John's, NL A1E 4J8
Phone: (709) 777-3330/3331
Fax: (709) 777-3912

Addiction Services

The Addictions Services program is involved with coordinating alcohol, other drugs, and gambling education, prevention and treatment services under the Eastern Regional Integrated Health Authority.

Contact Information:

2nd Floor Bldg 532
Pleasantville
P. O. Box 13122
St. Johns, NL A1B 4A4
Phone: (709) 752-4919
Fax: (709) 752-4920

Al-anon and Alateen Information Services

The Al-Anon Family Groups include relative and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. They believe alcoholism is a family illness and that changed attitudes can aid recovery. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. They do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Contact Information:

Area 83, Province of Newfoundland and Labrador

Phone: (709) 722-2666

Toll-Free: 1-888-425-2666

Email: info.al-anon.nl@nf.aibn.com

Source: <http://www.al-anonandalateen.nl.ca>

Alcoholics Anonymous

A support group program designed to offer help to individuals suffering from problems due to their own alcohol consumption.

Contact Information:

P.O. Box 26074

3 Blackmarsh Road

St. John's, Newfoundland and Labrador

A1C 5T9

Phone: (709) 579-6091 (pre-recorded meeting information)

Email: sjintergroup@nl.rogers.com

Source: <http://www.alcoholics-anonymous.org>

Eastern Health Addiction Services

The program provides crisis response and community-based mental health and addictions counselling. This includes PREP, a program that helps individuals with mental health difficulties return to the workforce, and ACCESS, which provides housing and support services for ex-psychiatric patients. Eastern Health operates the Mental Health Crisis Centre, a 24-hour, seven days a week telephone and in-person crisis intervention service at 1-888-737-4668.

Addictions counselling services include education, prevention and treatment services for persons with an alcohol, drug or gambling problem. The addictions program also works with family members who are often affected by an addiction in the family. A 20-bed Recovery Centre is available to individuals who are experiencing withdrawal from alcohol, street drugs or prescription medication. The Recovery Centre serves as an entry point to addictions treatment. We also have an extensive collection of materials on addictions in their lending library.

Contact Information:

Addiction Services

Eastern Health

Administrative Office

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 752-4919

Source: <http://www.easternhealth.ca/AboutEH.aspx?d=2&id=158&p=77>

Gamblers Anonymous

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Gamblers Anonymous meets in St. John's at the following times. Please check the website as these times may change.

Monday

St. Johns G.A.

8:00 - 10:00 PM

Cannonwood Hall

Military Road

St. John's, NL

Wednesday

Mount Pearl G.A.

7:30 PM

First United Church
Park Avenue
Mount Pearl, NL
Closed Meeting

Thursday

St. Johns G.A
8:00 PM
Cannonwood Hall
Military Road
St. Johns, NL

Contact Information:

Phone: 213-368-8789 (Long- Distance)

Email: isomain@gamblersanonymous.org

Source: <http://www.gamblersanonymous.org/>

Narcotics Anonymous

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous does not focus on any one specific drug. They focus on the disease of addictions and, more importantly, on the nature of recovery from this disease. Some materials are distributed by mail to health care professionals. Narcotics Anonymous members are available to conduct meetings in institutional settings when appropriate.

Contact Information:

Phone: (709) 579-4290 (Recorded Information)

Meetings: Sundays at 8pm at the Froude Avenue Community Center

Source: <http://www.canaacna.org/english/index.asp>

Newfoundland and Labrador Alliance for the Control of Tobacco

The Newfoundland and Labrador Alliance for the Control of Tobacco is a program aimed to reduce the use of tobacco in youth through the presentation of general information regarding tobacco use.

Source: <http://www.actnl.com/>.

Overeaters Anonymous

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; they are self-supporting through their own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology or religious doctrine; they take no position on outside issues.

Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please go to the following link for a meeting place:

http://www.oa.org/all_about_meetings_results.htm?method=1&State=NL&statePulldown=%2Findex.htm%3Fstate%3DNL&city=&day=&Submit=Search

Contact Information:

Phone: (709) 738-1742

Email: sponsor@overeaters.org.

Source: <http://www.oa.org>

Recovering Addicts Fellowship Team

This organization is designed to help recovering addicts meet new non-using friends, share recovery experiences and get on with life, in an environment where using substances is not the focus of the day. They have developed outreach to bring addiction education to both our youth and the general public. Recovering addict's fellowship team aims to provide the recovering addict with healthy, alternative, social activities.

38 Pearson Street, Suite 111

St. John's, NL A1A 3R1

Phone: (709) 351-0000

Email: info@raft.nf.com

Source: <http://raft-nf.com>

Recovery Centre

The Recovery Centre is a provincial non-medical detoxification service which is operated by the Addictions Services branch of the Eastern Regional Integrated Health Authority. The Centre is located in St. John's, and is open to men and women who are intoxicated or who are experiencing symptoms of alcohol and other drug withdrawal or who need respite from a gambling problem. Clients of the Recovery Centre have full access to the outpatient and inpatient treatment services of Addictions Services. Detoxification may also be accomplished at home under a doctor's

guidance or in a hospital for those experiencing severe withdrawal symptoms and needing supervised detoxification.

Contact Information:

1st Floor Bldg. 532

Pleasantville

P.O. Box 13122

St. Johns, NL A1B 4A4

Phone: (709) 752-4980

Fax: (709) 752-4985

The Smoker's Helpline

The Smokers' Helpline is a toll free confidential phone line whereby anyone in Newfoundland & Labrador can call and receive free information, resource materials, advice, support and motivational counselling while working towards being smoke-free or creating a smoke-free environment.

