DIRECTORY OF SELF-HELP GROUPS AND COMMUNITY RESOURCES IN PRINCE EDWARD ISLAND

A Partnership Project of

the Canadian Mental Health Association
Prince Edward Island Division and the
Prince Edward Island Department of Health and Wellness

C.M.H.A. Office:  Box 785 - 178 Fitzroy Street
Charlottetown, Prince Edward Island   C1A 7L9

Phone: 628-1648/436-7399/853-4180
Toll Free: 1 800 682 1648

Email: selfhelp@cmha.pe.ca
Home Page: www.pei.cmha.ca
Dear Friends,

It is my pleasure to introduce to you the 20th edition of Prince Edward Island's Directory of Self-Help Groups and Community Resources. Today more and more Islanders are recognizing the need for emotional support and information when dealing with physical or mental health problems and life's stressful situations. They are looking to self-help groups and community resources as health resources. Emotional and social support can greatly relieve the stress related to health problems and can increase one's ability to cope successfully with day-to-day living.

The Canadian Mental Health Association/Prince Edward Island Division (CMHA) has been promoting and assisting self-help groups since the fall of 1988 through the Self-Help Clearinghouse (now the Consumer and Family Support Program). Information about self-help groups and community resources, technical assistance and resources on mental health and mental illness are provided by the CMHA for the general public at our facilities in Charlottetown, Summerside and Alberton.

This Directory is a part of that service and together these services form our Consumer and Family Support Program. We would like to take this opportunity to thank our partner in the production of this Directory, the P.E.I. Department of Health and Wellness.

We hope you will find the Directory helpful and we welcome your comments.

In particular our thanks to:

- PEI Department of Health and Wellness for assisting CMHA with the printing through the Document Publishing Centre;
- CMHA volunteers who work to improve the quality of life for all those who face chronic health problems and stressful situations and who believe self-help plays an important role in health promotion;
- the English and French School Boards for assisting us with the updates on Schools; and
- finally, our thanks to Josephine Power who gathers and organizes all the data and to the management of CMHA/PEI Division whose support made this Directory possible.

ACKNOWLEDGMENTS

We would like to thank the many community groups and resources that so willingly offered updated information on their group, meeting times and places. We are indebted to all who collaborate with our Association in our efforts to promote self-help/mutual aid in Prince Edward Island by being included in this valuable resource.

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- finally, our thanks to Josephine Power who gathers and organizes all the data and to the management of CMHA/PEI Division whose support made this Directory possible.
This Directory will help you if you are:

- looking for a group for a health or stressful life situation anywhere on P.E.I.;
- a professional looking for a group or community resource that may assist you in your work with clients;
- interested in learning more about a particular condition;
- interested in making contacts in other parts of the Island;
- wanting to learn more about self-help.

Please order using the form below ... or drop in and pick one up and save the postage and handling! Please note that we will have a CD version available containing pdf (Acrobat Reader) and Microsoft Word files of the Directory.

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NAME: __________________________________________

ORGANIZATION: _________________________________

ADDRESS: _____________________________________

PHONE: _______________________________________

Please make cheques payable to: "Canadian Mental Health Association" and
NAME OF GROUP: ____________________________________________

TYPE OF GROUP:  SELF-HELP PROFESSIONALLY LED

NAME OF CONTACT: _________________________________________

CONTACT: ________________________  HOME PHONE #

__________________________  WORK PHONE #

__________________________  OTHER PHONE #

__________________________  FAX #

_________________________________  EMAIL

ADDRESS: ___________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

OBJECTIVES OF GROUP (BRIEFLY): __________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

MEETING INFORMATION:

