

ST. Thomas School of Social Work - Social Action Placement



Atlantic Canada Environmental Scan Pertaining to Organizations Working with Men/Boys



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Summary:

This environmental scan is specifically providing insight on organizations and/or agencies that provide programs and/or services to men and boys in Atlantic Canada. These programs and services are for men in connection to being a survivor of violence, perpetrators of violence, and men's well-being. Hotlines have also been included as a resource for men and boys. Throughout this document each province will be listed with organizations/agencies in accordance with the city or town it is located in. There will be a brief description of each organization/agency followed by a general contact, location, cost (if disclosed), supports/programs that are available to men and boys, and a contact for the program if specified. Some organizations/agencies were interviewed. Those that were interviewed are disclosed and information provided from those interviews is presented along with the information found on the organizations/agency's website.

Organizations: New Brunswick

Fredericton

University of New Brunswick (UNB) Campus Sexual Assault Support Advocates

- **Description:**
 - Campus Sexual Assault Support Advocates (CSASAs) at UNB: Specially trained CSASAs at UNB Fredericton and Saint John campuses offer comprehensive free support for students who have experienced sexual violence. Services include trauma-specific counseling, incident reporting, accommodations, and medical assistance.
 - **Fredericton Campus:** Advocates Hilary Swan and Megan Gaudet provide personal safe support for UNB, New Brunswick Community College (NBCC), and St Thomas University (STU) students. Hilary and Megan are located on the 2nd floor of CC Jones Student Services Centre. Hilary has a master's in education and employs a feminist, trauma-informed approach. Megan is a registered social worker and focuses on reducing barriers and working from a feminist, anti-oppressive framework.
 - **Saint John Campus:** Trish Murray-Zelmer is a licensed counseling therapist and UNB alumna who operates out of Philip W. Oland Hall. Trish empowers survivors, offering counseling, accommodations, medical referrals, and education sessions. She collaborates with student unions, clubs, and community partners.
- **Location Fredericton:**
 - 3 Bailey Dr, Fredericton, New Brunswick, E3B 5A3
 - CSASA office is located on the 2nd floor of the CC Jones Student Services Centre.
- **Location Saint John:**
 - 100 Tucker Park Rd, Saint John, New Brunswick, E2K 5E2
 - Student Services Department is located in Philip W. Oland Hall.
- **General Contact for both Saint John and Fredericton:**
 - csasa@svnb.ca
- **Contact Fredericton:**
 - Megan Gaudet & Hillary Swan: Tel- (506) 453- 5430
- **Contact Saint John:**
 - Trish Murray Zelmer: Tel- (506) 648-2309

Family Enrichment Counselling Service

(Interviewed Sandy [Alexander] Gordon)

- **Description:**

- Family Enrichment Counseling Services is a not-for-profit community agency. The agency provides counselling services and educational programs to individuals 12+ who are located in Fredericton and surrounding areas.
- Insight from Sandy (Alexander) Gordon (Changing Ways program Facilitator):
The agency was started by a man and social worker named Paul Leger. Family Enrichment built its reputation around helping individuals through counseling at an affordable rate. The agency works off government grants “but that changes from time to time”. It was also known for its groups, in particular, their men’s group, that used to be called anger management.

- **General Contact:**

- Email: info@familyenrichment.ca
- Board member email: board@familyenrichment.ca
- Receptionist Tel: (506) 458-8211

- **Location:**

- 356 Queen Street Fredericton, New Brunswick, E2B 1B2

- **Supports/Programs**

- Changing Ways Program Facilitated by Sandy (Alexander) Gordon:
 - This program is a psychoeducational and group discussion support group for men who experience issues with their own anger, aggression, or control within adult relationships. This group addresses/supports increasing personal responsibility, understanding power and control dynamics, attitudes of sexism/toxic masculinity, increasing empathy, parenting, communication, etc. This group runs every Thursday from 3pm-5pm. It is a 10-week program that’s run two hours a week. Anyone interested is asked to call to register for the program.
 - Insights from Interview:
The material used for the Changing Ways Program is based in feminism and was created at a different agency in Ontario, Canada. The program is run 3 to 4 times per year. During Sandy’s time running the program he noticed that many of the participants tended to sign up due to ultimatums posited by their significant others assuring them they need to change their behaviour. “You better do something, or this relationship is finished”.

Sandy gave some great insights into the functionality of the Changing Ways program. For instance, the men who sign up are required to leave a phone number for their significant other (if they have one) so that one of the people that run the program can call. During the phone call the significant other is informed that "If during the 10 weeks... you feel less safe than you have felt or feel threaten, let us know...". This phone call lets them know that Family Enrichment is there to support them as well during the 10 weeks. The significant others are also offered 2-3 counselling sessions if they wish at no extra cost.

The program does touch on anger management during 2 or 3 sessions throughout the 10-week period. Another activity done with the participants includes a list of physical, sexual, and emotional abusive behaviours. This list has more than 100 behaviours listed, and the participants are asked to stand if they have acted in such a way. During this exercise many men did not realize some of their behaviours were abusive.