The primary purpose of the Smoker's Help Line is to assist individuals in quitting smoking; however, the helpline is available to the entire community. The Newfoundland and Labrador Smokers' Helpline is widely used by both smokers and non-smokers. For instance, people who smoke can call to receive counselling on how to cut back and/or quit, family members can call to receive information on how to support a loved one who is trying to quit, students and teachers can call to get information for school projects and lesson plans, health professionals can call to receive the latest research and resource materials, and the business community can call to learn how to create smoke-free spaces and access workplace cessation programs.

The Helpline provides mailed resources and conducts "proactive" calls, where trained counsellors provide scheduled follow-up calls to aid in the quitting process.

Quit by Phone- Call the Smokers Helpline at 1-800-363-5864.

Contact Information:

The Carnell Building

15 Pippy Place, PO Box 13457

St. John's, Newfoundland and Labrador

A1B 4B8

Toll Free: 1-800-363-5864

Fax: (709) 726-2550

Source: <http://www.smokershelp.net>

Divorce and Separation

Divorce Wizards

Divorce Wizards is a website that contains information on how you can be the best single parent you can.

Source: <http://www.divorcewizards.com/top10singleparenting.html>.

Families Change

The Families Change website provides information on parental separation and divorce for kids and children.

Source: <http://www.familieschange.ca/>.

Helping Children and Youth Live with Separation and Divorce

The Public Health Agency of Canada has provided a section that provides information for parents on how to help children adjust to two homes, when parents start dating, remarriage and blended families, as well as, sexual orientation and divorce.

Source: http://www.phac-aspc.gc.ca/publicat/mh-sm/divorce/5_e.html.

Kids Help Phone

The Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. Professional counsellors provide immediate, caring support to young people in urban and rural communities across the country.

The service is completely, anonymous and confidential - they do not trace calls or use call display. You do not have to tell us your name if you do not want to.

Contact Information:

Toll-Free Phone: 1-800-668-6868

Source: <http://www.kidshelpphone.ca/en/>

Single Parent Association of Newfoundland (SPAN)

The Single Parent Association of Newfoundland's goal is to provide supports for single parents, enabling them to regain control over their lives for the empowerment of themselves and their children. They recognize the ever increasing demands and pressures on the family unit, through a number of practical programs and services. They offer single parents and their families support and connectedness with kindness.

Contact Information:

Single Parent Association of Newfoundland

P.O. Box 21421

St. John's, NL A1A 5G6

Phone: (709) 738-3401

Fax: (709) 738-3406

Email: projects@span.nf.net

Source: <http://www.envision.ca/webs/span>

Separation and Divorce

The Canadian Mental Association has a section which provides information on separation and divorce and things that you can do while going through separation or divorce.

Source: http://www.cmha.ca/bins/content_page.asp?cid=2-70-72.

Illnesses and Bereavement

Bereavement Association (St. John's Region)

The Bereavement Association aims to identify, coordinate and develop resources related to bereavement that are available in our region. Information and support sessions are offered several times throughout the year. A resource person will present on a topic and there will be time for discussion and mutual support. Coping with the holidays is usually held the first week in December.

Contact Information:

Pastoral Care Dept., General Hospital,
300 Prince Philip Drive,
St. John's, NL A1B 3V6
Phone: (709) 777-6959
Fax:(709) 777-7612
Office is open to the public: 8:30 - 4:30.

Bereavement Resources

Obituaries Today provides bereavement information for helping people go through the bereavement process. In addition, it provides information on how to comfort someone who is going through the bereavement process.

Source: <http://www.obituariestoday.com/Resources/>.

Canadian Cancer Society

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is to eradicate cancer and to enhance the quality of life of people living with cancer.

Contact Information:

Eastern Regional Office
P.O. Box 8921
Second Floor, Viking Building
Crosbie Road
St. John's, NL A1B 3R9
Phone: (709) 753-6520
Toll-Free: 1-888-753-6520
Fax: (709) 753-9314
Email: ccs@nl.cancer.ca
Source: <http://www.nfandlab.cancer.ca>

Candlelighters Association of Newfoundland and Labrador

The Childhood Cancer Foundation Candlelighters Canada is a national, volunteer governed, charitable organization dedicated to improving the quality of life for children with cancer and their families. They achieve their goal through undertaking and supporting national initiatives resulting in the increased survival and wellbeing of children, and ultimately a cure for all childhood cancers.

Contact Information:

Wendy Chaulk, President

P.O. Box 5846,

St. John's, NL A1C 5X3

Phone: (709) 745-7448; 1-866-745-4448

Fax:(709) 745-4442

Source: <http://www.candlelighters.ca/index.html>

Grief Issues

Barrett's Funeral Homes provides people with helpful guidance on grief issues such as helping yourself heal, when a parent dies, accepting a loss, the grieving process, as well as a children's corner.

Source: http://www.barretts.ca/Grief_Issues_-57447.html.

Helping Children Deal with Death

Carnell's Funeral Home has devoted this section of their website to presenting information on how to help children deal with death.

Source: <http://www.carnells.com/children.php>.

Realtime Cancer

Realtime Cancer is focused on inspiring, informing and supporting young adults, ages 15-30, dealing with cancer. Sections of the website give a solid background of the history, current operations and plans for the future.

Contact Information:

Realtime Cancer

P.O. Box 8171

St. John's, NL A1B 3M9

Phone: (709) 579-7325

Fax: (709) 579-7326

Toll-Free: 1-877-571-7325

Email: hope@realtimecancer.org

Office: Located 120 Kenmount Road, 2nd floor of the CarMax Building.

Source: <http://www.realtimecancer.org/default.asp>

**Information for Parents of Children with Special
Needs**

Allergy/Asthma Information Society

The Allergy/Asthma Information Society's goal is to create safer environments and improve quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice.