PLACE: _______________________________________________________

DAY: _________________________________________________________

TIME: ________________________________________________________
GROUP UPDATE FORM .......................................................... A.L.S. Support Group ..........................................................
INTRODUCTION ..................................................................... AIDS PEI ........................................................................
 ......................................................................................... Allergy/Asthma Information Association .................................... Error! Bookmark not defined.
SELF-HELP GROUPS .................................................................. Alzheimer Support Group .......................................................
 ......................................................................................... Heart Support Group ..........................................................
 ......................................................................................... Huntington Society ..................................................................... Error! Bookmark not defined.
 ......................................................................................... Marfan Syndrome Support .......................................................
 ......................................................................................... Multiple Sclerosis Self-Help Groups .............................................
 ......................................................................................... Osteosclerosis Canada – PEI Chapter ............................................
 ......................................................................................... Parkinson’s Self-Help Group - Queens County ...........
 ......................................................................................... PEI Breast Cancer Support Group .............................................
 ......................................................................................... Post-Polio Syndrome Self-Help Group ...........................................
 ......................................................................................... Prostate Cancer Support Group ...................................................
 ......................................................................................... Psoriasis Society of Canada - Support ............................................. Error! Bookmark not defined.
 ......................................................................................... Sleep-Wake Disorders Self-Help Group ............................................
 ......................................................................................... Spina Bifida and Hydrocephalus Association ...........
 ......................................................................................... United Ostomy Association ..........................................................
BEREAVEMENT ..........................................................................
 ......................................................................................... Bereaved Parents .................................................................
 ......................................................................................... Compassionate Friends ..........................................................
 ......................................................................................... Stillborn and Neonatal Self-Help Group ..........................................
 ......................................................................................... Sudden Infant Death Syndrome (S.I.D.S.) ..................................
 ......................................................................................... Survivors of Drinking and Driving ..............................................
 ......................................................................................... Survivors of Suicide Self-Help Groups ..........................................
 ......................................................................................... Disabilites ..............................................................................
 ......................................................................................... Blind and Visually Impaired ......................................................
 ......................................................................................... Intellectual Disabilities, Parents and Friends (ACL) .....................
 ......................................................................................... Learning Disabilities Association of PEI ....................................
 ......................................................................................... People First ..............................................................................
 ......................................................................................... Begweit Rainbow Collective .......................................................
 ......................................................................................... Groups led by Professionals ..........................................................
 ......................................................................................... Children/Youth/Families ..........................................................
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HELP & INFORMATION LINES

SERVICE CLUBS/ASSOCIATIONS

SCHOOLS

INDEX
We hope that this Directory will serve as a useful and usable guide to finding community resources and self-help groups in P.E.I. The design and layout of the Directory aim to provide easy access to the essential information you will need to find and contact each group or community resource.

**HOW TO USE THE DIRECTORY**

The Directory is divided into six major sections, plus an extensive Table of Contents and an Index. The six major sections are:

1. **INTRODUCTION**
   In the Introduction you will find information on how the Directory is organized, information on the self-help process and the definitions that explain why a group is where it is.

2. **SELF-HELP GROUPS**
   This section contains descriptions of self-help groups and organizations; the groups are divided into 10 subject categories. You will find the subject listings in the *Table of Contents* and an *Alphabetical Index* of groups and key words at the back of the Directory to help you locate the appropriate group or resource.

   We have included a few organizations in this section because, although they themselves are not self-help groups, they provide a central source of information for making contacts. Many of these "umbrella" or coordinating organizations provide support to those starting groups. We do not have separate sections for men and women because many of the groups relate to both sexes, unless specifically mentioned.

3. **GROUPS LED BY PROFESSIONALS**
   This section contains listings of support groups and programs available in the community for support in health and stressful life situations. All the groups are led or initiated by a professional. We have listed these groups because we believe the "mutual aid" process happens in the environment created by these groups.

4. **COMMUNITY RESOURCES**
   In this section you will find listings of health-related resources, community resources plus community help/information lines. These listings are important sources of information for self-help groups, for those interested in helping themselves, and those who are dealing with health-related issues.

5. **SERVICE CLUBS AND ASSOCIATIONS**
   In this section we have listed in alphabetical order Service Clubs and Associations available in Prince Edward Island by addresses and contact persons. Some of the organizations can be further broken down and you are advised to contact umbrella or coordinating organizations for additional information about branches in

6. **SCHOOLS**
   In this section you will find an alphabetical listing of schools with contact names and addresses.
by Bonnie Pape, Director of Program at the National CMHA and Vice-President of the Self-Help Clearinghouse of Metropolitan Toronto.)

