

**We get it. Back to school is hectic. It takes time to get back into a routine.
But you don't need to remember it all. **211** is here to help.**

Wellness
Programs

After School Programs

Financial
Assistance
Programs



Recreation

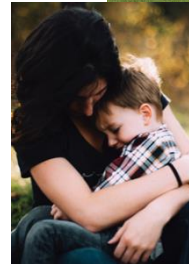
Adolescent
Mental Health
Services

Help starts here.



Counselling

Sports &
Fitness



Leadership
Programs

Day camps



Volunteer
Opportunities

Dial: 211 Text: 211 Visit: ns.211.ca Email: help@ns.211.ca

Free • Available in 140+ languages • Confidential

211 is your 24/7 connection for you and your family to programs and services offered by local community groups, non-profits and government departments across the province.