

# Various Options for Self-Help Services and Community Resources

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### Directory of Self-Help Services

- **Adoption Council of Canada**

Post Adoption Services

Program that assists adoptive parents in the adjustments and transitions of family life post adoption process. Offers free adoption toolkits and information guides online.

<http://www.adoption.ca/home> [info@adoption.ca](mailto:info@adoption.ca)

(888)542-3678, toll free

- **AIDS PEI**

Organization focused on providing, and improving, support, health, and the overall well-being of individuals affected by HIV/AIDS and Hepatitis C.

<http://www.aidspei.com/> [outreach@aidspei.com](mailto:outreach@aidspei.com) [director@aidspei.com](mailto:director@aidspei.com)

(902)566-2437

Charlottetown LGBTQ Youth Group

Youth support group offered for youth aged 18 and under who identify themselves with the LGBTQ community. Will be meeting twice every month starting September 2017. Contact main office at (800)314-2437 or visit AIDS PEI's Facebook group (<https://www.facebook.com/AIDS-PEI-Community-Support-Group-Inc-223670227728786/>) for more information.

- **Allergy/Asthma Information Association**

Association focused on providing safer environments and improving the quality of life for allergic and/or asthmatic individuals and their families.

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

(800)611-7011, toll free

- **ALS Society of PEI**

Organization offering support in the form of service clubs and public as well as private healthcare providers for individuals affected by ALS.

<http://alspei.ca/>

Email: [alsocietypei@hotmail.com](mailto:alsocietypei@hotmail.com)

(902)439-1600

### **Alzheimer Society of Canada**

Non-profit organization focused on improving the quality of life of individuals affected by various types of dementias. Provides education, support programs, as well as support services.

[www.alzheimer.ca](http://www.alzheimer.ca)

(416)488-8772; toll free: 1-800-616-8816 Email: [info@alzheimer.ca](mailto:info@alzheimer.ca)

Alzheimer Support Groups: Walk Ins Welcome

Montague – Perrin's Marina Villa, 115 Sackville Street, Montague. Held every 3<sup>rd</sup> Wednesday of every month, at

2:00 pm. Facilitated by Sheila MacDonald.

Charlottetown – Alzheimer Society of PEI, 166 Fitzroy Street, Charlottetown. Held every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month, at 1:00 pm. Facilitated by Sara MacLean.

Summerside – Summerset Manor, 15 Frank Mellish St, Summerside. Held every 3<sup>rd</sup> Thursday of every month, at 2:00 pm. Facilitated by Giselle MacKinnon.

O’Leary – \*Scheduled and facilitated upon request. – Currently inactive

Tignish – \*Scheduled and facilitated upon request. – Currently inactive

- **Canadian Association for Suicide Prevention**

Association that provides education and resources in order to reduce suicide and to minimize the consequences of suicidal behaviors.

<https://suicideprevention.ca/understanding/suicide-in-canada/>  
(613)702-4446

- **Canadian Deafblind Association**

Association promoting the well-being of people who are deafblind by providing education, and support throughout Canadian communities.

<http://www.cdbanational.com/> [info@cdbanational.com](mailto:info@cdbanational.com)  
1(866)229-5832, toll free

- **CNIB (Blind and Visually Impaired)**

Organization providing community support for individuals with vision impairment. Focused on facilitating the reclamation of life skills and confidence through varying activities.

<http://www.cnib.ca/en/Pages/default.aspx>  
(800)563-2642, toll free

Blind and Visually Impaired Counseling Services PEI

Program offering over-the-phone vision impairment and loss rehabilitation services, including one-on-one and peer counseling sessions. Call the toll-free CNIB Helpline at 1-800-563-2642

- **Breast Cancer Society of Canada**

Family-oriented organization dedicated to putting an end to Breast cancer. Promotes awareness and education by hosting fundraiser events. Proceeds fund Breast cancer research.

<http://www.bcsc.ca/> [bcsc@bcsc.ca](mailto:bcsc@bcsc.ca)  
( (800)567-8767, toll free

Charlottetown Support Group: Walk Ins Welcome

Church of Nazareen, 40 Woodlawn Drive, Charlottetown – Held on the first Monday of every month at 7

pm. Contact Glenda at (902)894-5454 or Judy at (902)569-3496 for more information. \*BBQ event held in the month of August every year, contact for details.

- **Heart and Stroke Foundation of PEI**

Organization that provides education, training, and varying support programs in order to aid recovering individuals. Includes support groups.

<http://www.heartandstroke.ca/>

(888)473-4636, toll free

Support Groups: Walk Ins Welcome

Cardiac Education – Stratford Town Hall, 234 Shakespeare Drive, Stratford. Held every last Thursday of every month at 9 am. Contact Jenna Lynn at (902)892-7441 for more information.

Stroke Survivors – Kings County Medical Centre, 407 MacIntyre Avenue, Montague. Held on every 2<sup>nd</sup> Friday of every month at 1 pm. Contact Wendi at (902)330-9223 for more information.

- **Huntington Society of Canada**

Non-profit organization that offers counseling services as support for individuals and families affected by Huntington's disease.

<https://www.huntingtonsociety.ca/> [info@huntingtonsociety.ca](mailto:info@huntingtonsociety.ca)

(800)998-7398, toll free

- **Intellectually Disabled, Parents and Friends**

Association for Community Living Support Groups of Queen's County

Parent Support – 'Coffee Houses' held at different members' homes for parents with children who have intellectual disabilities. Contact Gary McPhee at (902)894-7588 for more information on upcoming meetings.