Contact Information:

Gloria Shanks (Atlantic)

36 Morrison Street

Fredericton, NB E3A 4M3

Phone: (506) 459-4475

Toll-Free: 1-866-761-6600

Fax: (506) 459-4475

Email: atlantic@aaia.ca

Source: <http://www.aaia.ca/en/index.htm>

Autism Society of Newfoundland and Labrador

Autism Society of Newfoundland and Labrador is a non-profit, charitable organization dedicated to fostering the development of individualized, lifelong, community-based supports and services for persons with autism spectrum disorder. Autism Society of Newfoundland and Labrador is committed to the promotion of acceptance, independence, productivity and opportunities for inclusion in all facets of life for persons with autism spectrum disorders and their families.

Contact Information:

Autism Society of Newfoundland and Labrador

Tara Pearce, Executive Director

Phone: (709) 722-2803

Fax: (709) 722-4926

Email: info@autism.nf.net

Source: <http://www.autism.nf.net>

Canadian Hard of Hearing Association- Newfoundland Association

The Canadian Hard of Hearing Association improves the quality of life of people of all ages in Newfoundland and Labrador, who are hard of hearing. They promote understanding of the prevalence, causes, and prevention of hearing loss, and advocate for accessibility in public places.

Contact Information:

Suite 103, 136 Crosbie Road (Viking Building)

St. John's, NL A1B 3K3

Phone: (709) 753-3224

Toll-Free: 1-888-753-3224

Fax: (709) 753-5640

Source: <http://www.chha-nl.nl.ca>

Coalition of Persons with Disabilities Newfoundland and Labrador

Coalition of Persons with Disabilities Newfoundland and Labrador is the cross-disability advocacy organization of persons with disabilities in Newfoundland and Labrador. Coalition of Persons with Disabilities serves all people with disabilities, advocating for the necessary support to exercise their citizenship rights provincially and nationally. Because Coalition of Persons with Disabilities' role is information and systemic advocacy, it does not provide any direct services to members, nor does it provide individual advocacy. It strives to involve its members and all persons with disabilities in influencing change.

Contact Information:

Susan Ralph

Coalition of Persons with Disabilities

Newfoundland and Labrador

TD Place, 140 Water Street

Suite 202

St. John's, NL A1C 6H6

Phone: (709)722-7011

Fax: (709)722-4424

Email: codmain@nf.aibn.com

Source: www.codnl.ca

Community Asthma Care Centre - Adult Asthma Education Centre

The Community Asthma Care Centre helps people understand and take control of their asthma symptoms, understand and effectively utilize their asthma medication and develop the self-management skills to control their asthma. At the Centre, you will learn: what asthma is, your triggers and how to avoid them, how to effectively take inhaled medications, how to establish an action plan to keep you well, and how to recognize and understand warning signs.

Contact Information:

St. Clare's Mercy Hospital, 3rd Floor,

St. John's, NL

Phone: (709) 777-5598 or (709) 777-5591

Fax: (709) 777-5895

Office is open to the public by appointment to those referred by a doctor.

Developmentally Delayed Children-Parents Support Group

Developmentally Delayed Children-Parents Support Group provides support for the parents of developmentally delayed children through contact with other parents and provides an opportunity for the children to meet during the summer months.

Contact Information:

Carol Ann Myers

Corinne O'Brien

92 Nascope Crescent

St. John's, NL A1B 3W5

Phone: (709) 753-4327 (C. Myers) or (709) 754-1029 (C. O'Brien)

Easter Seals Society Newfoundland and Labrador

Easter Seals works to maximize the abilities of children with physical disabilities. Their goal is to identify what children have trouble doing and break down the barriers. Easter Seals prides itself on providing the finest programming for children with physical disabilities. They focus on four areas of programming for, which are recreational therapy, direct assistance, skills development and education and advocacy.

Contact Information:

Easter Seals
712-100 Forest Road
Southcott Hall
St. John's, NL A1A 1E5
Phone: (709) 754-1399
Toll-Free: 1-888-601-6767
Fax: (709) 754-1398
Email: info@easterseals.nf.ca

St. John's Children's Centre
Easter Seals Newfoundland and Labrador
79 Nagle's Place (Pippy Park just past the Fluvarium)
St. John's, NL A1B 2Z2
Phone: (709) 726-2622
Fax: (709) 726-6553
E-mail: info@easterseals.nf.ca
Source: <http://www.easterseals.nf.ca/default.htm>

Epilepsy Newfoundland and Labrador

Epilepsy Newfoundland and Labrador offers its members and interested individuals a wide range of services and programs to meet needs concerning all aspects of living with epilepsy. Their services include: information, news, resource centre, alerts, advocacy, public presentations, pen-pal programs and thrift store.

Contact Information:

Epilepsy Newfoundland and Labrador
26 O'Leary Avenue
St. John's, NL A1B 2C7
Phone: (709) 722-0502
Toll Free: 1-866-epilepsy
Fax: (709) 722-0999
Email: info@epilepsynl.com
Source: www.epilepsynl.com

Fetal Alcohol Syndrome/ Effects (FAS/ FAE) Support Group

The Fetal Alcohol Syndrome/Effects Support Group provides support, information and consultation for families, professionals and the community around prevention, intervention and treatment pertaining to Fetal Alcohol Syndrome/ Effects and other disabilities caused by drug use during pregnancy.

Contact Information:

Mary Anne Walsh
547 Indian Meal Line,
Torbay, NL A1K 1B4
Phone: (709) 895-6606
(Support group - Call for time and location)

Fetal Alcohol Syndrome/Effects (FAS/FAE) Support Line

The Fetal Alcohol Syndrome/Effects Support Line is a bilingual information service and links to support groups, prevention projects, resource centers, and experts on FAS/FAE.

Contact Information:

C/o Canadian Centre on Substance Abuse
75 Albert Street, Suite 300,
Ottawa, Ontario, K1P 5E7
Toll Free: 1-800-559-4514
Source: <http://www.nofas.org>

Independent Living Resource Centre

The Independent Living Resource Centre is a non-profit organization providing information, resources, networking, skill development seminars, individual advocacy and peer support programs for people with disabilities, their families, friends and support networks. The Independent Living Resource Centre has a variety of programs which include: individual advocacy, peer support, information & networking, full steam ahead, community access program and research & development.