The Canadian Mental Health Association is a National organization whose central focus is the promotion of mental health of all Canadians. An important objective of the organization is to advocate for improvements in mental health services and for changes in social policies that have an impact on individual mental health.

CMHA recognizes the importance of self-help/mutual aid groups for people with mental health problems, and for the Canadian population in general. Self-help groups are important allies of CMHA. They are sources of support for people dealing with mental health problems and often join us as advocacy organizations to press for needed social change. Because they address the stress-related consequences of any number of problems (whether physical, emotional or social) self-help groups are fostered and supported by CMHA divisions and branches across Canada.

It is a truth about the human condition that every person, at some time in his/her life, is likely to experience difficulties coping with the large or small problems of everyday living. The problem may reveal itself through the death of a loved one, a serious or chronic personal illness (or someone close to us), a family breakdown, addictions, or transitions in the life cycle.
I N T R O D U C T I O N

Long within a caring community. It cannot create reciprocal social relationships, nor can it bestow on individuals the power to control and make choices about their own lives and health. Many people find that they need the opportunity to take charge of their own situation and they have the understanding that can come only from someone who has been through the same experience.

To meet this need, there are in North America a growing number of self-help groups. In these groups, people get together on the basis of a common experience to share information and help each other cope. The members use their individual strengths to support each other, and often use their collective strength to advocate for social change. Rather than being the passive recipients of service, self-help group members are active participants in addressing their own problems.

Self-Help groups have a preventive function in that participants function more effectively because the stress and vulnerability to dysfunction are lessened as their social support, coping skills, and competence are increased. We have all seen the results of groups like, Mothers Against Drunk Drivers (M.A.D.D.) and Disabled in Action, which have come together for social support and have grown to advocate for changes in how we view drinking and driving and accessibility issues. Groups for the Widowed have been recognized as having a preventive role as they help the survivors connect with other survivors. The months immediately following the loss is a time when the survivor is very vulnerable to emotional and physical illness. For widowed men between the ages of 55 and 65, the mortality rate is 60% higher than those of their married counterparts.

S E L F - H E L P I N P R I N C E E D W A R D IS L A N D

HISTORICAL PERSPECTIVE

In the last decade, the number of groups has grown in this province, as has the variety of those groups. Many community resources are available as "umbrella" organizations to assist groups to get started. In 1991 with the assistance of the Health Promotion Directorate and the Secretary of State, CMHA/PEI had the opportunity to look at:

- The numbers and types of self-help groups;
- The need for and interest in establishing a Clearinghouse (resource library);
- The services required by self-help groups;
- Who should provide the service? and
- How should it be funded?

This Directory is a continuation of that project. Among the functions of a clearinghouse, the top 10 recommendations were:

1. A Self-Help Directory
2. Increase the awareness of self-help in the community and with professionals
3. A Newsletter and Self-Help Manuals
4. Assistance to people starting new groups
5. Telephone referral
6. Use of computer
7. Leadership training
8. Self-Help Fairs
9. Assistance with fundraising
10. Assistance with publicity

Our goal is to promote self-help and to work with an Island-wide Self-Help Network. CMHA will continue to support groups wishing to get started and assist them with technical support.
Over the years, the PEI Consumer and Family Support Program has evolved considerably. To review the program, CMHA assembled a focus group in September, 2000, with consumer and professional representatives from across the Island participating. This group was tasked to look at where the program has been and to help set the framework for the program’s future directions. This effort resulted in a revamping of the Consumer and Family Support priorities, which now challenge us primarily in the areas of:

- Consumer and Family Support
- Advocacy
- Mental Health Education
- Stigma Reduction
- Needs Assessment

Over the past few years, there has been a revitalization of the Consumer and Family Support Management Committee and its program staff. We have begun to tackle the identified priorities in earnest thus helping CMHA/PEI move towards its primary goal of enabling individuals, groups and communities from across the Island maintain, and enhance, their mental health.