Recreational Summer Outings – Events for children/youth/adult members who have an intellectual disability, hosted every Wednesdays during July and August. Contact Gary McPhee at (902)894-7588 or Teresa Baker at (902)566-2260 for more information.

- **Learning Disabilities Association of PEI (LDAPEI)**

Non-profit charity that provides services as well as a voice to islanders affected by learning disabilities.

<http://ldapei.ca/index.html> [info@ldapei.ca](mailto:info@ldapei.ca)

(902)894-5032

Tutoring Program for Children with Diagnosed and Undiagnosed Learning Disabilities

'Jump Math' and 'Island Reader' offered throughout PEI schools. Contact Martin Dutin or Cherie Constable at (902)894-5032 for more information.

- **Lupus Canada**

Informational website for families, friends, and individuals affected by lupus, with the goal to educate



the population about Lupus.

<https://www.lupuscanada.org/>

(905)235-1714, ext. 224; (800)661-1468, toll free; [info@lupuscanada.org](mailto:info@lupuscanada.org)

- **Marfan's Association**

Website focused on educating the population on Marfan's Syndrome, its signs, and its treatment. Encourages self-help support groups and funds medical research for advancements in the treatment of the Syndrome.

<http://www.marfan.org/>

(516)883-8712

- **Multiple Sclerosis Society of Canada**

Website offering support by providing contacts for self-help groups, education, conferences, activities, and events, as well as equipment and special assistance to individuals and families affected by MS.

<https://mssociety.ca/> [info.atlantic@mssociety.ca](mailto:info.atlantic@mssociety.ca)

(902)468-5328

Charlottetown Support Groups: Walk Ins Welcome

Atlantic Superstore, 405 University Avenue – Held on the first Wednesday of every month at 1:30 pm.

Third Wednesday of every month (not in the summer) 7-9 at the prince Edward home. **Contact Jeanne MacPhee at (902)675-2224** for more information.

Prince Edward Home, 75 Maypoint Road – Held on the 3<sup>rd</sup> Wednesday of every month at 7 pm. Contact Jeanne MacPhee at (902)675-2224 for more information.

- **Osteoporosis Canada**

Charity focused on providing education, empowerment, and support for individuals and families affected by osteoporosis.

<http://www.osteoporosis.ca/>

(416)6962663; (800)463-6842, toll free (English); (800)977-1778, toll free (French)

- **Parents and Friends of Person with an Intellectual Disability**

Organization that provides social and living skills, as well as community outreach, housing, and recreational and sporting events for individuals affected by intellectual disabilities.

<http://parentsandfriends.ie/> [olliemac6@hotmail.com](mailto:olliemac6@hotmail.com)

Go to Contact Us on their website for more information

- **Parkinson's Society of Canada**

Organization providing support services and education to individuals and families affected by Parkinson's disease. <http://www.parkinson.ca/> [info@parkinson.ca](mailto:info@parkinson.ca)

(416)227-9700; (800)565-3000, toll free

Support Groups: Walk Ins Welcome

- PEI Chapter Parkinson Canada support group 1st Thursday October to June Trinity United Church, Richmond Street entrance Charlottetown at 2 pm.
- "Movers and Shakers" exercise group Central Christian Church , Kent Street Charlottetown Tuesdays at 1 pm for 1 hour. Cost \$2.00
- "Treble Tremors" therapeutic music group Central Christian Church , Kent Street Charlottetown Thursdays at 12:45 pm for 1 hour. cost \$5.00
- " Punching Parkies" boxing group Saturday at 11 am for 1 hour at 40 Enman Crescent, Charlottetown.
- "Treble Tremors 2" therapeutic music group Central Street Christian Church , Summerside at 1:30 pm for 1 hour. cost \$5.00
- Southern Kings and Queens support group in Montague, 10:30 last Friday of the month at 10 Grace Lane, Montague.

Contact Irene Doyle at (902)368-8329 or at [idoyle@eastlink.ca](mailto:idoyle@eastlink.ca) for more information, or visit their Facebook page at <https://www.facebook.com/PEIParkinson/>.

- **People First**  
Organization focused on voicing the rights of freedom, choice, and equality of individuals affected by learning disabilities in Canada.  
<http://www.peoplefirstofcanada.ca/> [info@peoplefirstofcanada.ca](mailto:info@peoplefirstofcanada.ca)  
Telephone: (204) 784-7362
- **Prostate Cancer Canada**  
Organization fighting against Prostate cancer by funding research and providing education, support services, and awareness campaigns.  
<http://www.prostatecancer.ca/> [info@prostatecancer.ca](mailto:info@prostatecancer.ca)  
(416)441-2131; (888)255-0333, toll free  
Self-Help Support Groups: Walk Ins Welcome  
Prostate Cancer Support – 6<sup>th</sup> floor of Cox and Palmer Law, 97 Queen street, Charlottetown. Held on the 2<sup>nd</sup> Wednesday of every month at 7 pm, starting in September.  
Social at 5PM on the 3<sup>rd</sup> Wednesday in June, at 51 Warburton Dr., Charlottetown  
Contact Ron Profit at (902)629-3908 for more information.
- **Psoriasis Society of Canada**  
Organization dedicated to research, education, and support for individuals affected by psoriasis.  
<http://www.psoriasisociety.org/>  
Toll Free: (800)656-4494
- **Sleep/Wake Disorders of Canada**  
Contact Don Frizzell at (902)628-2128 for support services offered in PEI.
- **Spina Bifida and Hydrocephalus Association of Canada**  
Support group meetings are held every so often in different venues and different times. If interested in

joining please contact one of the two persons in charge below:

Charlottetown Meetings: Marilyn Blanchard at (902)892-6627

Summerside Meetings: Lurlean Palmer at (902)436-9579

- **United Ostomy Association**

Non-profit volunteer organization providing support, education, and advocacy to individuals affected by Ostomy.