Contact Information:

4 Escasoni Place
St. John's, NL A1A 3R6
Phone: (709) 722-4031
Fax: (709) 722-0147
Toll Free: 1-866-722-4031
Email: info@ilrc.nf.ca
Source: <http://www.ilrc.nf.ca>

Learning Disability Association Newfoundland and Labrador

The Learning Disabilities Association of Newfoundland and Labrador is a not-for-profit, charitable organization, dedicated to the advancement of education, employment, social development, legal rights and general well-being of people with learning disabilities. They are dedicated to helping people with learning disabilities achieve their true potential in school, in the workplace, and in society.

Contact Information:

The Board of Trade Building

66 Kenmount Road, Suite 204

St. John's, NL A1B 3V7

Phone: (709) 753-1445

Fax: (709) 753-4747

Email: ldanl@nl.rogers.com

Source: <http://www.nald.ca/ldanl>.

Mothers Offering Moral Support (MOMS)

The Mothers Offering Moral Support is a support group for parents of children with special needs. It provides support and information, and holds functions for the children during the year. They deal with children with all types of special needs, such as Down syndrome, Autism, ADD, Spina Bifida, Juvenile Arthritis and those developmentally delayed. The group provides referrals and is sometimes involved with advocacy.

Contact Information:

Gaye Reid or Dianne Young

P.O. Box 328

Grand-Falls-Windsor, NL A2A 2J7

Phone: (709) 489-3420 (Gaye Reid) or (709) 489-7018 (Dianne Young)

Fax: (709) 489-5033

Email: rei.ab@nf.sympatico.ca

reid_gaye@hotmail.com

Newfoundland and Labrador Association for Community Living

The Newfoundland and Labrador Association for Community Living is a provincial non-profit advocacy association dedicated to developing communities that welcome persons with developmental disabilities. They work with and on behalf of citizens with developmental disabilities and their families to secure the means and opportunities whereby these citizens can live normal and dignified lives as full participants in community. In order to work toward the realization of this goal, they do the following: provide direct support to individuals, families, and local associations; work with government and service agencies to build supportive communities; lobby for changes in social policy, programs, and laws; facilitate research training and planning.

Contact Information:

687 Water Street

P.O. Box 5453

St. John's, NL A1C 5W4

Phone: (709) 722-0790

Toll Free: 1-800-701-8511

Fax: (709) 722-1325

Email: nlacl@nf.aibn.com

Source: www.nlacl.ca

Newfoundland and Labrador Down Syndrome Society

The Newfoundland and Labrador Down Syndrome Society is a volunteer non-profit organization of family and friends dedicated to ensuring a fulfilling quality of life for children, youths and adults with Down Syndrome. They believe in and are committed to integration and inclusion in all aspects of society.

Contact Information:

Jeff Hutchings - Chair

Adam Johnston - Office Manager

P.O. Box 21054

235 Pennywell Road

St. John's, NL A1A 5B2

Phone: (709) 738-3336

Toll-Free: 1-877-738-3336

Fax: (709) 738-4440

Office is open to the public: Monday-Friday 10:30 - 3:30

E-Mail: nldss@nl.rogers.com

Source: <http://www.nldss.com>

Special Needs Information Service Online: Centre of Excellence for Children and Adolescents with Special Needs in Newfoundland and Labrador

The Centre of Excellence is committed to ensuring that young people with special needs living in rural and northern communities receive the best services Canada has to offer. Their current focus of work involves: nutrition, health and development, early intervention, substance abuse, learning and communication, mental health and emerging technology. They also work with families, communities and governments to develop the best programs for young people with special needs in rural and northern Canada, connect parents, teachers and groups interested in special needs, provide easy ways to get helpful information, collect and review the latest information on special needs, report on best practices and best programs, and find new technologies to improve services.

Contact Information:

Lynn Frizzell, Memorial University of Newfoundland and Labrador

Phone: (709) 737-2395

Source: <http://www.coespecialneeds.ca>

Tourette syndrome Foundation of Canada

The Tourette Syndrome Foundation of Canada is the only national voluntary non-profit organization assisting individuals affected by Tourette syndrome and its associated disorders. They are dedicated to improving the quality of life for those with, or affected by, Tourette syndrome through programs of education, advocacy, self-help and the promotion of research.

Contact Information:

Newfoundland and Labrador

P.O. Box 722

St. John's, NL A1C 5L4

Phone: (709) 745-8732

Fax: (709) 745-5993

Source: <http://www.tourette.ca/index.php>

Mental Health

Bridges Program

Bridges Program is a pilot project for youth, ages 16-19, and their families, who may be experiencing a serious, urgent mental illness, health problem or crisis. They assist young clients with problems such as depression, suicidal and self-harm behaviors, eating disorders, sexuality concerns, mental illnesses and family conflict. Key service areas are individual therapy, family therapy, psychiatric consultation and treatment, parent education and supportive counseling, post hospital follow-up to inpatient mental health treatment and referral to other agencies.

Contact Information:

Bridges Program
Adolescent Division,
Mental Health Program
L. A. Miller Centre
5th Floor, Southcott Hall
100 Forest Road
St. John's, NL A1A 1E5
Phone: (709) 777-7715
Fax: (709) 777-7779

Bulimia Anorexia Nervosa Association

Bulimia Anorexia Nervosa Association is committed to providing specialized treatment education and support services for individuals affected directly and indirectly by eating disorders.

Contact Information:

2109 Ottawa Street
Suite 400
Windsor, ON N8Y 1R8
Phone: (519) 969-2112
Fax: (519) 969-0227
Source: <http://www.bana.ca>

Canadian Mental Health Association

The Newfoundland and Labrador Division of the Canadian Mental Health Association is a voluntary, non-profit charitable organization aimed to promote a better understanding of mental health and mental illness in the province. As a division of the national Canadian Mental Health Association, their goal is to promote the mental health of all our citizens and to support the resilience and recovery of people and families living with the realities of mental illness.

