Maritime Directory of Services for Survivors of Sexual Abuse

Compiled as a public service by:

McKiggan Hebert Lawyers
Introduction

Selecting a counselor is a highly personal matter. A professional who works well with one individual may not be a good choice for another person. It is important to find a good fit between you and your counselor. Selecting a counselor is a decision that should not be made until you have had a full discussion with the professional about their qualifications, areas of practice and methods of treatment.

This list has been compiled from a variety of sources as a public service and is believed to be accurate. The information is provided to help survivors find a support person they can work with in their path to recovery. Nothing contained in this list should be considered a reference or recommendation for any of the professionals or counseling services listed.

“How do I pay for counseling?”

One of the most common concerns abuse survivors face is how they can afford counseling and/or psychological treatment. Money should never be a barrier to receiving appropriate counseling. However, the sad fact is that most abuse survivors who need counseling are not in a position to be able to afford it.

Some survivors simply don’t realize that there are different potential sources of financial help that may enable them to pay for the counseling that they need.

Common Payment Options:

Cash: All health professionals will accept cash to provide treatment. This is of course usually the biggest barrier for most survivors. They simply don’t have the money to pay for the counseling that they need.

Insurance: If you have private medical insurance there is a good chance your policy has coverage for counseling. If you have private medical insurance you should get a copy of your policy and read it, or contact your insurance company to ask if the policy covers the cost of private counseling. Your insurance company will have customer service representatives that can explain the policy benefits to you.

Doctor Referral: If you are referred by your family doctor to a psychiatrist, your provincial medical insurance program will pay for the treatment. However, many psychiatrists do not make a practice of providing ongoing treatment to abuse survivors. Those that do, often have long waiting lists. You may have to wait for several months for an appointment. Before you are referred to a psychiatrist ask your doctor if the psychiatrist specializes in trauma and treating persons who have experienced sexual abuse.
**Victims Services:** If there has been a police report or criminal investigation regarding the abuse that you suffered, you or your family may be eligible for counseling from a psychologist or social worker or therapist from the provincial Victims Services program.

For example, in Nova Scotia, if you have been the victim of a crime committed in Nova Scotia, you may be eligible for funding to pay for professional counseling through the Criminal Injury Counseling Program.

Counseling is provided by private counselors in the community who have been approved to be part of the Criminal Injury Counseling Program.

**Private Agencies:** There are many private agencies and organizations that provide counseling to abuse survivors. You may be able to receive counseling through your local sexual assault centre, mental health centre or women’s resource centre.
Nova Scotia/Nouvelle-Écosse

A.P.N.S.
Association of Psychologists of Nova Scotia
1657 Barrington Street, Suite 417
Halifax, Nova Scotia B3J 2A1
Telephone: (902) 422-9183
Fax: (902) 462-9801
E-Mail: apns@apns.ca

Dr. Virginia Walford
255 Lacewood Drive, Suite 203
Halifax, Nova Scotia, Canada B3M 4G2
Phone: (902) 454-6166
Fax: (902) 454-8975
Email: info@rothassociates.ca

Dr. Maria Angelopoulous
Jacqueline Milner-Clerk & Associates Inc.
44-46 Portland Street
Dartmouth, NS B2Y 1H4
Phone: (902) 461-8133
Fax: (902) 461-0517
Web: www.jmcpsychology.ca

Dr. Donna Assh
5675 Spring Garden Road
Suite 200
Halifax, NS B3J 1H1
Phone: (902) 422-0337
Fax: (902) 429-8333
Email: dash@eastlink.ca

Dr. Laraine Birnie
Suite 304
1550 Bedford Highway
Bedford, NS B4A 1E6
Phone: (902) 835-4413
Fax: (902) 445-4290
Email: Larbill2@ns.sympatico.ca

Dr. M. Genest
Genest Psychological Services
5739 Inglis Street
Halifax, NS B3H 1K5
Phone: (902) 492-2546
Fax: (902) 423-3469
Web: www.genestpsychology.com

Dr. Curt Peters
Corner Stone Psychological Services
2045 Harvard Street
Halifax, NS B3L 2S6
Dr. Gerald Hann
Hann Psychological Services
Coburg Place Professional Centre
6389 Coburg Road
Suite 100
Halifax, NS B3H 2A5
Phone: (902) 453-8336
Fax: (902) 453-8337
Email: info@hannpsychologicalservices.com