- **Contact:**
 - Receptionist: Tel- (506) 458-8211
 - Sandy (Alexander) Gordon only available 2 times a week and does not usually work during the summer months): sandyg@familyenrichment.ca or info@familyenrichment.ca
- **Cost:** Free (The program has mainly been funded through social development)
- Community Support for Sexual Misconduct Survivors Grant Program:
 - Family Enrichment has partnered with the Military Family Resource Centre. They are offering short-term counselling to Canadian Armed Forces members and their families who have been impacted by sexual misconduct. This program provides a monthly support group and/or short-term individual counseling in English or French and sessions can be done virtually or in-person.
- **Contact:**
 - Tel- (506) 458-8211 ext. 250 or
 - Email: info@familyenrichment.ca
- Counselling
 - Family Counselling:

- Family Enrichment provides family counseling in-person or virtual counselling sessions for families with members that are 16+. Counseling sessions are typically 50 minutes long.
- Individual Counselling
 - In-person or virtual counselling for individuals aged 12+
- Couples Counselling
 - In person or virtual counselling for couples.
- **Contact:**
 - Tel- (506) 458-8211 ext. 250 or
 - Email: info@familyenrichment.ca
- **Cost:**
 - Individual Session with Counsellor: \$150 or \$55 if the service user would like to do it with a master's level intern.
 - Individual Session with Psychologist: \$190
 - Couples Counselling- \$165,
 - Family Counselling- \$165.
 - They offer a limited number of subsidized sessions dependent on family size and sources of income. Family Enrichment is not direct billing currently therefore payments will be upfront.

Sexual Violence New Brunswick (SVNB)

- **Description:**
 - SVNB supports individuals who have been impacted by sexual violence and work to create systemic and social change that is required to end sexual violence. This organization is run with an anti-oppressive and feminist-based framework that supports sexual violence survivors of all genders.
- **General Contact:**
 - Business Line: (506) 454-0460
 - Support Line: (506) 454-0437, (available 7 days a week, 365 days a year).
 - Email: info@svnb.ca
- **Supports/programs**
 - Support groups: (These groups provide a safe place to explore the impacts of sexual violence alongside individuals with the same experiences).
 - Counsellor led groups for women and gender-diverse people, or men who have experienced sexual violence.
 - Groups for men who have experienced childhood sexual abuse.

- Groups for non-offending parents whose children have experienced a sexual offence.
- Individual Counselling:
 - SVNБ with the help of professional counselors provides counselling to individuals of all genders aged 16+ who have experienced sexual violence.
- Campus Sexual assault support program:
 - SVNБ, in partnership with UNB, STU and NBCC, provides support, advocacy, prevention and awareness to the local campus communities.
- Public Education and Raising Awareness:
 - SVNБ offers awareness and education activities with the intention of raising awareness of an eliminating sexual violence through societal change. These activities take the form of workshops, presentations, seminars, and the development of resource materials on the issues of gender-based violence children and sexual violence.
- School Based Sexual Violence Prevention Programs
 - These are school-based workshops, healthy relationships, and the prevention of sexual violence. The goals of the workshops are to foster self-worth, self-efficacy and self-esteem and promote the development of leadership skills to effect change.
- Support services:
 - Accompaniment and support services to hospital, police, and court. An SVNБ volunteer can accompany you to the hospital, where a forensic nurse examiner can provide specialized care and also gather forensic evidence if you are reporting the assault to the police.

Moncton

South East Sexual Assault Centre (SESAC)

- **Description:**

- South East Assault Center offers sexual assault services with a trauma-informed approach. This center works to adapt services to meet the needs of a diverse community. The center provides a 24-hour crisis line, crisis and long-term support either in person or through the crisis line, services for close friends and family of survivors, and referrals to other agencies. Within the realm of long-term support SESAC provides support when visiting the hospital, court and police accompaniment, and one-on-one support. The website for SESAC as a quick exit button for those who may not feel safe.
- **General Contact:**
 - Tel: (506) 540-7427 (call or text)
 - Crisis Line Tel: 1 (844) 853-0811 (available 24/7)
 - General Email: sesac.casse@crossroadsforwomen.ca
 - Outreach work email- outreach@crossroadsforwomen.ca
- **Cost:**
 - Free
- **Location:**
 - PO Box 1247 Moncton, New Brunswick, E1C 8P9

University of Moncton Sexual Violence Intervention Service

- **Description:**
 - The University of Moncton Sexual Violence Intervention Service provides a confidential space to support individuals who have experienced sexual violence. Following experiences of sexual violence, they provide services to assist in discovering guidance on protecting oneself, especially in the academic setting, and offer insights and support regarding sexual violence and healing options. They also provide guidance for navigating formal complaint procedures and offer preventative programs that target sexual violence and provide access to valuable resources.
- **Availability:**
 - Monday to Friday from 8:30am to 12:00pm and 1:00pm to 4:30pm.
- **General Contact:**
 - Tel: (506) 858-4100
 - Email: consent@umoncton.ca
- **Location:**