<https://www.ostomycanada.ca/> [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)

(888)969-9698

Charlottetown Support Group: Walk Ins Welcome

Murphy's Recreation Center (Room 202), Richmond Street, Charlottetown – Held on the last Tuesday of every month at 7 pm. Contact Christine MacCallum by phone at (902)566-1459 or (902)330-1459, or by email at [christinemacallum@hotmail.com](mailto:christinemacallum@hotmail.com) for more information.

- **Spinal Cord Injury Inc of PEI**

Website providing mentorship programs and events focused on facilitating the acceptance of a spinal disability.

<http://www.sci-pei.ca/> [mmackenzie@sci-pei.ca](mailto:mmackenzie@sci-pei.ca) (902)370-9523

Peer Reach Out Support Services

Support services conducted over the internet (ie. Skype) and over the phone for individuals affected by Spinal Cord injuries, and other related disabilities, who are living in isolation. New program starting in September 2017; contact the main office at 902-370-9523 for more information.

### **Directory of Community Resources:**

- **Abegweit First Nations Mi'kmaq Wellness Center**

Wellness center offering traditional healing methods alongside western medicines.

<http://www.abegweithealth.ca/>

[feedback@abegweithealth.ca](mailto:feedback@abegweithealth.ca)

(902)676-3007

- **Adventure Group PEI**

Organization for youth that provides programs that help develop and discover talents as well as passions, and build a sense of community.

<http://www.adventuregroupepei.ca/>

[adventure@pei.aibn.com](mailto:adventure@pei.aibn.com)

(902)628-8668

- **APSEA (Atlantic Provinces Special Education Authority)**

Co-operative agency providing educational services, programs, and opportunities for individuals, aged

between 0 and 21, that have low incidence sensory impairments.

[www.apsea.ca](http://www.apsea.ca)

[apsea@apsea.ca](mailto:apsea@apsea.ca)

(902)424-8500

- **Autism Society of PEI**

Society focused on providing education and support to individuals, professionals, families, and friends that are affected by autism.

<http://autismsociety.pe.ca/>

[Nathalie@autismsociety.pe.ca](mailto:Nathalie@autismsociety.pe.ca)

(888)360-8681, toll free

Direct number: (902) 566-4844

- **Big Brothers-Big Sisters of PEI**

Organization which pairs adult volunteers with children and youth in need of mentorship. Provides opportunities for children and youth to build meaningful relationships and to reach their potentials.

<http://www.bigbrothersbigsisterspei.org/en/Home/default.aspx>

Charlottetown – (902)569-5437; (877)411-3729, toll free

Summerside – (902)436-8122

- **Birthright of Charlottetown**

Support organization for women facing unplanned pregnancies. Services and free and non-judgmental, and are offered as long and as often as required.

<http://birthright.org/en/landingpage/lp-charlottetown/>

(902)628-6028; Helpline: (800)550-4900

- **Boys and Girls Club of Charlottetown**

Community-based organization for children that provides structured educational and recreational programs with the help of staff and volunteer supervision.

<http://www.charlottetownbg.com/>

[Krista@bgcharlottetown.com](mailto:Krista@bgcharlottetown.com)

(902)892-1817

- **Camp Gencheff**

Summer camp experience designed for children, youth, and adults with special needs. Helps individuals to build independence, as well as physical and mental development.

[www.campgencheff.com](http://www.campgencheff.com)

- [manager@campgencheff.com](mailto:manager@campgencheff.com)

(902)569-2669

- **Canadian Cancer Society**  
 Organization providing education, support services, and empowerment for the cancer community. Focuses on prevention, and influencing government legislation concerning important cancer issues.  
[www.cancer.ca](http://www.cancer.ca)  
 (888)939-3333, toll free
- **Canadian Celiac Association of Charlottetown**  
 Organization dedicated to improving the diagnosis process and quality of life of individuals affected by Celiac disease. Provides education on signs and symptoms, as well as diagnosis and treatment.  
[www.celiacpei.ca](http://www.celiacpei.ca)  
[info@celiacpei.ca](mailto:info@celiacpei.ca)  
 (902)724-2189
- **Canadian Hemophilia Society**  
 Voluntary health charity focused on improving the quality of life for individuals affected by inherited bleeding disorders, and to finding a cure to these diseases.  
<http://www.hemophilia.ca/en/>  
 PEI Chapter – [joedoran63@hotmail.com](mailto:joedoran63@hotmail.com)  
 General Office – [chs@hemophilia.ca](mailto:chs@hemophilia.ca)  
 (902)672-3325; (866)668-2686, toll free
- **Canadian Mental Health Association of PEI**  
 organization that promotes mental health by providing programs, services, education, and research for the mental health community.  
[www.pei.cmha.ca](http://www.pei.cmha.ca)  
 (902)566-3034  
[division@cmha.pe.ca](mailto:division@cmha.pe.ca)
- **Canadian Red Cross**  
 Humanitarian organization dedicated to improving the lives of vulnerable persons through worldwide volunteerism.  
[www.redcross.ca](http://www.redcross.ca)  
 for more information: [WeCare@redcross.ca](mailto:WeCare@redcross.ca)  
 Toll free; 1-800-418-1111, Charlottetown location: (902)628-6262
- **Catholic Family Resources Bureau**  
 organization offering help to individuals, groups, and/or families facing life struggles in the form of confidential, non-denominational programs.  
<http://www.catholicfamilyservicesbureau.com/>  
 General inquiries: [admin@catholicfamilyservicesbureau.com](mailto:admin@catholicfamilyservicesbureau.com)  
 (902)894-3515