This goal is accomplished through advocacy, public education, research, and service at the national and provincial levels.

Contact Information:

Canadian Mental Health Association
Newfoundland and Labrador Division
Suite 302, 95 Bonaventure Avenue
St. John's, NL A1B 2X5
Phone: (709) 753-8550
Toll-Free: 1-866-509-3937
Fax: (709) 753-8537
Source: <http://www.cmhanl.ca/about.asp>

CHANNAL (Consumer Health Awareness Network of Newfoundland and Labrador)

The goal of CHANNAL is to build and strengthen self-help initiatives among individuals with mental health difficulties. CHANNAL aims to combat isolation, to educate the public on issues relevant to consumers of mental health services, and to provide social and emotional support, skill-building opportunities and a forum for consumers' concerns.

Contact Information:

Janet Battock
P.O. Box 371
Holyrood, NL A0A 2R0
Phone: (709) 229-0524
Toll-Free: 1-877-229-0482
Email: channaleast@yahoo.ca

Kids Help Phone

The Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. Professional counsellors provide immediate, caring support to young people in urban and rural communities across the country.

The service is completely anonymous and confidential - they do not trace calls or use call display. The caller does not have to disclose their name.

Contact Information:

Toll-Free Phone: 1-800-668-6868

Source: <http://www.kidshelpphone.ca/en/>

Mental Health Crisis Centre and Crisis Line

Mental Health Crisis Centre promotes good mental health by supporting individuals through mental health crises, and to provide a 24-hour, 7-days per week community-based mental health crisis intervention service.

Contact Information:

Sheila Strickland

Mailing Address

47 St. Clare Avenue,

St. John's, NL A1C 2J9

Phone: (709) 737-4668 (Crisis Line)

Toll-Free: 1-888-737-4668 (Crisis Line)

Fax: (709) 737-4671

Office is open to the public 24 hours, 7 days a week.

Services Crisis Intervention (telephone and walk-in)

National Eating Disorder Information Centre

National Eating Disorder Information Centre provides information and resources on eating disorders and weight preoccupation. Their services include providing written information on eating disorders, food and weight preoccupation, telephone information and referral line. They also host an Eating Disorders Awareness Week (annually), which is a nation-wide listing of treatment services and resources and lectures and workshops for schools, community groups, professionals.

Contact Information:

200 Elizabeth Street, 7ES-421,

Toronto, ON M5G 2C4

Phone: 1-866-633-4220 (Toll Free); (416) 340-4156

Fax: (416) 340-4736

Email: nedic.admin@uhn.on.ca

nedic@uhn.on.ca

Source: <http://www.nedic.ca>

Overeaters Anonymous

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; they are self-supporting through their own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology or religious doctrine; they take no position on outside issues.

Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please go to the following link for a meeting place:

http://www.oa.org/all_about_meetings_results.htm?method=1&State=NL&statePullDown=%2Findex.htm%3Fstate%3DNL&city=&day=&Submit=Search

Contact Information:

Phone: (709) 738-1742

Email: sponsor@overeaters.org.

Source: <http://www.oa.org>

Schizophrenia Society

The goals of the Schizophrenia Society are as follows: to provide support for those who have schizophrenia, their families and friends; to educate the public about the disease; to act as a resource to health care professionals and to improve services for persons with schizophrenia.

Contact Information:

SSNL Office

Lori Humber, Executive Director

205-206 WB, Waterford Site

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 777-3335

Fax: (709) 777-3524

Source: <http://www.ssnl.org>

Short Term Assessment Referral and Treatment (START) Clinic

The Short Term Assessment Referral and Treatment Clinic provides rapid access to individuals requiring urgent mental health care. Services are provided in a brief therapy model coordinated by an interdisciplinary team of nurses, psychiatrists, psychologists, a social worker, occupational therapist and spiritual care counselor. Patients may be referred by family physicians, emergency departments, or hospital-based consultation/liaison services. Individuals referred to the clinic must be at least 20 years of age, require urgent intervention and are not being followed elsewhere in the mental health system. All referrals are seen in 72 hours by a psychiatric nurse for initial assessment and then assigned to a primary therapist. Patients are followed for a maximum of six-eight visits.

Referrals can be made by completing the Mental Health and Addictions referral form.

Phone: (709) 777-5390 or 777-5391

Fax: (709) 777-5093

Contact Information:

Division Manager Eileen Colbert

Phone: (709) 777-5822

Fax: (709) 777-5322

Nutrition and Physical Activity

Boys and Girls Clubs of Canada

The goal of all Boys and Girls Clubs in Canada is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

Contact Information:

Boys and Girls Clubs of Newfoundland and Labrador

PO BOX 20

49-55, Elizabeth Ave.

St. John's, NL A1A 1W8

Phone: (709) 722-5556

Fax: (709) 722-5576

Email: jmcisaac@nfld.net/Home: jmcisaac@nf.sympatico.ca

Source: <http://www.boysandgirlsclubsofnl.com>

Canada's Food Guide

Learning more about Canada's Food Guide will help the client and their family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

Canada's Food Guide can help you make wise food choices, whether you are eating at home, at school, at work or eating out. Explore tips and ideas on how to use Canada's Food Guide for: planning meals, shopping tips, reading food labels, fast and easy meal ideas, smart snacking, eating out, and counting food guide servings in the meal.

Contact Information:

Email: Food_Guide@hc-sc.gc.ca

Source: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Canadian Diabetes Association

The Canadian Diabetes Association offers a wide range of programs and services to help learn more about your condition and meet others living with it, through the website, print materials and the toll-free information line.