Dr. Charles Hayes
Hayes Psychological Services
1459 Hollis Street
Halifax, NS B3J 1V1
Phone: (902) 492-3533
Fax: (902) 492-8710
Email: hps@ns.sympatico.ca

Dr. Nina Woulff
Woulff Psychologists & Associates
Hydrostone Market
5539-B Young Street
Halifax, NS B3K 1Z7
Phone: (902) 492-1271
Fax: (902) 421-1990
Email: nw@doctornina.ca
Web: www.dmina.org

Lauren Marsh-Knickle
Marsh-Knickle & Associates Inc.
1278 Bedford Highway
Bedford, NS B4A 1C7
Phone: (902) 832-0830
Email: marshknickle@eastlink.ca
Web: www.mkpsych.com

Dr. Maureen Sullivan
Fenwick Psychological Services
Suite 314
5595 Fenwick Street
Halifax, NS B3H 4M2
Phone: (902) 421-7514
Fax: (902) 421-1292
Web: www.fenwickpsychological.ca

Dr. Carolyn Humphries
Breakthrough
Suite 401- 3845 Joseph Howe Drive
Halifax, NS B3L 4H9
Survivors of Sexual Abuse
Cumberland Mental Health Services
110 East Pleasant Street
Amherst, NS B4H 1N6
Tel: (902) 667-3879
Fax: (902) 667-5959
w, m, c

Family Service of Antigonish
188 Main Street
Antigonish, NS B2G 2B9
Tel: (902) 863-2358
Fax: (902) 863-0415
w, m, c, $

Antigonish Women’s Resource Centre
219 Main Street, Suite 204
Antigonish, NS B2G 2C1
Tel: (902) 863-6221
Fax: (902) 863-1144
E-mail: antigwomen@ns.sympatico.ca

Victim Services Division
Nova Scotia Department of Justice
277 Pleasant Street
Dartmouth, NS B2Y 4B7
Tel: (902) 424-3307
1-888-470-0773
Fax: (902) 424-0731
Web site: www.gov.ns.ca/just/victimservices
w, m, c

Anne Dobson, MC
Anne Dobson Counselling and Consulting
116-287 Lacewood Dr, Halifax
ph: 448-6996
e-mail: annedobson@eastlink.ca

Alice Housing
P.O. Box 333
Dartmouth, NS B2Y 3Y5
Tel: (902) 466-8459
Fax: (902) 466-9808
E-mail: alicehousing@ns.sympatico.ca

Digby Mental Health Center
P.O. Box/C.P. 289
Digby, NS B0V 1A0
Tel/Tél: (902) 245-4709
Fax/Téléc: (902) 245-2145

Family Service of Glace Bay
9 Minto Street
Glace Bay, NS B1A 5B2
Tel: (902) 849-4772
Fax: (902) 849-0213
Bryony House
5663 Cornwallis Street, Suite 104
Halifax, NS B3K 1B6
Tel: (902) 429-9002
Fax: (902) 429-0954

Barry House
2581 Brunswick Street
Halifax, NS B3K 2Z5
Tel: (902) 422-8324
Fax: (902) 422-2046
E-mail: terra.slsns@gmail.com
Web site: www.slsns.ns.ca

Phoenix Youth Programs
6035 Coburg Road
Halifax, NS B3H 1Y8
Tel: (902) 420-0676 Emergency (902) 446-4663
Fax: (902) 422-7656
E-mail: phoenix@phoenixyouth.ca
w, m, (16-24)

Dr. Carolyn Humphreys
Breakthrough
Suite 401, 3845 Joseph Howe Drive
Halifax, NS B3L 4H9
Tel/Télé: (902) 455-9939
Fax/Téléc: (902) 454-4986
E-mail/Courriel: the.team@breakthrough.ns.ca
Web site: www.breakthrough.ns.ca

Adsum House
Association for Women’s Residential Facilities
2421 Brunswick Street
Halifax, NS B3K 2Z4
Tel: (902) 429-4443
Fax: (902) 423-9336
E-mail: adsumhouse@hfx.eastlink.ca
Web site: www.adsumhouse.org