The revitalization has led us into new program areas. In 2002, in collaboration with the then P.E.I. Department of Health and Social Services, we initiated the With Hope in Mind Program, a comprehensive education and support program for family members of someone who is mentally ill. This exciting new direction provided an enhanced level of support for family members of individuals with a mental illness and since September, 2004, Prince Edward Island has the capacity to train its own educators. Also, Consumer and Family Support is now primarily responsible for the delivery of education presentations to businesses, government and community groups across the Island.

Please Note:

Listing a particular group in this Directory does not signify endorsement of that group by CMHA nor does omission of a group signify lack of endorsement or disapproval of that group.

Every possible effort was made to contact each group in preparation of this edition.

Additional Directories can be ordered by sending in the order form at the front of this Directory (p. 5).
SELF-HELP GROUPS
• A full description of AIDS PEI objectives, programs and services can be found on page 85 of the directory.

AL-ANON

CONTACT:

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<th>KING COUNTY</th>
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<td>Debbie: 628-6681</td>
<td>Montague: 838-3868 (Winnie)</td>
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<tr>
<td>Addiction Services: 368-4120</td>
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<tr>
<td>Cornwall: 894-3503</td>
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<tr>
<td>PRINCE COUNTY</td>
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<td>East Prince: 436-7603</td>
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<tr>
<td>West Prince: 882-3023 (Anita)</td>
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OBJECTIVES:

A.A. is a fellowship of men and women who share their strength and hope with each other so that they may common problem and help others to recover from alcohol only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.

A.A. is self-supporting through members' contributions. allied with any sect, denomination, politics, organization; A.A. does not wish to engage in any controversy ther endorses nor opposes any causes. Our primary pu stay sober and help other alcoholics to achieve sobriety.

ACTIVITIES:
Call the telephone contact in the district in which you live or the alternative numbers. There is a *Free Spirit* Women's only group that meets in Charlottetown on Mondays at 7:30 PM and Thursdays at noon at 223 Kent Street.

**GAMBLERS ANONYMOUS**

**CONTACT:**

<table>
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<th>Gamblers’ Support Group</th>
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<tr>
<td>Phone: 894-3503</td>
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<td>Toll Free: 1-855-255-4255</td>
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**OBJECTIVES:**
To help members break their addiction to gambling and develop a better way of life. Members will address any problems of living and personality in order to achieve this goal.

**ACTIVITIES:**
This group is founded on *A.A.* principles and methods. Therapy meetings involve discussion of G.A. literature. Members discuss how gambling has affected their lives. "Step" meetings review and discuss the 12-steps and their application to daily living.

**MEETINGS:**
Charlottetown....... Tuesdays and Thursdays, St. Pius X Church basement at 8:00 PM; Saturdays at 11:00 AM
Summerside........ Sundays and Wednesdays at 8:00 PM at Trinity United Church (side entrance).
**OBJECTIVES:**

N.A. is a fellowship of recovering drug addicts who meet regularly to help each other stay clean.

**MEETINGS:**

- **Alberton**
  - Tuesdays and Sunday at 7:30 PM, St. Martha’s House

- **Charlottetown**
  - Every Monday, Wednesday and Friday at 8:00 PM, Kirk of St. James Church
  - Saturdays at 8:00 PM at 178 Fitzroy Street
  - Sundays at 6:30 PM at 178 Fitzroy Street (women only)

- **Montague**
  - Thursdays at 8:30 PM

- **O’Leary**
  - Thursdays at 7:00 PM at O’Leary Community Hospital

- **Summerside**
  - Thursdays and Sundays at 7:00 PM at St. Paul's Parish Centre

---

**OVEREATERS ANONYMOUS**

**CONTACT:**

- **QUEENS COUNTY CHARLOTTETOWN**
  - 221 Kent Street, Charlottetown
  - Mike: 894-4017
  - Classroom 1
  - Classroom 1

- **MONTAGUE**
  - Church of Christ, 513 Main Street
  - Karen: 361-2130

**OBJECTIVES:**

Uses 12-step program to help compulsive overeaters stop eating compulsively and to carry the message to compulsive overeaters and people with other eating disorders.