- 18 Antonine- Maillet Ave, Moncton, New Brunswick (Room C-101 of the student centre)
- **Cost:**
 - Free for Students

Sackville

Mount Allison University Sexual Harassment and Assault Response

- **Description:**
 - Mount Allison University Sexual Harassment and Assault Response offers comprehensive support services to individuals facing diverse challenges. This service connects individuals with appropriate support networks, guiding them through understanding and considering a range of options. Referrals are made as needed, directing individuals to medical attention, law enforcement, or academic accommodations based on their specific requirements. In cases of sexual violence, this service extends to referrals to organizations such as Sexual Violence New Brunswick. This connection facilitates access to community supports like Public Safety Victim Services, shelters, Sexual Assault Nurse Examiner (SANE), and other medical and counseling services. The team is dedicated to guiding complainants through amended procedures for sexual violence prevention and response, ensuring a clear understanding of the processes involved. Moreover, the service aims to clarify the procedures of both Mount Allison University and the criminal justice system, providing information and guidance. Practical assistance includes offering taxi transportation upon request, facilitating safe travel to police stations, community supports, shelters, SANE/hospitals, or any necessary medical assistance. Additionally, the service emphasizes the importance of being a supportive presence by simply listening, recognizing the value of empathy, and understanding in moments of distress. Mount Allison University Sexual Harassment and Assault Response is committed to fostering a safe and inclusive environment, addressing the unique needs of individuals with empathy, expertise, and unwavering support.
- **Contact:** Jade Lister
 - Email: jlister@mta.ca
 - Cost: Free for Students
- **Location:**
 - 62A York St, Sackville, New Brunswick, E4L 1H3

Saint John

Family Plus Life Solutions

- **Description:**
 - Family Plus Life Solutions is a not-for-profit organization where individuals can access mental health care providers. They provide individual counselling, group counselling, comprehensive employee assistance program, educational assessments for childhood learning disabilities. Intake forms can be done on the Family Plus Life Solutions website or by telephone.
- **General Contact:**
 - Tel: (506) 634-8295
 - Toll Free: 1 (800) 360-3327
 - Email: info@familyplus.ca
- **Location:**
 - 621 Fairville Blvd. Unit 1 D4, Saint John, New Brunswick, E2M 4X5
- **Cost**
 - Rates are disclosed during intake prior to booking an appointment.
 - They provide subsidized rates dependent on the individuals financial circumstances.
 - They do not direct bill however provide receipt to be submitted to insurance company.
 - Fees can be paid by case managers or EAP programs.
- **Supports/programs**
 - Group therapy for men:
 - This group is for men who are survivors of sexual violence. Family Plus Life Solution has partnered with Sexual Violence New Brunswick to deliver this program. It is for men who are 19 years or older and who have had group therapy or counselling previously.
 - Counseling:
 - Counselling for any individuals who have experienced violence either in the past or currently. The organization helps individuals recognize the impacts experiences of violence have on their life and develop a plan to deal with those impacts.
 - Counselling for any individuals who have been victimized by sexual violence. The counsellor helps the individual deal with the effects and/or long-term effects of sexual violence.

- Couples counselling to help improve communication, problem-solving, intimacy challenges, or any other issues affect the relationship.
- Counselling for any individuals dealing with depression, anxiety, and stress.
- Interpersonal Psychotherapy:
 - This is done in a group setting and addressed major depression and social anxiety disorder. The group focuses on interpersonal deficits that can be contributing to personal social isolation. This goal of this group is to identify unhealthy interpersonal patterns by improving attitudes, beliefs, rules, and assumptions that have roots in childhood and have manifested into problems for adulthood.

Shediac

Courage Centre (Beausejour Crisis Resource Centre)

- **Description:**
 - Provide trauma-informed practice offering crisis intervention, housing, support groups, accompaniment, police soft interview room and medical services for victims of family violence, perpetrators of violence, and victims of sexual assault. They work with individuals of all demographic locations (women, men non-binary, elderly, teens, individuals, and families) and populations including developmentally disabled, disabled, immigrant, rural, trafficked persons, and 2SLGBTQIA+. The website for Beausejour Family Crisis Resource Centre Inc has a quick exit button.
- **General Contact:**
 - Business Tel: (506) 533-9100
 - Evening crisis hotline: Tel- (506) 533-9100
 - Email: crcfb@nbnet.nb.ca
- **Location:**
 - 66 Rue Calder Shediac, New Brunswick, E4P 1K8
- **Languages:**
 - English, French, and Spanish
- **Services/programs**
 - Short and/or long-term individual counselling:
 - They provide counselling for residents living in or outside shelters, sex offenders, batterers and for friends and family.
 - Support groups:

- Support groups for peer support and sexual violence
- Housing:
 - Transitional individual housing, transitional family housing, and relocation services.
- Other support services:
 - Goal planning assistance, job skills training, job search/placement, health and wellness programs, resources and referrals, youth counselling, safety planning for children, educational programs, child development, pet therapy, and domestic violence workshops.

