



When you don't know
where to turn.

Your province-wide connection to thousands of services
and programs offered by non-profits, local community
groups and government departments.

Call **211**, visit **ns.211.ca** or text **211**

211 has information on thousands of programs and services supporting:

- Seniors
- Newcomers & immigrants
- Parents & families
- Housing – permanent & temporary
- Food, clothing & furniture needs
- Mental health & addictions
- Opportunities to volunteer
- And much, much more