**MEETINGS:**

- **Montague**
  - Wednesdays, Noon, 513 Main Street

- **Charlottetown**
  - Tuesdays, Noon, 221 Kent Street; Fridays, Noon, 221 Kent Street

- **Bloomfield**
  - Wednesdays, 7:30 PM at O’Leary Community Hospital, Classroom #1
SEXAHOLICS ANONYMOUS

CONTACT:
Charlottetown & Summerside
Phone: 213-8437
Web: www.sanon.org

OBJECTIVES:
S.A. is a 12-step group for sex and lust addicts.

MEETINGS:
Tuesdays. Please check with contact regarding place of meetings.

BEREAVED PARENTS

CONTACT:
Charlottetown
Libba Mobbs: 892-8153
Heather: 569-2684

OBJECTIVES:
Bereaved Parents provides a place and opportunity for parents to come together to introduce the various stages of grief as normal and natural and, to provide support and comfort in the knowledge that you are not alone.

MEETINGS:
Charlottetown........Sundays 1:00 PM, 178 Fitzroy Street
September to May

COMPASSIONATE FRIENDS

CONTACT:
Charlottetown
68 Mason Rd.
Stratford, PE C1B 2G4
Jane Johnston
Phone: 569-4425

OBJECTIVES:
Compassionate Friends is a closed group for parents who have attended a bereavement group and want to continue to receive emotional support in a closed group.
OBJECTIVES:
The group was founded to provide support for others who have experienced the loss of a child because of a miscarriage, stillbirth or infant death. The group is very helpful for parents once they reach the point where they can talk about their child's death. The group encourages the parent to talk about their feelings and experiences.

SUDDEN INFANT DEATH SYNDROME (S.I.D.S.)

CONTACT:
THE CANADIAN FOUNDATION FOR THE STUDY OF INFANT DEATHS
P.O. Box 21053
St. Catherine’s, Ontario    L2M 7X2
Toll Free: 1-800-END-SIDS (363-7437)
Web: www.sidscanada.org

OBJECTIVES:
Dedicated to solving the mystery of sudden infant death syndrome (SIDS) or sudden, unexplained infant deaths where SIDS has not been ruled out, or any other infant death by undetermined natural
OBJECTIVES:
Provides resources that will enable families to cope with the aftermath of a completed suicide and to enhance the quality of their lives; to inform and raise community consciousness with regard to the needs of suicide survivors; to bring survivors back from the throes of grief, into the mainstream of life again and to offer compassionate and informative guest speakers who will bestow hope and a positive pattern for healing.

MEETINGS:
Charlottetown....... This group meets the second Thursday of each month beginning at 7:00 pm. The meeting location is at the Division Office of CMHA/PEI, 178 Fitzroy Street, Charlottetown.
Summerside .......... This group meets the last Thursday of each month beginning at 7:30 pm. The meeting location is at the Prince County office of CMHA/PEI, 61 Duke Street, Summerside.
OBJECTIVES:
The Learning Disabilities Association of PEI (LDAPEI) is a non-profit organization that works to advance the interests of people with learning disabilities across the Province.

LDAPEI provides; information and support for learning disabilities and/or ADHD, community awareness and education, workshops and presentations. LDAPEI, currently offers the Arrowsmith Program, a cognitive program for persons with learning disabilities and The Island Reader, an after-school reading tutoring program.

For more information please contact LDAPEI by phone or email, or visit our website.
INTELLECTUAL DISABILITIES, PARENTS AND FRIENDS (ACL)

CONTACT:
Gerry McPhee
Phone: 894-7588
Email: gandg@pei.sympatico.ca

OBJECTIVES:
This group provides information and support for parents and friends about children with intellectual disabilities.

MEETINGS:
Call contact for meeting times.

Danya O’Malley
Box 964, Charlottetown, PE C1A 7M4

Emergency: 892-0960
Emergency (long distance callers): 1-800-240-9894
Business Line: 368-8658
House Manager Direct Line: 894-3354, Ext. 221
Fax: 628-8718
Email: admin@fvps.ca
Web: www.fvps.ca

OBJECTIVES:
Anderson House is operated under PEI Family Violence Prevention Services, Inc.. Anderson House is a safe and supportive shelter for women and their children who have been physically or emotionally abused or who live in fear of abuse.