S.O.A.R.
Survivor’s of Abuse Recovering
P.O. Box 105
Kentville, N.S. B4N 3V9
Tel: (902)-679-7337
Toll free: 1-877-679-SOAR (7627)
E-mail: info@survivorsofabuserecovering.ca

Avalon Sexual Assault Centre
1526 Dresden Road
4th Floor
Halifax, NS B3J 3K3
Tel: (902) 425-0122
Fax: (902) 422-4628
Immediate Sexual Assault Line (902) 422-4240
Help Line (902) 421-1188
Mobile Crises (902)429-8167
E-mail: avaloncentre@ns.sympatico.ca

Shelburne Mental Health Center
P.O. Box/C.P. 610
Shelburne, NS B0T 1W0
Tel/Tél: (902) 875-4200
Fax/Téléc: (902) 875-3493
E-mail/Courriel: mentalhealth.rh@swndha.nshealth.ca
w/f, m/h, c/e

Family Service of Eastern Nova Scotia
164 Charlotte Street, Suite 200
Sydney, NS B1P 1C3
Tel: (902) 539-6868
Fax: (902) 564-5962
E-mail: fsinfo@fsens.ns.ca
w, m, c, $ (sliding scale)

Yarmouth Mental Health Center
60 Vancouver Street
Yarmouth, NS B5A 2P5
Tel: (902) 742-4222
Fax: (902) 742-2320
E-mail: psyopd.yrh@swndha.nshealth.ca

REGISTERED SOCIAL WORKERS IN PRIVATE PRACTICE
(Who indicate they support abuse survivors)

Donna Curtis, MSW
Phone: (902)-835-8717
Fax: (902)-835-1140
Email: donnajcurtis@gmail.com

Ken Osbourne, MSW
Phone: (902)-455-9939 Ext. 106
Fax: (902)-454-4986
Email: kosbourne@breakthrough.ns.ca

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Phone: (902)-407-2095
Fax: (902)-407-5635
Email: jen.vankessel@gmail.com

Paula Weaver, BSW, MSW
Phone: (902)-893-0529 (H) or (902)-893-3991 (W)
Fax: (902)-843-3354
Email: info@ccmin.ca

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Phone: (902)-220-0449
Fax: (902)-461-0123
Email: s.woodin@ns.sympatico.ca
Robert S. Wright, BSW/MSW
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Fax: (902)-443-6729
Email: wrightrs@ns.sympatico.ca

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Email: jgreenough@ns.sympatico.ca

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ANAPOLIS, DIGBY, YARMOUTH COUNTIES

Madeleine Deveau, MSW
Phone: (902)-769-0123
Fax: (902)-769-0114
Email: mcdeveau@xplornet.com

ANAPOLIS, HANTS, KINGS, COUNTIES

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Kentville Family Counseling Centre
Phone: (902)-365-3445
Fax: (902)-365-3446
Email: kentvillefcc@eastlink.ca

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Fax: Same, call ahead
Email: heritagehill@mail.com

ANTIGONISH, GUYSBOROUGH COUNTIES

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Fax: (902)-863-3381
Email: nelda.jean.armour@gmail.com

ANTIGONISH, GUYSBOROUGH, INVERNESS/ RICHMOND, PICTOU COUNTIES

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Fax: (902)-2755049  
Email: ssinger@ns.sympatico.ca

HALIFAX REGIONAL MUNICIPALITY, HANTS, KINGS COUNTIES

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Fax: (902)-470-7211  
Email: nancycurrie@eastlink.ca

INVERNESS/RICHMOND COUNTIES

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INVERNESS AND VICTORIA COUNTIES

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LUNENBURG COUNTY

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Email: ithaka@tallships.ca

PICTOU COUNTY

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Fax: (902)-755-7295  
Email: limcallister@ngl.eastlink.ca

Pat O’Sullivan, MSW  
Phone: (902)-752-7600 Ext 3113 or (902)-752-4819 (H)  
Fax: (902)-928-0297  
Email: pat.osullivan@pcha.nshealth.ca

