



**211** is your 24/7 connection to thousands of programs & services offered by local community groups, non-profits and government departments throughout the province.

As a volunteer with the Community Volunteer Income Tax Program (CVITP), you've shown your commitment to helping people in your community. You work closely with people, completing their income tax and benefit returns. During this time, other needs may be identified that are beyond your scope of expertise. Finding programs and services that can help them is now as easy as dialing 2-1-1 or visiting ns.211.ca.

211 is available 24/7 and has information about thousands of resources across the province offered by local community groups, non-profit organizations and government departments including:

- Services for seniors
- Prepared meal programs
- Homecare
- Newcomer support
- Food banks
- Transportation
- Mental health and addictions support
- Housing support
- Recreational programs
- Child care
- Respite
- Home accessibility programs
- Services for persons with disabilities
- Assistive devices
- Support for families and parent
- and much, much more...

In 2019, 211 community resource navigators answered more than 35,000 phone calls and there were over 375,000 visits to the 211 website. All contact with 211 is free and confidential. 211 is here to help 24/7.

**Dial 2-1-1** *(Available in 140+ languages)*

**Text 211**

**Visit ns.211.ca** *(to search for resources or chat online with a specialist)*

**Email help@ns.211.ca**

**Help Starts Here at 211**