Ste-Anne-de-Kent

Kent Centre for the Prevention of Violence

- **Description:**
 - Kent Centre for the Prevention of Violence has a mission of ensuring all individuals of the Southeast are able to live safely and free of violence. They do this by meeting the needs of families who have been victimized by violence. They work to coordinate services to be developed at the regional and/or provincial level. The organization also works to prevent violence through spreading awareness that violence exists. In order to provide individuals with the services they need the organization coordinated the development of services in the community.
- **General Contact:**
 - Tel: (506) 743-5449
 - Email: directrice@centrepventionviolence.com
- **Location:**
 - 7714 Route 134 Ste-Anne-de-Kent, New Brunswick, E4S 1H5
- **Services/programs**
 - Outreach
 - This organization provides outreach crisis intervention for men and women who are victims of violence. They provide assistance for contacting the police and legal and healthcare services.
 - Long-term therapy:
 - Personalized therapy for men and women who have been affected by violence or for those who are exhibiting violent behaviour and would like help.

Boreal Child and Youth Expertise Centre

- **Description:**
 - Provides a safe environment for children to be interviewed about instances of sexual violence they have experienced. The service providers are trained to interview children and youth without making insinuations regarding their experience. The service aims to lower the number of times a child needs to be interviewed about the incident.
- **General Contact:**
 - Tel: (506) 383-8300
 - Email: directrice@centreboreal.com
- **Location:**
 - P.O. Box- 511 Sainte-Anne-de-Kent, New Brunswick, E4S 5G2
- **Services/programs**
 - Medical Visits:
 - Boreal provides medical visits to do sexual assault examinations.
 - Therapy:
 - Offers assessments and therapeutic services to children and teens who are survivors of sexual assault or who present with sexual behavioural issues.

Organizations: Nova Scotia

Access Wellness

- **Description**
 - This service offers a single free counselling session for individuals, couples, or families. Sessions can be held over the phone, through video call, or in-person. Trained counsellors help individuals learn strategies to address the challenges they are facing. Access Wellness counselors can also provide information on other services that may help. The provider of services is through Telus Health.
- **General Contact:** (Call to be directed to the right supports)
 - Tel: 1(833) 691-2282
 - Email: MHATransformation@nshealth.ca

Dartmouth

New Start

- **Description:**
 - New Start is a self-referral agency that offers counselling using narrative approach to provide services for individuals, groups, and healing narratives. They provide these services for individuals that use abuse and/or violence in their intimate partner relationships. They are available for individuals who want help changing/challenging abusive/violent behaviours.
- **General Contact:**
 - Tel- (902) 423-4675
 - Email: info@newstartcounselling.ca
- **Location:**
 - 45 Alderney Drive, Suite 900, Dartmouth, NS
- **Services/programs**
 - Counselling:
 - Individual: Help service users move away from the use of abuse by realizing their skills and knowledge and move towards the values that are important to them.
 - Group counselling: For men and involves exploring ways to heal and repair relationships where the individual has used violence and/or abuse with their partner. They write an apology letter and explore the components of a meaningful apology.
 - Healing narratives: This is free counselling for men who are survivors of sexual assault. This service provides individual or group counseling.

Canadian Mental Health Association (CMHA) Nova Scotia Division

- **Description:**
 - CMHA is a community-based mental health agency that supports the resilience, recovery and well-being of individuals dealing with mental health illness and facing challenges due to experiences of mental health throughout Nova Scotia.
- **General Contact:**

- Toll-Free Tel: 1 (877) 466-6606
- Email: karn.nichols@novascotia.cmha.ca

- **Location:**

- Suite 201 2-644 Portland Street Dartmouth, Nova Scotia, B2W 6C4

- **Services/programs**

- Men's Peer Support Group:
 - The group discusses relationships, family challenges, employment challenges, housing challenges, food, and music. The program combines emotional support as well as practical information. The program meets weekly at 7pm over Zoom and is available to any identifying adult male that is 19 over. It is led by a peer support facilitator.
- **Contact:** Glenn Rodgers, Education and Training Coordinator and co-facilitator of a Men's Peer Support group
 - Tel: 1 (877) 466-6606 x 401
 - Direct Line: (782) 777-0196
 - Email: glenn.rodgers@novascotia.cmha.ca
- Housing Support: Project H.O.P.E:
 - Housing supports for Nova Scotians living in Kings, Annapolis and Digby Counties who are either homeless or at risk of homelessness. The team helps individuals to locate and secure safe, sustainable, affordable housing. The program also helps with landlord/tenant resolution and tenancy support, supports to maintain housing in the community, and trustee services. Support is provided based on individual needs and caters specifically but not limited to those with mental health issues, disabilities, 2SLGBTQIA+ members, Indigenous Peoples, peoples of African Descent.
- **Contact:** Hannah Scott, Project H.O.P.E Team Lead
 - Email: hannah.scott@novascotia.cmha.ca
- At Work Program:
 - This program helps individuals with mental illness who are unemployed or under-employed to obtain competitive employment. They do this by connecting the individual to workplaces that match their strengths, skills, and needs. This program works alongside the employers and clients to create a plan that is not only achievable but also support mental wellness. The program is available to anyone over the age of 16 that is legal to work in Canada, lives in Nova Scotia, is unemployed or underemployed, and lives with mental illness, mental health challenges, or substance use disorders. They do not require a diagnosis.