- **C.H.A.N.C.E.S (Caring, Helping, and Nurturing Children Every Step)**  
 Non-profit organization providing development and parent support to families with children aged 0 to 11 years old. Builds sustainable changes to parenting styles and child development, as well as a community relationship.  
[www.chancesfamily.ca](http://www.chancesfamily.ca)  
[chances@chancesfamily.ca](mailto:chances@chancesfamily.ca)  
 (902)892-8744
- **Chief Mary Bernard Memorial Women’s Center**  
 Shelter for women in distress where they have access to housing and various life aiding programs in a safe and supportive environment.  
[www.cmbmws.morriscode.ca](http://www.cmbmws.morriscode.ca)  
 (902)831-2332; (855)297-2332, toll free, 24 hour crisis helpline
- **Child Find PEI Inc**  
 Non-profit organization working with other Child Finds across Canada to find missing and exploited children and return them to their lawful guardian(s).  
[www.childfind.com](http://www.childfind.com)  
[childfindpei@gmail.com](mailto:childfindpei@gmail.com)  
 (800)387-7962, toll free
- **Children’s Wish Foundation of PEI**  
 Wish granting charity dedicated to granting the wishes of children between the ages of 3 and 17 diagnosed with life-threatening illnesses.  
[www.childrenswish.ca](http://www.childrenswish.ca)  
[PEI@childrenswish.ca](mailto:PEI@childrenswish.ca)  
 (902)566-5526; (800)267-9474, toll free
- **Community Inclusions and Mental Health of PEI**  
 Non-profit organization providing support for adults aged 18 to 65 living with intellectual disabilities. Varying services are offered, including residential, employment, recreational aid, and the Tignish Workshop (employment training facility).  
<http://www.communityinclusions.com/index.php>  
[info@communityinclusions.com](mailto:info@communityinclusions.com)  
 (902)726-3144
- **Community Legal Information Association of PEI Inc (CLIA PEI)**  
 Non-profit charity that provides free legal information through phone lines, publications, and outreach programs. Also provides lawyer referrals to islanders who wish to speak with one.  
<http://www.cliapei.ca/>

[clia@cliapei.ca](mailto:clia@cliapei.ca)

(902)892-0853; (800)240-9798, toll free

- **Community Mental Health and Addictions**

Community Mental Health (East)

Montague – 126 Douces Road, Montague, PE

+1 888-299-8399

Souris – Souris Hospital, 17 Knights Avenue, PE

(902)687-7119

Community Addiction Services (East)

Montague – 126 Douces Road, Montague, PE

+1 888-299-8399

Souris – Souris Hospital, 17 Knights Avenue, PE

(902)687-7119

Provincial Addictions Treatment Facility- 2814 PE-215, Mount Herbert

(902) 368-4120

Community Mental Health and Addiction Services (West)

1. Prince County Hospital – 65 Roy Boates Avenue, Summerside, PE.

(902) 438-4200

2. Western Hospital (Ambulatory detox)

148 Poplar Street, Alberton, PE

(902) 853-8650

Community Mental Health and Addictions (Counseling; West)

Allan Shaw Building – 347 Church Street, Alberton, PE

(902)853-8670

Evangeline Community Health Center

347 Sunset Drive, Wellington, PE

(902)854-7259

- **Consumer and Family Support Program (Canadian Mental Health Association)**

Program providing resources for self-help, including aid in finding and hosting support groups, as well as education and awareness of mental health issues.

<http://pei.cmha.ca/programs-and-services/consumer-and-family-support/division@cmha.pe.ca>

(902)566-3034

- **Council for a Smoke-Free PEI**  
 Organization dedicated to creating a tobacco-free PEI. Aid smokers in cessation, promote healthy environments, and share information with the general public.  
 Can be contacted via their website.  
<http://www.peitobacco-reduction.com/>
- **Crohn's and Colitis Foundation Centre of Canada**  
 Volunteer-based charity focused on finding the cures for Crohn's disease and colitis, as well as to improve the quality of life for individuals affected by them.  
<http://www.crohnsandcolitis.ca/support@crohnsandcolitis.ca>  
 (416)920-5035; (800)387-1479, toll free
- **Cystic Fibrosis Canada**  
 Non-profit organization focused on finding a cure for cystic fibrosis and providing clinical care to individuals affected by it.  
<http://www.cysticfibrosis.ca/>  
 (800)378-2233
- **Diabetes Canada**  
 Organization focused on spreading awareness in order to improve the quality of life of individuals affected by diabetes, as well as prevent the development of the illness in and pre-diabetic individuals.  
[www.diabetes.ca](http://www.diabetes.ca)  
 (800)226-8464
- **East Prince Women's Information Centre**  
 Center that offers support for women facing difficulties, including unemployment, wife-battering, addictions, legal rights, and sexual harassment.  
<http://www.cwhn.ca/en/node/18950>  
 (902)436-9856
- **East Prince Youth Development Centre**  
 Youth center dedicated to creating healthier future for youth and their families by encouraging youth to discover new skills, become employment-ready, gain self-confidence, and become productive members of the community.  
<http://www.epydc.org/>  
 (902)436-2815
- **Families First (family resource center)**  
 Organization offering family support in the form of activities, groups, clothing exchanges, and other varying programs focused on the raising of children between the ages of 0 and 6.