Corinne Sampson, BSW, MSW  
Phone: (902)-759-9391  
Fax: (902)-928-0297  
Email: corinne.sampson@pcha.nshealth.ca
Community Mental Health Centre/ Centre de santé mentale communautaire
165, rue St. Andrews Street
**Bathurst**, NB E2A 1C1
Tel/Tél: (506) 547-2038
Fax/Téléc: (506) 547-2978
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
6, rue Arran Street
2nd Floor/2e étage
**Campbellton**, NB E3N 1K4
Tel/Tél: (506) 789-2440
Fax/Téléc: (506) 753-6969
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
P.O. Box/C.P. 5590
295, boulevard St. Pierre Ouest
**Caraquet**, NB E1W1B7
Tel/Tél: (506) 726-2030
Fax/Téléc: (506) 726-2090
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
Carrefour Assomption
P.O. Box/C.P. 5001
3rd Floor/3e étage, Suite/Bureau 331
121, rue de l’Église
**Edmundston**, NB E3V 3L3
Tel/Tél: (506) 735-2070
Fax/Téléc: (506) 737-4448
w/f, m/h, c/e

Chimo Help Line
P.O. Box/C.P. 1933
**Fredericton**, NB E3B 5C2
Tel/Tél: (506) 450-2937 (office)
(800) 667-5005
Fax/Téléc: (506) 450-2156
E-mail/Courriel: chimo1@nb.aibn.com
Web site/Site web: www.chimohelpline.ca
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
Victoria Health Center
P.O. Box/C.P. 5001 - 6
rue Brunswick Street
**Fredericton**, NB E3B 5G6
Tel/Tél: (506) 453-2132
Fax/Téléc: (506) 453-8766
w/f, m/h, c/e
Fredericton Sexual Assault Crisis Centre
P.O. Box 174
Fredericton, NB E3B 4Y9
Tel/Tél: (506) 454-0460
(506) 454-0437 (crisis)
Fax/Téléc: (506) 457-2780
w/f, m/h

Sexual Health Center
65, rue Brunswick Street
Fredericton, NB E3B 1G5
Tel/Tél: (506) 453-5200
Fax/Téléc: (506) 457-4996
m/h, w/f, (12-24)

Community Mental Health Centre/ Centre de santé mentale communautaire
P.O. Box/C.P. 5001
131, rue Pleasant Road
Grand Falls, NB E3Z 1G1
Tel/Tél: (506) 475-2440
Fax/Téléc: (506) 475-2452 w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
130 Route 776
Unit(é) 4
Grand Manan, NB E5G 4K9
Tel/Tél: (506) 662-7023
Fax/Téléc: (506) 662-7029
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
39, rue Notre Dame Street, Unit(é) E
Kedgwick, NB E8B 1H5
Tel/Tél: (506) 284-3431
Fax/Téléc: (506) 284-3426
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
1780, rue Water Street
Suite/Bureau 300
Miramichi, NB E1N 1B6
Tel/Tél: (506) 778-6111
Fax/Téléc: (506) 778-5296
w/f, m/h, c/e

Moncton Youth Residences Inc.
536 Mountain Road
Moncton, NB E1C 2N5
Tel: (506) 869-6333
Fax: (506) 869-6336
E-mail: myr@nb.sympatico.ca
www.myrinc.com
w, m, c (16&17)
Adult Survivors of Child Sexual Abuse
Program, Judith Singer Bates
1222 Main Street
Suite 4002
Moncton, NB E1C 1H6
w, m, $

Community Mental Health Centre
77 Vaughan Harvey Boulevard,
P.O. Box 5001
Moncton, NB E1C 8R3
Tel: (506) 856-2444
Fax: (506) 856-2995
w, m

Community Mental Health Centre/ Centre de santé mentale communautaire
P.O. Box/C.P. 5001
77, boulevard Vaughn Harvey Boulevard
Moncton, NB E1C 8R3
w/f, m/h, c/e

Family Service Moncton Inc.
120, rue High Street
Moncton, NB E1C 6B5
Tel/Tél: (506) 857-3258
Fax/Téléc: (506) 858-8315
E-mail/Courriel: famserv@nbnet.nb.ca
w/f, m/h, c/e, $

Community Mental Health Centre/ Centre de santé mentale communautaire
Perth Mental Health Center
P.O. Box/C.P. 387, 19, rue Station Street
Unit(é) 2
Perth-Andover, NB E7H 4Y2
Tel/Tél: (506) 273-4701
Fax/Téléc: (506) 273-4443
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
25, boulevard Cartier Boulevard
Richibouctou, NB E4W 5R5
Tel/Tél: (506) 523-7620
Fax/Téléc: (506) 523-7678
w/f, m/h, c/e

