

Sometimes the questions are complicated and the answers are simple.

Dr. Seuss

To find out the answers, google 211NS .



Camps



Leadership Programs



Counselling



Recreation

Housing/
Shelters



Sexual
Health

Food
Support



Volunteer
Opportunities

Bullying



Mental Health &
Addiction Services

Financial
Assistance



Drop-in centres



For solutions to real life problems, dial 211, visit ns.211.ca or text 211

Confidential  Free