<http://www.familiesfirstpei.com/>

(902)838-4600

- **The Family Place**

Non-profit community organization offering play groups, parenting sessions, prenatal and postnatal programs, clothing swaps, breastfeeding support, and other varying services for families who are expecting, or have children aged 0 to 12 years old.

<https://www.familyplacepei.com/>

(902)436-1348

- **Family Service PEI**

Family wellness center offering financial, individual, family, and couples counseling, as well as intervention options and access to available services and programs.

<http://fspei.ca/>

Charlottetown – (902)892-2441; (866)892-2441, toll free

Summerside – (902)436-9171

- **Farmer Assistance Program**

Program offering confidential professional counseling services to farmers and their families in order to improve the quality of their professional and personal lives.

<http://peifa.ca/farmer-assistance-program-2/>

902-368-7289

- **Fitzroy Centre Clubhouse (Canadian Mental Health Association)**

Community program offering services for individuals over the age of 18 affected by mental health challenges focused on providing confidence as well as the tools to living satisfying lives.

[http://pei.cmha.ca/programs\\_services/fitzroy-centre-clubhouse/#.WYnMpVFJnIU](http://pei.cmha.ca/programs_services/fitzroy-centre-clubhouse/#.WYnMpVFJnIU)

(902)566-5111

- **Four Neighborhoods Community Health Centre**

Business directory of Prince Edward Island's medical clinics. Maps and contact numbers are available on website.

<http://four-neighborhoods-community-health-centre.pei.xpei.ca/>

- **Harvest House Ministries**

Addictions Recovery Centre – Long term residential addictions recovery center open to men aged 18 and up, dedicated to helping individuals pursue freedom and a healthy, positive lifestyle.

*Forms and confidential email system available on website provided below.*

<http://www.harvesthousepei.org/addictions-recovery-center>

Solomon's Porch – Meeting space offering support programs and groups for individuals facing struggles

and/or addictions. Community based.

<http://www.harvesthousepei.org/solomons-porch>  
[solomonsporch@live.com](mailto:solomonsporch@live.com)

(902)894-5350

Jars of Clay Café – Safe and quiet coffee shop offering affordable wares. Proceeds help fund the island's first residential addictions recovery center.

<http://www.harvesthousepei.org/jars-of-clay-café>  
[solomonsporch@live.com](mailto:solomonsporch@live.com)

(902)436-3122

- **Health PEI**

- Public Health Nursing

- Association offering programs that promote, protect, and preserve the health of islanders, from infants to seniors. Includes pregnancy planning, prenatal care, infant and children programs, screenings and assessments, family life education, needle exchanges, and more.

- Souris – (902)687-7049

- Montague – (902)838-0762

- Charlottetown – (902)368-4530

- Kensington – (902)888-8160 – Satellite office

- Summerside – (902)888-8160

- O'Leary – (902) 859-8720

- Tignish – (902)882-7366 – Satellite office

- Wellington – (902)854-7259

- Tyne Valley – (902)854-7259 – Satellite office

- Alberton – (902)853-8601; to book an appointment: (902)859-8720

- **Home Equipment Loan Program of PEI (Canadian Red Cross)**

- Program that loans health equipment to individuals in need of short/long term aids.

- <http://www.redcross.ca/in-your-community/prince-edward-island/pei-programs-and-services-results?lat=46.510712&long=-63.416813599999955&location=prince%20edward%20island&category=eb3941b2-7a6f-406f-aa87-559e19cf7c76#iyc-filter/>

- 902)628-6262

- **Hope Centre Clubhouse (Canadian Mental Health Association)**

- Centre for individuals with mental illness(es) offering access to residential, employment, education, and social recreational programs.

- [http://pei.cmha.ca/programs\\_services/hope-centre-clubhouse/#.Wyn6a1FjnIU](http://pei.cmha.ca/programs_services/hope-centre-clubhouse/#.Wyn6a1FjnIU)  
[hopecentredirector@cmha.pe.ca](mailto:hopecentredirector@cmha.pe.ca)

(902)853-3871

- **Hospice Palliative Care Association of PEI**

Volunteer organization that assists individuals and families by preparing, supporting, and caring for those affected by life-limiting illnesses, before and after death.

<https://www.hospicepei.com/>

- [hpca@hospicepei.ca](mailto:hpca@hospicepei.ca)

(902)368-4498

- **The Island Helpline**

Calling service that provides confidential emotional support and crisis intervention to islanders.

[chimo1@nb.aibn.com](mailto:chimo1@nb.aibn.com)

(800)218-2885

- **Island Pregnancy Center**

Confidential wellness center offering services to individuals facing pregnancy, or familial struggles. Offers free pregnancy tests, counseling, support groups, clothing/item swaps and drives, family friendly events, and more.

<https://www.islandpregnancycentre.com/>

[charlottetown@islandpregnancycentre.com](mailto:charlottetown@islandpregnancycentre.com)

(902)370-3700

- **IWK Health Centre**

Centre providing quality care (including primary, secondary, and tertiary care) to women, children, youth, and families throughout Canada. Also offers mental health and addictions care and support services.

[www.iwk.nshealth.ca](http://www.iwk.nshealth.ca)

(902)470-8888; (888)470-5888, toll free

- **John Howard Society**

Non-profit organization that assists islanders involved in the criminal justice system that are struggling to transition between institutional and community living.