Anderson House provides:
• a toll-free 24-hour crisis line
• crisis intervention
• drop-in services
• information/resources and advocacy for abused women and children.

Anderson House is staffed 24 hours a day, 7 days a week by trained women who honour confidentiality. Second Stage Housing offers safe and supportive housing for women and children. If your issues are too sensitive to discuss in public, you can contact our Second Stage Housing Coordinator.
CONTACT:

Box 964
Charlottetown, PE C1A 7M4
Danya O’Malley
Manager of Operations
Business Line: 894-3354, Ext. 221
Fax: 628-8718
Email: admin@fvps.ca
Web: www.fvps.ca

OUTREACH SERVICES

Eastern PEI
• Gwyn Davies: 838-0795
  Email: gwyn@fvps.ca
Queens County
• Gloria Dennis: 566-1480,
  Ext. 224
  Email: gloria@fvps.ca
East Prince
• Norma McColeman:
  436-0517
  Email: norma@fvps.ca
West Prince
• Valerie Smallman: 859-8849
  Email: valerie@fvps.ca

ANDERSON HOUSE
Emergency: 892-0960
Emergency (long distance callers): 1-800-240-9894
Business Line: 368-8658
House Manager Direct Line: 894-3354, Ext. 221
Fax: 628-8718
Email: admin@fvps.ca
Web: www.fvps.ca

OBJECTIVES:

Family Violence Prevention Services, Inc. (formerly Transition House Association) was established in 1980 to provide a place of safety for women and children who are victims of abuse, and to work towards the elimination of family violence. The organization believes that it is a basic human right to be free of abuse and from fear of abuse in relationships. Services offered include Anderson House, Second Stage Housing, Outreach and Support Services in Queens, West Prince, East Prince and Eastern PEI, information & support groups for women and children, public education & training, and liaison with community and government agencies and Outreach and Support Services in Queens, West Prince, East Prince and Eastern PEI. For information on our public education and training programs, please call 894-3354, ext 221.
**La Leche League**

**OBJECTIVES:**

*La Leche League’s* main objectives are to help mothers who are breastfeeding their babies; to encourage mothering through breastfeeding which stimulates the optimal physical and emotional growth of the child and the development of close relationships; to promote a better understanding of breastfeeding, parenting, child-birth and related subjects; and to offer discussion meetings, conduct lectures and provide telephone help towards these objectives and on related topics.

There are over 300 groups in Canada and each group has its own library, pamphlets and cassettes on breastfeeding topics.

**MEETINGS:**

Charlottetown....... First and third Monday of every month at Trinity United Church, Richmond Street. We also have ongoing telephone self-help.

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**CONSUMER & FAMILY SUPPORT PROGRAM**

**DEPRESSION/BIPOLAR/ANXIETY SELF-HELP GROUP**

**CONTACT:**

Josephine Power  
178 Fitzroy Street  
Charlottetown, PE C1A 7L9  
Phone: 628-1648  
Toll Free: 1-800-682-1648  
Email: selfhelp@cmha.pe.ca

**OBJECTIVES:**

The Depression/Bipolar/Anxiety Self-Help Group provides the opportunity for emotional support and information for those who suffer from, or have suffered from, depression, bipolar anxiety.

**MEETINGS:**

Charlottetown....... First and third Wednesdays, 1:00  
Fitzroy Street, Board Room

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**EMOTIONS ANONYMOUS**

**CONTACT:**

**SUMMERSIDE**  
Karen: 436-8915  
Jean: 436-9787

**WELLINGTON**  
Angele: 854-2974

**OBJECTIVES:**

The group is based on the twelve-step program especially designed to assist those who suffer from emotional illness. It is designed to help people realize they are not alone with emotional problems and that they can learn to live at peace with unsolved problems.
MEETINGS:

Alberton
Mondays at 7:00 PM, 1 College Street (upstairs meeting room).