- **Contact:** Tracy Hiltz, Provincial Lead at Work Program
 - Tel: (902) 517-2430
 - Email: tracy.hiltz@novascotia.cmha.ca
- THRIVE:
 - This is a virtual learning centre for mental wellness and well-being. It is an outlet to gain access to free workshop and learn new skills and connect with others in the community.
 - **Contact:** Education and Training Team
 - Email: educatin@novascotia.cmha.ca
- BounceBack:
 - Skill building program for adults and youth 15+ to learn how to manage low mood, mild to moderate depression, anxiety, stress or worry. Helps build skills to improve mental health.

Nova Scotia Brotherhood Initiative (NSBI):

(Interviewed Preston Trench, Wellness Advocate, BSW)

- **Description**
 - NSBI provides free programs and services for Black men within the Nova Scotia communities. The NBSI aims to provide healthcare to this group of individuals in hopes to improve the health and wellbeing of Black men in Nova Scotia. Services pertaining to health and wellness include primary medical care, health promotion and wellness education, chronic disease management, navigation to community resources, and a variety of free health and wellness programs that are provides throughout the year.
 - Insight from Interview with Preston Trench:
 Preston Trench is a wellness advocator and helps individuals navigate the healthcare system while working to make it more accessible for the individuals they are working alongside. Preston gave presented that the NSBI consist of a health and wellness team that works with Nova Scotia Health to accommodate men of African Nova Scotian descent. Preston Trench stated that “There was healthcare disparities in which these men did not feel safe going to the hospital or even having those conversations”. Preston goes on to acknowledge that these disparities are felt not only by Black men in Nova Scotia but by men “across the

board". The goals associated with the NSBI are to make it more culturally appropriate for men to seek services and go to the hospital. Preston states that "the primary drive behind our initiative is community and to make certain that our communities needs are being met". The NSBI's mandate is provincial wide as there are 58 African Nova Scotian communities across Nova Scotia. However, the services provided by the NSBI are primarily in Central Zone of Nova Scotia. The NSBI healthcare team works to be patient centred to meet the needs of clients in the community and they strive to meet clients where they are at.

- **General Contact:**

- Tel: (902) 434-0824
- Email: nsbrotherhood@nshealth.ca

- **Contact for Preston Trench:**

- Tel: 1-782-641-5641
- Email: Preston.Trench@nshealth.ca

- **Services/programs**

- Domestic violence and wellness courts:
 - Provide advocacy for those attending and to work with the court to provide programming and support geared towards individual needs.
- Anger management (facilitated by Preston Trench)
- Health and Wellness group (facilitated by Preston Trench):
 - Help individuals find healthy coping mechanisms and prioritize their physical and mental health. For instance, Preston started a running group where they get up at 7am on Saturday mornings to go for a run from 7am-9am as a collective.
- Weekly Clinics:
 - Provided in the Central Zone of Nova Scotia (Halifax, Northern East Preston, Dartmouth North, and Upper Hammonds Plains). The weekly clinics are used to make doctor visits more accessible for folks in the predominantly black communities throughout Nova Scotia Central. They also have a psychiatrist, clinical social worker, and a clinical therapist.
- Barber Shop Talk:
 - Men can come in and get a free haircut and talk about topics consisting of health and wellness, mental health, and a range of topics. This is also a good tool way to meet men where they are at.
- Hospital Visits:
 - Visit folks in the hospital and begin building rapport for when they get discharged. This allows for some familiarity and provides information on their

clinic. Individuals have access to the doctors who are working at the weekly clinics until they can get assigned a family doctor.

- Families Matter in Mental Health:
 - Provides free educational and support programs for families or friends who are providing support to someone with mental illness or addiction or both. Offer virtually and requires registration.
 - **Contact:**
 - Tel: (902) 943-1543
- Time with a Lawyer:
 - Nova Scotia Brotherhood is partnered with Nova Scotia Legal Aid for the African Nova Scotian community. Available every Friday from 1:00 pm-4:30 pm and requires registration. Provides free time to speak with a social justice lawyer to get legal advice regarding criminal law, family law, and other areas of social justice.
 - **Contact for registration:** Duane Winter
 - Tel: (902) 240-6131
 - Email: Duance.Winter@nshealth.ca
- Men's Health League (Support group):
 - Volunteer peer-to-peer support for Black men to spread key health messages to other men in the community through social and physical activities. This group promotes the health and wellness services provided by the Nova Scotia Brotherhood health care team. Members of this League are there to be role models in the community, share health information, engage individuals in wellness and healthy living, report about emerging health issues, act as a bridge between the community and the Nova Scotia Brotherhood health care team.
 - **Contact to become a member:**
 - Tel: (902) 434-0824/ Email: nsbrotherhood@nshealth.ca