<http://pei.johnhoward.ca/>

(902)566-5425

[ei.aibn.com](http://ei.aibn.com)

- **The Joyriders**

Organization dedicated to the development of the physical, emotional, and social well-being of individuals with disabilities through therapeutic horse-back riding.

[www.thejoyriders.ca](http://www.thejoyriders.ca)

[Nicole.kitchener@bellaliant.net](mailto:Nicole.kitchener@bellaliant.net)

(902)368-4540

- **Kidney Foundation of Canada**  
Organization comprised of individuals focused on alleviating and eliminating kidney diseases. Offers financial support, as well as comfort, and transplant programs.  
<https://www.kidney.ca/atlantic>  
[kidneyatlantic@kidney.ca](mailto:kidneyatlantic@kidney.ca)  
(506)453-0533; (877)453-0533, toll free
- **KidSport**  
Organization dedicated to removing the financial barriers limiting some children from participating in sport teams. Enables youth aged 18 and under to learn life skills, such as leaderships, commitment, teamwork, and self-confidence, through physical exercise.  
[www.kidsportcanada.ca/prince-edward-island/](http://www.kidsportcanada.ca/prince-edward-island/)  
[tbernard@sportpei.pe.ca](mailto:tbernard@sportpei.pe.ca)  
(902)368-4110; (800)247-6712, toll free
- **Kids West Family Resource Center**  
Non-profit organization dedicated to facilitating the physical and mental development of children. Offers one-on-one support to address localized struggles, parenting programs, education and checkups, as well as a second-hand smoke prevention program.  
<https://kidswestalberton.ca/>  
[kidswest@pei.aibn.com](mailto:kidswest@pei.aibn.com)  
(902)853-4066
- **Kingswood Centre**  
Centre providing employment preparation support and services, as well as residential services and community support for individuals with an intellectual disability.  
<https://kidswestalberton.ca/>  
[nancy@inclusionseast.com](mailto:nancy@inclusionseast.com)  
902-853-4066
- **K&K Quality Care**  
Community outreach program dedicated to help individuals with intellectual disabilities acquire necessary life skills through various activities.  
<http://kkqc.ca/>  
(902)367-5496
- **Lennox Island: First Nation**  
Website providing community services and events for the First Nation individuals of PEI.  
<http://www.lennoxisland.com/>

(902)831-2779

- **Mik'maq Family Resource Centre**

Centre providing programs and events for First Nations parents, and their children.

<http://mikmaqfamilyresources.ca/>

[mfrc@pei.aibn.com](mailto:mfrc@pei.aibn.com)

(902)892-0928

- **Murphy's Community Centre**

Non-profit facility supported by Murphy's Pharmacies. Hosts recreational events, such as sports and fitness, banquets and meetings, bowling, art, drama, music, and youth programs.

Youth programs offered provide physical, social, and emotional development that aims to challenge and nurture children aged between 5 and 12.

[www.murphyscommunitycentre.com](http://www.murphyscommunitycentre.com)

[gmacdougall@murphyscommunitycentre.com](mailto:gmacdougall@murphyscommunitycentre.com)

(902)892-1719

- **Muscular Dystrophy Association**

Organization dedicated to improve the quality of life of individuals affected by muscular dystrophy, ALS, and related life-threatening diseases. Offers care centers, young adult programs, support services, summer camps, and useful resources (ie. Educative sites and clinical trial data).

<https://www.mda.org/>

[ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

(800)572-1717

- **Notre Dame Place Clubhouse (Canadian Mental Health Association)**

Centre where individuals with mental or emotional illnesses may thrive, discovering their strengths and talents in an encouraging, supportive, and community building environment.

[http://pei.cmha.ca/programs\\_services/ndpclubhouse/#.Wys6bsZJnIU](http://pei.cmha.ca/programs_services/ndpclubhouse/#.Wys6bsZJnIU)

[ndplace@cmha.pe.ca](mailto:ndplace@cmha.pe.ca)

(902)888-2237

- **OXFAM Canada, PEI Committee**

Organization that helps secure individuals' basic human rights. Offers support, long-term development, humanitarian responses, research and campaigning.

<https://www.oxfam.ca/>

[info@oxfam.ca](mailto:info@oxfam.ca)

[1-800-466-9326](tel:1-800-466-9326)

- **Parasport and Recreation PEI**

Non-profit organization governing PEI's Paralympic sport and parasport. Provides recreation and sport

opportunities for islanders who have physical disabilities.

<http://parasportpei.ca/>

(902)368-4540

- **Parent Help Line PEI (Web Service)**

Website service offering educative parenting advice, tips, and 'survival' guides in order to promote a healthy development in children.

[www.parenthelpline.ca](http://www.parenthelpline.ca)

- **PEI Association for Community Living (ACL of PEI)**

Family based association that assists individuals affected by intellectual disability in order to facilitate community inclusion.

<http://peiacl.org/>

- **PEI Association for Newcomers to Canada**

Non-profit organization dedicated to providing short term settlement and long term inclusion and integration for new immigrants of PEI.

<https://www.peianc.com/en/home>

(902)628-6009

- **PEI Cerebral Palsy Association**

Association that informs the general public of cerebral palsy, and of the abilities of individuals affected by it. Provides support to such individuals so they may develop and pursue meaningful goals in life.