Barb Gibson and Assoc.
197 Gondola Road
Rothesey, NB E2E 2A4
Tel: (506) 847-4827
Fax: (506) 847-8331
w, m, $

Community Mental Health Centre/ Centre de santé mentale communautaire
5, avenue Riverview Avenue
St. George, NB E5C 3M1
Tel/Tél: (506) 755-4044
Fax/Téléc: (506) 755-1807
Community Mental Health Centre/ Centre de santé mentale communautaire
Mercantile Center
55, rue Union Street, 3rd Floor/3e étage
Saint John, NB E2L 5B7
Tel/Tél: (506) 658-3737
Fax/Téléc: (506) 658-3739
w/f, m/h, c/e

Family Services Saint John, Inc
255 Metcalf Street
Saint John, NB E2K 1K7
Tel: (506) 634-8295
Fax: (506) 652-1477
E-mail: info@familyplus.ca
w, m, $

Community Mental Health Centre/ Centre de santé mentale communautaire
41, rue King Street
St. Stephen, NB E2L 2C1
Tel/Tél: (506) 466-7380
Fax/Téléc: (506) 466-7501
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
Shippagan, NB E0B 2P0
Tel/Tél: (506) 336-3367
Fax/Téléc: (506) 336-3366
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
Sussex Mental Health Center
30, avenue Moffett Avenue
Sussex, NB E4E 1E8
Tel/Tél: (506) 432-2090
Fax/Téléc: (506) 432-2046
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
Tracadie, NB E1W1B7
Tel/Tél: (506) 394-3760
Fax/Téléc: (506) 394-3770
w/f, m/h, c/e

Community Mental Health Centre/ Centre de santé mentale communautaire
P.O. Box/C.P. 5001
200, rue King Street
Woodstock, NB E7M 5C6
Tel/Tél: (506) 325-4419
Fax/Téléc: (506) 325-4610
Prince Edward Island/Île-du-Prince Édouard

**Consumer and Family Support**
Canadian Mental Health Association
P.O. Box/C.P. 785
**Charlottetown, PE C1A 7L9**
Tel/Tél: (902) 628-1648
Fax/Téléc: (902) 566-4643
E-mail/Courriel: selfhelp@cmha.pe.ca
w/f, m/h,

**Victims Services,**
Office of the Attorney General
51 Water Street, Box 2000
**Charlottetown, PE C1A 7N8**
Tel: (902) 368-4582
Fax: (902) 368-4514

**Queen Outreach Program**
P.O. Box 964
**Charlottetown, PE C1A 2M4**
Tel: (902) 566-1480
Fax: (902) 628-8718
E-mail: outreach@is.net
w, c

**Transition House Association**
P.O. Box 964
**Charlottetown, PE C1A 7M4**
Tel: (902) 368-8658
1-800-240-9894
Fax: (902) 628-8718
w, c

**PEI Rape/Sexual Assault Centre**
P.O. Box 1522
**Charlottetown, PE C1A 7N3**
Tel: (902) 566-1864
Fax: (902) 368-2957
E-mail: peirape@isn.net

**Lennox Island Health Centre**
P.O. Box 135
**Lennox Island, PE C0B 1P0**
Tel: (902) 831-2711
Fax: (902) 831-2780
w, m, c

**Family Violence Prevention;**
**Eastern P.E.I.**
Riverview Manor, Box 820
**Montague, PE C0A 1R0**
Tel: (902) 838-0795
E-mail: gddavies@ihis.org
w, c
West Prince Transition Support Service
O’Leary Regional Services Centre
P.O. Box 8
O’Leary, PE C0B 1V0
Tel: (902) 859-8849
Fax: (902) 859-8709
E-mail: vjsmallman@ihis.org

East Prince Family Violence Prevention
P.O. Box 1478
Summerside, PE C1N 4K4
Tel: (902) 436-0517
Fax: (902) 888-3002
E-mail: admin@epfvp.ca

Victim Services,
Department of Community Services
and the Attorney General
263 Harbour Street, Suite 19, 2nd Floor
Summerside, PE C1N 5P1
Tel: (902) 888-8217
Fax: (902) 888-8410