Summerside
Wednesdays at 8:00 PM at St. Paul’s Parish

Wellington
Thursdays at 7:30 PM at the Evangeline Health Centre (back door)

SCHIZOPHRENIA SOCIETY OF PRINCE EDWARD ISLAND

CONTACT:

Box 25020
Charlottetown, PE C1A 9N4
Gail MacLean: 894-8826 or 368-5850 (Office)
Fax: 368-5467

OBJECTIVES:
The Society is a non-profit organization started by friends affected by the brain disease, schizophrenia. We provide support to one another and public education about the illness. We support research into the cause and (hopefully) cure schizophrenia. We advocate for, and help in, the establishment of resources such as post-hospital housing, employment opportunities and recreational programs. Finally, we raise funds to finance these activities. For information call phone numbers above.

POST-PARTUM RESOURCES

CONTACT:

CONSUMER AND FAMILY SUPPORT PROGRAM
Box 785 – 178 Fitzroy Street
Charlottetown, PE C1A 7L9
Phone: 628-1648
Toll Free: 1-800-682-1648
Email: selfhelp@cmha.pe.ca

OBJECTIVES:
To support women and their partners by making education resources available and educating the general public about the realities of postpartum depression.
Contact:

A.L.S. SOCIETY OF PEI
P.O. Box 1643
Summerside, PE
C1N 2V5
Phone: 439-1600

Cindy Warren, President
55 Waugh Road,
Summerside RR#3, PE
C1N 4J9
Phone: 436-6157

Betty McNab,
Client Services
103 Maple Ave
Charlottetown, PE C1A 6G2
Phone: 892-7102

Corrine Hendricken-Eldershaw, CEO
166 Fitzroy Street
Charlottetown, PE C1A 1S1
Phone: 628-2257
Toll free: 1-866-628-2257
Fax: 368-2715
Email: society@alzpei.ca
Web: www.alzpei.ca

OBJECTIVES:
First Link - First Link is a program designed to assist living with dementia, their family and caregivers. Part physicians, health professionals and community, we w support system for individuals at the point of diagnosis : link Islanders to a community of education and services this program, we offer the First Link Education Seri module series for caregivers and family members wh for a person with dementia.

Counselling – Counselling is available free of charg landers who are dealing with the effects of caring for sc ing with dementia. Counseling is also available through support and family interventions. Our staff is availab and to discuss your questions and concerns.

Education – The Alzheimer Society of PEI provides tion sessions to community groups interested in lea about dementia. Available upon request.

AIDS PEI

CONTACT:
375 University Avenue, Unit 2
Charlottetown PE C1A 4N4
Alana Leard
Executive Director
Phone: 566-2437 (AIDS)
Toll Free (PEI): 1-800-314-2437
**MEETINGS:**

Tignish ................... First Thursday at 1:00 PM at Tignish Senior’s Home

O’Leary .................. Third Wednesday at 6:30 PM at O’Leary Community Hospital

Charlottetown ....... Third Wednesday at 2:00 PM at 166 Fitzroy Street

Montague ............... Third Wednesday at 2:00 PM at Perrin’s Marina Villa

Summerside .......... Third Thursday at 2:00 PM at Summerset Manor

Souris ..................... Call for information

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Charlotte Comrie: Executive Director
Box 279
180 Kent Street
Charlottetown, PE C1A 7K4
Phone: 892-7441
Fax: 368-7068
Web: [www.heartandstroke.ca](http://www.heartandstroke.ca)

**OBJECTIVES:**

Started in 1993 this group is for individuals who have attack or stroke or heart surgery. Partners and family members also attend these meetings.

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**MEETINGS:**

Charlottetown ...... Heart and Stroke Foundation has *Heart Group* and one-on-one supp ilies who are dealing with a stroke

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**OBJECTIVES:**

Huntington Disease is an inherited brain disorder causing uncontrollable movements, abnormal gait, slurred speech, m oration and/or marked personality changes affecting 1 nadians. The organization offers support, education and

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**MEETINGS:**
OBJECTIVES:
We offer support and resources to those who have Marfan Syndrome, as well as to their families and friends. We aim to increase the awareness in the community about the condition and to raise funds for Marfan research. Marfan Syndrome is a genetic disorder of the connective tissue that can affect the heart, lungs, eyes and the skeletal system. It can cause disability and/or early death if not diagnosed or understood.