Contact Information:

Carol Ann Smith

29-31 Pippy Place, Suite 2007

St. John's, NL A1B 3X2

Phone: (709) 754-0953

Fax: (709) 754-0734

Email: carolann.smith@diabetes.ca

Source: www.diabetes.ca/section_regional/nfld.asp.

Dieticians of Canada

Dieticians of Canada lead and support members to promote health and well being through expertise in food and nutrition.

To see a list of dieticians in St. John's go to the following link:

http://www.dietitians.ca/ASP/find_dietitian/findadietitian.asp?cdrpspecial=Food+Labelling&hdrphealth=Any&ldrplanguage=Any&pdrpprovince=Newfoundland+%26+Labrador&sdrpservice=Any

Source: http://www.dietitians.ca/public/content/about_dc/mission_vision_values.asp

Go Healthy

Go Healthy is a website designed specifically for Newfoundlanders and Labradorians. You can test your knowledge with the Go Healthy Quiz, try a new Recipe or enter your name to sign up for a weekly e-z tip e-mail.

Visit the About Go Healthy section to find out more about what government is doing to support healthy living in the province and to see a list of some of the many partners who are involved in wellness.

In the section on Healthy Living information on what you should eat, getting active, living smoke free and how not to get hurt is available.

Learn about healthy living events happening in your local area or submit an activity to the Go Healthy Events Calendar when you visit the What's Happening section.

Contact Information:

Phone: (709) 729-4984 (They will help you find the right person to help you address your question.)

Email: gohealthy@gov.nl.ca

Source: <http://www.gohealthy.ca/goto/en.html>.

Kids Eat Smart

Kids Eat Smart Foundation Newfoundland and Labrador is a charitable organization that supports the education, health, and well-being of school children throughout Newfoundland and Labrador through support of quality nutrition programs.

The goal is to provide children with the nutrition they need to learn, to grow, and to be their best.

Kids Eat Smart Foundation offers a variety of supports to communities who operate, or who wish to operate nutrition programs with an academic component. Programs are run by volunteers, and operate most often at schools, but the Foundation also supports community centres with breakfast and/or homework. These programs are known as Kids Eat Smart Clubs.

Contact Information:

Kids Eat Smart Foundation
95 Bonaventure Place, P.O. Box 26009

St. John's, NL A1E 0A5

Phone: (709) 722-1996

Fax (709) 722-7250

Toll-Free: 1-877-722-1996

Email: meals@kidseatsmart.ca

Source: <http://www.kidseatsmart.ca/index.php?p=36>

Overeaters Anonymous

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; they are self-supporting through their own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology or religious doctrine, they take no position on outside issues.

Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please go to the following link for a meeting place:

http://www.oa.org/all_about_meetings_results.htm?method=1&State=NL&statePulldown=%2Findex.htm%3Fstate%3DNL&city=&day=&Submit=Search

Contact Information:

Phone: (709) 738-1742

Email: sponsor@overeaters.org.

Source: <http://www.oa.org>

Recreation Facilities

The City of St. John's offers its citizens a selection of recreation programs. The City takes pride in its efforts to encourage community development, social activities and active living opportunities for all its citizens. The following are a list of recreation facilities in St. John's:

Chalker Place Community Centre
47 Chalker Place
St. John's, NL A1A 1T6
Phone: (709) 754-7890

Wedgewood Park Recreation Centre
St. John's, NL
Phone: (709) 576-8155
Information Line: (709) 576-8631

St. John's Recreation Centre
St. John's, NL
Phone: (709) 576-0531

Rotary Sunshine Park- Chalet Bookings
St. John's, NL

Phone: (709) 576-8499

Chalet: (709) 895-3130

HGR Mews Community Centre-Information Line

St. John's, NL

Phone: (709) 576-8499

Schedule Line: (709) 576-8480

Kilbride Community Centre

St. John's, NL

Phone: (709) 368-0250

Shea Heights Community Centre

St. John's, NL

Phone: (709) 576-1023

E & M Community Centre

71 Eric Street

St. John's, NL A1E 4K2

Phone: (709) 576-7485

Froude Avenue Community Centre

89 Froude Avenue

St. John's, NL A1E 3B8

Phone: (709) 579-0763

Holiday Lanes 3D Bowling

27 Elizabeth Avenue

St. John's, NL A1A 1W6

Phone: (709) 754-0260

Northpoint Sports

42 O'Leary Avenue

St. John's, NL A1B 2C7

Phone: (709) 753-9911

Rabbittown Community Center

26 Graves Street

St. John's, NL A1B 3C5

Phone: (709) 739-8482

St. Phillips Recreation Centre

Thorburn Road

St. John's, NL A0A 3K0

Phone: (709) 895-3584

The Works
 Aquarena-Fitness Club
 St. John's, NL
 Phone: (709) 737-3796
 Field House-General Information
 Phone: (709) 737-3000
 Aquarena-Pool
 Phone: (709) 737-3799
 Aquarena-Recorded Information
 Phone: (709) 737-3797

Virginia Park Community Centre
 1134 Harding Road
 St. John's, NL A1A 3A8
 Phone: (709) 579-4534

Wallnuts Climbing Centre
 57 Old Pennywell Road
 St. John's, NL A1E 6A8
 Phone: (709) 579-9255

Source: <http://www.stjohns.ca/cityhall/depts/recreation.jsp>

YMCA

The YMCA's programs are offered at over 30 locations in Northeast Avalon. Their core programs include: health, fitness and recreation, employment and enterprise services children's services.