<http://peicpa.com/>

[info@peicpa.com](mailto:info@peicpa.com)

(902)892-9694

- **PEI Citizen Advocacy**

Non-profit organization that matches program volunteers to individuals identifying themselves as having intellectual disabilities. Promotes peer support, community and crisis advocacy, and a better quality of life for participants.

<http://www.peicitizenadvocacy.com/>

[peica@eastlink.ca](mailto:peica@eastlink.ca)

[facebook.com/peicitizenadvocacy](https://facebook.com/peicitizenadvocacy)

(902)566-3523

- **PEI Council of People with disabilities Inc**

Organization that promotes participation and inclusion of individuals with disabilities on PEI. Promote self-help, strategies and policies, communication, and positive self-image.

<http://www.peicod.pe.ca/>

[peicod@peicod.pe.ca](mailto:peicod@peicod.pe.ca)

(902)892-9149; (888)473-4263

- **PEI Family Violence Prevention Services Inc**

<http://www.fvps.ca/services/>

Andersen House

Emergency shelter for women and children facing violence. Offers support, safety, and information.

(902)368-8658, business line; (902)892-0960, crisis line; (800)240-9894, 24h toll free crisis line

Second Stage Housing

Housing service for women and children leaving the Andersen House who have chosen to make changes in their lives. Offers affordable renting prices for up to 1 year.

O'leary – (902)859-8849

Summerside – (902)888-3310

Charlottetown – (902)894-3354

Montague – (902)838-0795

Liberty and Beyond Liberty Support Groups

Empowerment programs offering women education, support, and safe spaces to share experiences in group-settings.

[danya@fvps.ca](mailto:danya@fvps.ca) (902)894-3779, ext 225

Outreach Program

Confidential support for abuse victims who may need education and safety planning. Includes one-on-one support, group support, referral services, safety assessment and planning, advocacy, public education, and more.

<http://www.fvps.ca/outreach-services/>

(O'leary) [julia@fvps.ca](mailto:julia@fvps.ca) (902)859-8849

(Summerside) [leeanne@fvps.ca](mailto:leeanne@fvps.ca) 902-888-3310

(Charlottetown) [Gloria@fvps.ca](mailto:Gloria@fvps.ca) (902)566-1480 ext 224

(Montague) [gwyn@fvps.ca](mailto:gwyn@fvps.ca) (902)838-0795

- **PEI Literacy Alliance**

Organization offering programs that support adult, youth, and child learns in improving their literacy and essential skills. Includes 'Ready, Set, Learn!', 'Family Literacy', 'Free Books for Kids', 'Adult Learner', and 'PEI Volunteers for literacy programs'.

<http://www.pei.literacy.ca/>

[info@peiliteracy.ca](mailto:info@peiliteracy.ca)

(902)368-3620; (866)827-3620, toll free

- **PEI Lung Association**  
 Association focused on promoting and improving lung health of islanders through education and research.  
<http://www.pei.lung.ca/>  
[info@pei.lung.ca](mailto:info@pei.lung.ca)  
 (902)892-5957; (888)566-5864, toll free (PEI only)
- **PEI Senior Citizen's Federation Inc**  
 Non-profit organization made up of 50 different seniors groups that deliver programs and information to seniors island-wide. Provides events, recreation, and advocacy for PEI's senior communities.  
<https://www.peiscf.com/>  
[peiscf@pei.aibn.com](mailto:peiscf@pei.aibn.com)  
 (902)368-9008
- **Primary Care Consulting Inc**  
 Organization offering day programs for individuals of 18 years of age and up who have intellectual disabilities. Offers social, life, and employment skill training as well as a variety of different clubs. Located at: 420 Read Drive, Summerside, PE. **Contact Jim Dickson at (902)436-0005** for more information.
- **Prince Edward Reach Foundation**  
 Center offering a safe environment for youth who are in recovery. Provides opportunity to learn new life skills, work programs, and help building continued education plans.  
<https://peireachfoundation.ca/>  
[info@reachfdn.ca](mailto:info@reachfdn.ca)  
 (902)620-0009
- **Private Practice Health Service Providers**  
 Health professionals offering services in Audiology, Speech Language Pathology, Psychology, Occupational Therapy, Physiotherapy, Optometry, and Pharmacy throughout PEI. Establishments and professionals may be found and contacted by using an online search engine.
- **Queens County Residential Services Inc (QCRS)**  
 Non-profit organization that offers programs for adults with intellectual disabilities. Promotes self-esteem and well-being, continued development and growth, and community involvement and integration.  
<http://www.qcrs.ca/>  
[officeadmin@qcrs.ca](mailto:officeadmin@qcrs.ca)  
 (902)566-4470