Truro

Bridges

- **Description:**
 - Bridges is a counselling centre for families that offers counselling for men, women, and children who may be struggling with relationship issues, rebuilding trust, anger, depression, stress, anxiety, parenting, PTSD, etc. This organization

specializes in domestic abuse and anger management however offer full-service counselling with a multitude of specializing therapists that bring forth multiple therapeutic approaches. Bridges seeks to prevent domestic violence through public awareness raising and connecting with community partners.

- **Contact:**
 - Tel: (902) 897-6665
 - Email: bridges@bridgesinstitute.org
- **Location:**
 - 676 Prince Street Turo, Nova Scotia
- **Services/programs**
 - Guys Work:
 - School based program that provides a space for young men to examine tradition masculinity norms and how they can impact their health, and the health of others. They discuss tradition masculinity norms as the pressure men feel about what society expects of them. This program is provided in schools grades 6-9 and is facilitated by teachers, school counsellors, other school-based specialists, and/or community members.
 - Other services:
 - Counselling for individuals regarding various needs.

Halifax

Avalon Sexual Assault Centre

- **Description:**
 - Avalon is working to eradicate sexual violence and help individuals who have been affected by it. This is a not-for-profit organization that provides services throughout Nova Scotia.
- **General Contact:**
 - Tel: (902) 422-4240
 - Email: info@avaloncentre.ca
- **Location:**
 - 1526 Dresden Row, Suite 401, Halifax
- **Services/programs:**
 - Sexual Assault Nurse Examiner (Medical and Forensic Assessments):

- Avalon can help connect individuals to a SANE nurse at four different locations in Halifax; QEII Health Centre, Dartmouth General Hospital, Cobequid Health Centre, and IWK Health Centre.
- **Contact:** Speak to a SANE nurse directly
 - Tel: (902) 425-0122
- Community-Based Sexualized Violence Trauma Therapy Program (CSVTT):
 - This is a program for survivors of sexual violence and gender-based violence that live in Nova Scotia and are aged 15+.
 - **Contact:**
 - Call or Text: (902) 817-3821
- Legal Advocacy Program
 - For sexual violence survivors aged 15+ who are seeking help understanding and using the legal system.
- Community Navigation Program
 - For people who have been affected by sexual violence, aged 15+, who want help accessing support in the community.

Metro Turning Point Centre

- **Description:**
 - Metro Turning Point Centre is associated with the North End Community Health Centre. The health centre provides an abundance of programs catered towards individuals living at a disadvantage. This is a shelter for men who are experiencing homelessness. They provide a Supportive Housing Program on site where men living in the shelter can self-refer.
- **General Contact:**
 - Tel: 1(902) 420-0303
 - Email: northend@nehc.com
- **Location**
 - 2131 Gottingen Street, Suite 500 (5th Floor) Halifax, NS, B3K 5Z7
- **Services/programs**
 - Shelter
 - For men experiencing homelessness. Once the individual is in the shelter Metro Turning Point provides them with services. To be a resident of the shelter the individual can call or show up and will be taken in providing they have beds. If there are not beds the individual can be encouraged to arrive

at 12am because residents are to re-register at this time therefore there is a chance to get a bed. Resident cannot use substances on site however are welcome whilst under the influence as long as they are not exhibiting inappropriate behaviours.

- Onsite Services include:
 - Trustee Program (financial support) and money management.
 - Shared Mental Health and Income Assistance Workers
 - Supportive Housing Program
 - **Contact** for services and to get a bed:
 - Tel: (902) 420-3282

Organizations: Prince Edward Island

Charlottetown

PEI Violence and Prevention Services

- **Description:**
 - PEI Family Violence Prevention Services offers a range of gender-inclusive support services. Notably, the online resources section addresses men and boys' involvement, covering topics like young people & dating, intimate relationships, fatherhood, community attitudes, societal attitudes, and promoting equality. An innovative feature is the "Click to leave this site quickly" tab, enhancing safety for potential victims.
- **Location:** Main Offices
 - 263 Heather Moyses Dr, Summer Side, PEI
 - 43 East Dr, O'Leary, West Prince, PEI
- **Services/programs**
 - Outreach Services:
 - Deliver confidential support for those impacted by abuse, even if they don't stay at the shelter, offering information, support, and safety planning.
 - Campus drop-in support:
 - Campus drop-in support is available at various post-secondary campuses across PEI for confidential walk-in support.