Contact information for services offered by the YMCA:

Health, Fitness, and Recreation
 St. John's Y Branch
 34 New Cove Road, PO Box 21291
 St. John's, NL A1A 5G6
 Phone: (709) 754-2960
 Fax: (709) 576-0410

Mount Pearl Y Branch
 25 Holden Street
 Mount Pearl, NL A1N 3G9
 Phone: (709) 748-1082
 Fax: (709) 748-1087

Children's Services
34 New Cove Road, PO Box 21291
St. John's, NL A1A 5G6
Phone: (709) 754-2962
Fax: (709) 576-0410

Employment and Enterprise Services
East End Employment and
Enterprise Services
W100-120 Torbay Road
St. John's, NL A1A 2G8
Phone: (709) 754-2982
Fax: (709) 754-2987

West End Employment and
Enterprise Services
401 Empire Avenue
St. John's, NL A1E 1H1
Phone: (709) 757-2665
Fax: (709) 757-2670

Source: <http://www.ynortheastavalon.com/home.php>

Safety

Internet Safety

This website contains information regarding the ever expanding problem of internet safety and includes such topics as: chat discussion and news groups, cyber bullying, devices and technologies, instant messaging and email, on-line exploitations, phishings, spamming, computer virus, cyber security, hacking, internet security for kids, on-line transactions, privacy on the internet and spy ware.

Source: http://safecanada.ca/topic_e.asp?category=3

Newfoundland and Labrador Health Line

The Newfoundland and Labrador Health Line will provide support and access to services no matter the location in Newfoundland and Labrador. Health Line will connect with an experienced, registered nurse. Their team of registered nurses will give health advice and information needed. It is available 24 hours a day, 7 days a week, and 365 days a year.

Contact Information:

Phone: 1-888-709-2929 (24-hour)

Source: <http://yourhealthline.ca/en/>.

Safe Online Outreach Society

The Safe Online Outreach Society's purpose is to educate the public about exploitation on the internet by doing research, creating materials and delivering presentations and workshops that will train youth, professionals and parents on how to recognize and respond to online sexual exploitation and assist children and youth affected by this issue. This website is endorsed by the Government of Newfoundland and Labrador through the Violence Prevention Initiative.

Source: <http://www.safeonlineoutreach.com/>.

Recreational Safety

This website contains information related to recreational safety including: bicycle safety, boating safety, sports and outdoor safety (all-terrain vehicles (ATV) safety, etc).

Source: http://safecanada.ca/topic_e.asp?category=7.

Sexuality

Newfoundland and Labrador Sexual Health Centre

The Newfoundland and Labrador Sexual Health Centre (formerly known as Planned Parenthood Newfoundland and Labrador) is a non-profit, pro-choice sexual health centre serving all parts of the province.

Their goal is to promote positive sexual health through education, community partnerships, information and services within an environment that supports and respects individual choice.

They offer the following services: pregnancy testing, physicians clinics, pregnancy options counselling, pap smears and breast exams, birth control counselling, healthy sexuality education, free condoms and packets of lubricant, fertility awareness, emergency contraception information, menopause information and resources, sexuality education for all phases of life, resource library, testing and treatment for sexually transmitted infections, support and referral for gay/lesbian/bisexual issues, affordable birth control options - pills, spermicides, female condoms etc., public speakers/workshops for schools, youth and community groups and agencies.

Contact Information:

203 Merrymeeting Road

St. John's, NL A1C 2W6

Phone: (709) 579-1009

Toll-Free Information Line: 1-877-NO-MYTHS (1-877-666-9847)

Email: info@nlsexualhealthcentre.org

Source: <http://www.nlsexualhealthcentre.org>.

Office Hours:

Monday & Friday: 9-5pm

Wednesday: 12-5pm

Tuesday & Thursday: 12-8pm

Doctor's Clinics:

Clinics are held five days a week. Please call ahead to book an appointment. Do not email or leave a message on their answering machine for an appointment.

Newfoundland and Labrador Sexual Assault Crisis Centre

The Newfoundland and Labrador Sexual Assault Crisis & Prevention Centre is a non-profit organization that exists to provide support and essential services to anyone impacted by sexual violence.

For 24 hour crisis help call:

1-800-726-2743 (province wide) or 726-1411 (St. John's region)

Contact Information:

For General Inquires

360 Topsail Road, Suite 101

St. John's, NL A1E 2B6

Phone: (709) 747-7757

Fax: (709) 747-7758

Email: Centre Coordinator, Barbara Wadman: coordinator@sexualassaultcenter.nf.net.

Source: <http://nlnsacpc.com/>.

Lesbian Bisexual Gay Transgender Support Groups:

For lesbian, bisexual, gay, transgendered, questioning, or curious youth.

Contact Information:

Please call 579-1009 for details

Newfoundland and Labrador Gays and Lesbians for Equality Inc. (NGALE)

Community-based, not-for-profit volunteer organization dedicated to providing support to and education for, gay, lesbian, bisexual, transgendered persons, and the public in general, in the province of Newfoundland and Labrador.

Contact Information:

Email: info@ngale.org

Source: www.ngale.org

Violence

Boys and Girls Clubs of Canada

The goal of all Boys and Girls Clubs in Canada is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

Contact Information:

Boys and Girls Clubs of Newfoundland and Labrador

PO BOX 20

49-55, Elizabeth Ave.

St. John's, NL A1A 1W8

Phone: (709) 722-5556

Fax: (709) 722-5576

Email: jmcisaac@nfld.net/Home: jmcisaac@nf.sympatico.ca

Source: <http://www.boysandgirlsclubsofnl.com>

Bullying Awareness Network

Bullying Awareness Network is an anti-bullying website that identifies various aspects of bullying at school, work and sources on bullying.

Source: <http://www.bullyingawarenessnetwork.ca/index.php>.

Children's Protection Services

Children's Protection Services is a 24 hour service that can provide information on the well-being of children in Newfoundland and Labrador.

Contact Information:

Phone: (709) 752-4619 (24-hour)

Coalition Against Violence

The Coalition against Violence is an alliance of community and government agencies dedicated to ending violence in homes and communities. They educate and advocate increasing awareness around the causes of violence, while lobbying for services effective in the prevention and early intervention of violence.

The Coalition spans the Eastern Avalon region of Newfoundland & Labrador, Canada.