- **Real Meals (Meals on Wheels Charlottetown)**  
Meal preparation and delivery service providing affordable gourmet meals all over Charlottetown.  
<http://www.realmeals.ca/>  
(902)892-4257, for specials
- **The Salvation Army**  
Religion-based organization offering services to Canadian communities. Services include food banks and programs, shelter options for homeless individuals, addiction rehabilitation, long term and palliative care, Christmas assistance, as well as life skills classes and thrift shops.  
<http://www.salvationarmy.ca/>  
Charlottetown – [roode@can.salvationarmy.org](mailto:roode@can.salvationarmy.org)  
(902)892-2281  
Summerside – [abbott@can.salvationarmy.org](mailto:abbott@can.salvationarmy.org)  
(902)436-6044
- **Southern Kings Hospice Association**  
Association that coordinates volunteers in order to provide quality palliative care to individuals and their families.  
[http://www.virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Support/Resources/Programs+and+Services/Provincial/Prince+Edward+Island/Local+palliative+care+programs\\_services/Southern+Kings+Hospice+Association.aspx](http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resources/Programs+and+Services/Provincial/Prince+Edward+Island/Local+palliative+care+programs_services/Southern+Kings+Hospice+Association.aspx)  
(902)838-2269
- **Special Olympics PEI**  
Organization dedicated to providing sport opportunity to all individuals with intellectual disabilities to promote mental, social, and emotional health, as well as to become accepted and respected members of their communities.  
[www.specialolympics.ca/pei](http://www.specialolympics.ca/pei)  
[sopei@sopei.com](mailto:sopei@sopei.com)  
(902)368-8919; (800)287-1196 toll free
- **Stan Cassidy Centre for Rehabilitation**  
Off-island facility located in Fredericton offering on-site specialized health services to individuals (such as ACC, feeding, cleft palate surgery, etc.).  
[www.stancassidy.ca](http://www.stancassidy.ca)  
[horizon@horizonnb.ca](mailto:horizon@horizonnb.ca)  
(506)623-5500
- **Stars for Life: Foundation for Autism**  
Foundation committed to creating a quality of life for youth with autism spectrum disorder. Offers life

and job skills training, and community inclusion.

[www.starsforlife.com](http://www.starsforlife.com)

[admin@starsforlife.com](mailto:admin@starsforlife.com)

(902)894-9286

- **Support Groups for Female Victims of Abuse**

Liberty and Beyond Liberty Support Groups

Empowerment programs offering women education, support, and safe spaces to share experiences in group-settings.

<http://www.fvps.ca/>

[admin@fvps.ca](mailto:admin@fvps.ca)

(902)894-3779, ext 225; Executive director: Danya O'Malley [danya@fvps.ca](mailto:danya@fvps.ca); 902-894-3779 ext 225

- **Sylvan Learning Centre Charlottetown**

Company offering personalized tutoring for children and youth. Offers math, reading, writing, homework, and French tutors.

<https://locations.sylvanlearning.com/ca/charlottetown-pe>

(902)367-3678

- **Tremploy Ltd**

Non-profit organization that provides employment training and support services to adults who have an intellectual disability. Offers opportunity to reach full potential and to participate in the community.

<http://dev.tremploy.com/>

(902)892-5338

- **Voluntary Resource Center**

Volunteer organization dedicated to raising awareness of volunteerism benefits and values, as well as providing a voice for the voluntary community of PEI.

<http://www.vrcpei.org/>

[vrc@eastlink.ca](mailto:vrc@eastlink.ca)

(902)368-7337

- **West Prince Caring Cupboard**

Donation-based charity that provides food and clothing for families in need. Offers services in four locations In the West of PEI (Alberton, Bloomfeild, Tignish, and Tyne Valley) .

<https://www.canadahelps.org/en/charities/west-prince-caring-cupboard-inc/>

[cbolo@hotmail.com](mailto:cbolo@hotmail.com)

- **Women's Network PEI**

Non-profit organization that provides support for women of PEI. Aims to improve the status of women

in the society.

<http://www.wnpei.org/>

(902)368-5040; (888)362-7373, toll free

- **Wrap Canada**

- Wraparound Process

- Team-based program that utilizes individualized plans in order to effectively meet an individual's daily needs.

- <http://www.wrapcanada.org/html/whatiswraparound.html>

- [andrewdebicki@wrapcanada.org](mailto:andrewdebicki@wrapcanada.org)

- (902)528-0353

## **Help and Information Lines**

- **Addiction Services**

- Toll Free Line.....1-888-229-8399

- **AIDS Hotline.....1-800-314-2437**

- **Andersen House**

- (PEI Family Violence Protection Services Inc)

- Toll Free.....1-800-240-9894

- Local (Crisis Line).....1-902-892-0960

- **Arthritis Society.....1-800-321-1433**

- **Birthright 24h Hotline.....1-800-550-4900**

- **Child Abuse**

- After Hours (Crisis Line).....1-800-341-6868

- **Child Abuse**

- Local Line.....1-902-368-6868

- Souris.....1-902-687-7060

- Montague.....1-902-838-0703

- Charlottetown.....1-902-368-5330

- Summerside.....1-902-888-8085

- O'Leary.....1-902-859-8811

- **Child Find PEI**.....1-800-387-7962
- **Crime Stoppers**.....1-800-222-8477
- **Health Line/Telehealth**.....811
- **Island Help Line**.....1-800-218-2885
- **Kid’s Help Phone**.....1-800-668-6868
- **Lifeline**
  - Montague.....1-902-838-2293
  - QEH.....1-902-894-2111
  - QEH Auxiliary Lifeline.....1-902-894-2969
  - Summerside.....1-800-543-3546
  - O’Leary.....1-800-543-3546
- **PEI Rape and Sexual Assault**
  - Toll free Crisis Line.....1-866-566-1864
- **PEI Rape and Sexual Assault**
  - Local Line.....1-902-566-1864
- **Poison Control**.....1-800-565-8161
- **Self Help Line**
  - Toll free.....1-800-682-1648
- **Transition House Association / Second Stage Housing**  
(PEI Family Violence Protection Services Inc)  
Outreach Services:
  - Toll free Emergency Line.....1-800-240-9894
  - Eastern PEI (Montague).....1-902-838-0795
  - Queen’s County (Charlottetown).....1-902-566-1480
  - East Prince (Summerside).....1-902-436-0517
  - West Prince (O’Leary).....1-902-859-8849