- Educations and prevention:
 - Youth programming focuses on education and prevention, teaching participants to recognize healthy and unhealthy relationships.
 - Public education involves outreach coordinators delivering presentations on domestic violence to organizations across the province.
- **Contacts for various departments:**
 - Administrative Office
 - Tel: (902) 894-3354 ext. 221
 - Email: admin@fvps.ca
 - Executive Director- Danya O'Malley
 - Tel: (902) 894-3779 ext. 225
 - Email: danya@fvps.ca
 - Development Coordinator - Emily Anne Fullerton
 - Tel: (902) 894-3354 ext. 222
 - Email: emilyanne@fvps.ca
- **Outreach Services' Contacts**
 - West Prince - O'Leary: Karen MacCarville - Coordinator
 - Tel: (902) 859-8849
 - karen@fvps.ca
 - East Prince - Summerside: Beth Cruwys - Coordinator
 - Tel: (902) 8883310
 - Email: beth@fvps.ca
 - Queens County - Charlottetown: Gloria Dennis - Coordinator
 - Tel: (902) 849-3354 ext. 224
 - Email: gloria@fvps.ca
 - Eastern PEI - Montague: Rachel Hoogerbrugge - Coordinator
 - Tel: (902) 213-7540
 - Email: rachel@fvps.ca
 - Men's Services - Charlottetown & Summerside: Tim Veinotte - Coordinator
 - Tel: (902) 626-5585
 - Email: tim@fvps.ca

Caring Dads

(Interviewed Christine Trainer)

- **Description:**
 - The Department of Social Development and Housing runs the Caring Dads program, aimed at men who have engaged in abusive or neglectful behaviors

towards their children or exposed them to domestic violence. This 17-week program targets breaking the cycle of gender-based violence within families. It's open to various father figures, focusing on those facing relationship challenges with their children or their mothers. Exclusions apply for men primarily concerned with child sexual abuse. Eligibility involves regular contact with children aged 0-16 years, determined through clinical intake interviews. The program combines parenting, fathering, battering, and child protection practices to enhance children's safety and well-being. Group sessions occur weekly for 2 hours over 17 weeks, led by accredited facilitators.

- Insights from the interview:

In the interview, Christine Trainer provided valuable insights into the goals and strategies of the Caring Dads program, which aims to support male caregivers in fostering healthy, non-abusive parenting practices. The program, spanning 17 weeks, is structured around four key objectives: building trust and motivation, promoting child-centered fathering, addressing abusive behaviors, and planning for the future. Trainer highlighted the importance of creating a supportive environment where men can explore their fathering experiences without judgment. Contrary to expectations, the program primarily focuses on understanding personal behaviors and their impact on children, rather than solely concentrating on domestic violence. Trainer emphasized the need to shift the narrative from blame to empowerment, encouraging participants to take responsibility for their actions as fathers. Additionally, Trainer acknowledged the significant gap in services for male perpetrators of family violence and how Caring Dads seeks to fill this void by providing education on the traumatic effects of violence on children. Despite facing barriers and stigma, such as fear of being labeled as inherently violent or admitting fault in legal proceedings, Trainer observed a positive transformation among participants who engaged with the program. Over time, individuals began to challenge societal stigmas and take ownership of their roles in the family dynamic. Through its comprehensive approach, Caring Dads aims to facilitate lasting positive changes in father-child relationships and beyond.

- **General Contact:**

- Tel: (249) 202-3237
- Email: info@caringdads.org

- **Location:**
 - Department of Social Development and Seniors
2nd Floor, Jones Building
11 Kent Street
- **What to expect from the Caring Dads Program**
 - Caring dads focused on helping fathers develop essential skills such as trust-building, motivation, awareness, and adopting child-centred parenting practices.
 - Provides a secure environment for father figures to engage in open conversations about their involvement in family violence, delve into their personal histories, and explore how these factors influence their parenting.
 - Learning strategies to regulate their emotions and behaviours.

Prince Edward Island rape and Sexual Assault Centre

- **Description:**
 - PEI Rape and Sexual Assault Centre is a non-for-profit, government funded organization that provides services to individuals of all genders residing in PEI who have experienced recent or historic sexual assault or childhood sexual abuse. They offer counselling support and innovative healing programs from different locations across PEI including Charlottetown, Summerside, and Alberton. Dates and times are scheduled around the group participants availability and needs.
- **General Contact:**
 - Tel: (902) 566-1864
 - Email: admin@peirsac.org
- **Location:**
 - Charlottetown, Prince Edward Island
- **Services/programs**
 - Male Survivors Group:
 - This is a phase 1, structured, short-term group and psychoeducational program. It provides evidence-based, trauma informed material delivered to the group in 8-sessions. Each session is 90 minutes held once a week over the 8-week period. This is not a drop-in group and participant are expected to commit to attending all sessions. Participation and attendance are directly correlated with healing, recovery, and positive outcomes from the group. The focus of the Male Survivor's phase 1 group is on learning

about trauma, its impacts and the necessary skill development for recovery. Specifically, the following topics will be explored in depth; Internal Safety and external safety upon completing the Male Survivors group phase 1 participants will be encouraged to join phase 2 to deepen their understanding.