Contact Information:

Source: <http://www.coalitionagainstviolence.ca>

Shelters/Transition Houses in St. John's for Women & Children in Crisis include:

Iris Kirby House

The Iris Kirby House is a shelter/transition house for women and children in crisis, offering crisis intervention, support for abused women and related issues, and empowerment. The children's groups help build self-esteem and provide education on issues related to violence. Presentations on crisis intervention are available to groups upon request.

Contact Information:

24-hour crisis line: (709) 753-1492

(Note: This number is not toll-free. However, the staff will accept collect calls in crisis situations.)

Naomi Centre for Women

The Naomi Centre for Women provides safety, shelter and support to young women aged 16 – 30, acting as a referral source, linking young women to appropriate resources, providing advocacy, supportive counselling, and helping find long term housing.

Contact Information:

Phone: (709) 579-8641

Source: <http://www.stellaburry.ca>.

Crime Stoppers

Crime Stoppers is a community-based program and registered charity that brings the public, the media and law enforcement agencies together in cooperative effort to help solve crime. This is accomplished by offering cash awards and guaranteeing anonymity to persons who furnish information leading to the arrest of or laying of charges against criminal offenders.

Contact Information:

Newfoundland and Labrador Crime Stoppers

Provincial Office

P.O. Box 9700, Station "A"

St. John's, NL A1A 3T5

Toll-Free: 1-800-222-TIPS (8477) or 1-800-363-TIPS (8477)

Source: <http://www.rocktips.ca/index.aspx>.

Daybreak Parent Child Centre Association

Daybreak Parent Child Centre Association is a community-based, not-for-profit association, addressing the well-being of children who are at a disadvantage due to environmental or other risk factors. They offer a holistic support service involving parents as well as children, providing consultation and providing both professional and public education.

Contact Information:

74 The Boulevard

St. John's, NL

A1A 1K2

Phone: (709) 726-8373

Fax: (709) 726-1607

Eastern Regional Committee Against Violence

This website offers information about abuse for people of all ages and both genders, as well as, safety tips and stories from survivors of abuse.

Source: <http://www.strategyforliving.ca/#>.

Family Violence Treatment Program

The Family Violence Treatment Program provides individual/group counselling for male and female survivors of any type of family violence.

Contact Information:

Carolyn Little

Phone: (709) 777-3640

Fax: (709) 777-3912

Family Violence Treatment & Training Program

The Family Violence Treatment & Training Program offers a range of individual and group therapies for people affected by family violence who also have significant mental health issues or psychiatric illness. Group therapies for male and female survivors of childhood sexual abuse are offered on a regular basis. Referrals can be made using the Mental Health and Addictions Services Referral Form.

Contact Information:

Program Director's Office

Mental Health Program

C/o Waterford Hospital Site

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 777-3660

Fax: (709) 777-3993

Male Survivors of Child Sexual Abuse

Male Survivors of Childhood Sexual Abuse is a treatment group offered through the Family Violence Program to help men heal from their past histories of child sexual abuse.

Waterford Hospital

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 777-3640

Fax: (709) 777-3912

Outrage Newfoundland and Labrador

Outrage Newfoundland and Labrador is a website dedicated to empowering youth regarding violence. They provide information regarding what bullying is, youth services, legal implications and emergency contacts.

Source: <http://www.outragenl.ca/>.

Peaceful Schools International

Peaceful Schools International provides support to schools that have declared a commitment to creating and maintaining a culture of peace. Peaceful Schools International is a non-profit, charitable organization.

Contact Information:

Hetty van Gorp

PO Box 660

Annapolis Royal, Nova Scotia

Canada B0S 1A0

Phone: (902) 532-1111 or toll free anywhere in North America (866) 532-0228

Fax: (902) 532-1283

Email: hvangorp@mail.com

Source: <http://peacefulschoolsinternational.org/>

Safe and Caring Schools

The Safe and Caring Schools Initiative builds on collaborative partnerships and the strong commitment and work of administrators, teachers, students, parents, and other community members who promote safe and caring communities and learning environments for children and youth.

Contact Information:

Department of Education

P.O. Box 8700

St. John's, NL A1B 4J6

Telephone: (709) 729-3008

Fax: (709) 729-2096

Government Website: www.gov.nl.ca/edu

Source: <http://www.ed.gov.nl.ca/edu/dept/safesch.htm>

Kids Help Phone

The Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. Professional counsellors provide immediate, caring support to young people in urban and rural communities across the country.

The service is completely, anonymous and confidential - they do not trace calls or use call display. The caller does not have to disclose their name.

Contact Information:

Toll-Free Phone: 1-800-668-6868

Source: <http://www.kidshelpphone.ca/en/>

The Office of Child and Youth Advocate

The Office of Child and Youth Advocate has the authority to represent the rights, interests and viewpoints of children and youth who are entitled to receive services and access programs provided by the government of this province. People can call the Child and Youth Advocate when they have a complaint(s) regarding access to or provision of services that have been designed to support children and youth.

Contact Information:

Suite 604, TD Place

140 Water Street

St. John's, NL A1C 6H6

Phone: (709) 753-3888

Toll-Free: 1-877-753-3888

Fax: (709) 753-3988

Email: office@ChildAndYouthAdvocate.nl.ca

Source: <http://www.childandyouthadvocate.nf.ca/>

Transition House Association Newfoundland and Labrador

The Transition House Association is an umbrella organization for shelters and safe houses for women and children in crisis in Newfoundland & Labrador.

Contact Information:

P.O. Box 221, Station C

St. John's, NL A1C 5J2

Phone: (709) 729-6759

Fax: (709) 739-6860

Email: thanl@nf.aibn.com

Source: www.thanl.org

For further information regarding violence please see the Violence Prevention Initiative, which is provided by the government of Newfoundland and Labrador.
(<http://www.gov.nf.ca/vpi/default.htm>)