- **Cost:** Free

Organizations: Newfoundland and Labrador

St. Johns

Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre

- **Description**
 - This is a not-for-profit, community-based, charitable organization that exists to support individuals of all genders who have been impacted by sexual violence. This organization operates from a feminist, pro-choice, trauma-informed, person-centred perspective allowing individuals with experiences of sexual violence to be honoured for their unique strengths, needs, skills, and abilities.
- **General Contact:**
 - (709) 747-7757
- **Location:**
 - 15 Hallett Crescent Suite 101, St. John's, NL
- **Services/programs**
 - **24 HOUR SUPPORT AND INFORMATION LINE:** This line operates 24 hours a day, 365 days a year and is toll-free, province-wide at 1-800-726-2743. Callers can access non-judgmental, empathetic support and information regarding issues related to sexual violence. Our line is confidential, and you do not need to be in crisis to call.

- Accompaniments: Offer accompaniments to the Sexual Assault Nurse Examiner (SANE) program at St. Clare's Hospital and to the Royal Newfoundland Constabulary (RNC) headquarters in St. John's. Contact our 24-Hour Support Line or office to request an accompaniment or to discuss your transportation or accessibility needs.
- In-person support, legal system navigation through The Journey Project, and a variety of other services and connections to community organizations based on your needs.

Pet Safe Keeping Program

- **Description:**
 - This program aims to provide emergency shelter for pets belonging to victims of intimate partner violence (IPV). It helps reduce barriers for individuals who are leaving violent relationships. According to the RNC, many individuals, many victims of IPV will delay leaving out of concern for their pets. The program is in partnerships with the RNC, Iris Kirby House, and the City of John's (Human Services) and currently exists in St. John's and Corner Brook. The RNC says it is working with community partners in Labrador City and Mount Pearl to start similar programs.
- **General Contact**
 - Tel: (709) 576-6126
 - Email can be sent via online portal at the following link-
<https://www.stjohns.ca//Modules/email>
- **Location**
 - 81 Higgins Line St. John's, NL
- **Cost:** Free

Provincial Services and Hotlines

Sexually Transmitted Infection Hotline

- Staffed with bilingual Registered Nurses this hotline provides free, confidential health advice regarding sexually transmitted infections, including HIV/AIDS and blood-borne pathogens such as Hepatitis C, 24 hours a day, 7 days a week.
- Tel: 1-877-784-1010

Tele-Care

- Tele-Care is a free, confidential, health advice and information line. Dial 811 for access to bilingual, registered nurses, 24 hours a day, seven days a week.
- Tel: 811

Sexual Violence New Brunswick Crisis Line

- Tel: [\(506\) 454-0427](tel:5064540427)

211 Resource Line

- 211's telephone line and online directory help Canadians deal with life's challenges. The service connects users with vital community and social resources, close to home and specific to their needs. From basic needs like housing and food, to support for seniors and children, to responding to crisis situations, 211 is there.
- Tel: 211

Fredericton Sexual Assault Crisis Centre

- Crisis line (506) 454-0437
- Office (506) 454-0460

9-8-8 Suicide Crisis Helpline

- Callers who are experiencing thoughts of suicide can call and speak to a trained responder. They will listen judgement free, provide support and understanding, and share resources that will help.
- Tel: 9-8-8

Eskasoni Crisis and Referral Center (Indigenous)

- This is a 24-hr Crisis and support line that is available to members of Mi'kmaq communities. This support line provides emotional, social, and educational

support and assists individuals with referrals to counselling and navigating agencies and services. The services are provided in Mik'maw and English.

- Tel: (902) 379-2099
- Toll Free: 1(855) 379-2099

Kids Help Phone

- This is a 24/7 national support service. This support service offers professional counselling, information and referrals, and volunteer-led, text-based support to young people. Support is offered in French and English and is completely confidential. No name required.
- Tel: Call-1(800) 668-68-6868 or Text CONNECT to 686868

Trans LifeLine

- Hours of operation are 6:00pm to 2:00 am Atlantic time. This is a volunteer, trans, and non-binary run hotline. It provides direct emotional and financial support for trans people in crisis. They also provide a peer-support hotline for friends and family of trans people.
- Tel: (877) 330-6366

Chimo Helpline/ Live chat

- 1-800-SUICIDE [1-800-784-2433](tel:1-800-784-2433)
310-Mental Health Support [310-6789](tel:310-6789) (Do not add 604, 778 or 250 before the number.)
24 hours a day, 7 days a week.
- Chimo Crisis Lines [604-279-7070](tel:604-279-7070)
8am to midnight, 7 days a week.
- Also provides emotional support for Chatters in distress, crisis, or just needing someone to talk to. Connect to our Live Chat from your mobile device or PC. Via this link- <https://chimoservices.com/crisis-line-and-live-chat/>
- 9-8-8 is a new national helpline for anyone across Canada who is thinking about suicide, or who is worried about someone they know. [Call or text 9-8-8 toll-free](tel:9-8-8), anytime for support in English and French. 9-8-8 responders are here to listen and provide help without judgement.