MEETINGS:
We meet as often as folks require.

MULTIPLE SCLEROSIS SELF-HELP GROUPS

CONTACT:
Jeanne MacPhee
Phone: 675-2224
OBJECTIVES:
The group’s mission is to help educate Islanders about osteoporosis.

MEETINGS:
Charlottetown .......... Second Monday of each month, 6:30 PM, Palmer’s Lane

PARKINSON’S SELF-HELP GROUP – QUEENS COUNTY

CONTACT:
Maureen: 569-5038
Ann: 569-1829

OBJECTIVES:
We support others diagnosed with Parkinson’s. We also make others more knowledgeable and more informed of Parkinson’s, raise funds for research, fellowship.

MEETINGS:
Charlottetown ......... The first Thursday of the month, from Sep.

POST-POLIO SYNDROME SELF-HELP GROUP

CONTACT:
18 Rosemount Drive
Charlottetown, PE  C1A 3R8
Violet: 569-1859
Mary: 892-6917

OBJECTIVES:
Supports individuals who have Post-Polio Syndrome providing emotional support and information.

MEETINGS:
Third Thursday of each month
This is a non-profit organization, dedicated to the rehabilitation of Ostomy patients through mutual support and education. Volunteers are available to visit new and old Ostomy patients.

MEETINGS:
Charlottetown....... Every three months, 7:00 PM

PROSTATE CANCER SUPPORT GROUP

CONTACT:
Norm Fotheringham:
Phone: 314-6392 or 566-5897
Web: www.peiprostatesupport.com

MEETINGS:
Charlottetown....... Second Monday of every month, 7:30 PM, at the Four Neighbourhoods Community Health Centre, 152 St. Peter’s Road

This group also provides one-on-one emotional support.

Prostate Cancer Awareness Week is held each September and is supported by the following national organizations: Canadian Cancer Society; National Cancer Institute of Canada; Canadian Prostate Cancer Network; Canadian Urology Association; Canadian Association for Nurses in Oncology; Canadian Uro-Oncology Group; Canadian Association of Radiologists; Canadian Association of Radiation Oncologists; College of Family Physicians of Canada and Canadian Prostate Cancer Research Foundation.
**OBJECTIVES:**

Formed by a group of concerned parents of children with Spina Bifida to support one another and to enhance the quality of life for the family. They educate the general public concerning Spina Bifida and Hydrocephalus.

**Mandate:**

The PEI Senior Citizens’ Federation Inc. (PEISCF) is a not-for-profit organization whose membership includes member clubs across the island and individuals. The Federation acts as a voice for seniors and advocates for a better quality of life on their behalf.

**OBJECTIVES:**

To link member clubs across PEI and provide a voice; to consult with government and other decision makers about seniors’ concerns and to advocate on their behalf; to co-ordinate and organize workshops and seminars that meet seniors’ social and educational needs; to increase understanding of the aging process; to encourage seniors to participate in activities which affect their lives; to act as a resource and dissemination for the benefit of all seniors; and to collaborate with other seniors’ organizations.
OBJECTIVES:
The Abegweit Rainbow Collective is a gay and lesbian support group. The collective is a community-based, volunteer, organization committed to providing support, education and advocacy to bisexual, gay, lesbian, transgender, two-spirited and questioning Islanders and their family and friends.

The Abegweit Rainbow Collective is committed to raising community awareness for healthy change.

Check for up-to-date recorded information seven days a week, 24 hours a day, or call on Tuesday or Thursday evenings between 7:00 PM and 10:00 PM.
OBJECTIVES:
Adult Rehabilitation Program provides individual assessments, educational and group therapy sessions.

FAMILY EDUCATION PROGRAMS

CONTACT:
CATHOLIC FAMILY SERVICES BUREAU
129 Pownal Street - Box 698
Charlottetown, PE  C1A 7L3
Peter Mutch, Executive Director
Phone: 894-3515
Fax: 892-4045
Email: prmutch@catholicfamilyservice.ca (executive director)
Email: admin@catholicfamilyservice.ca (general inquiries)
Web: www.catholicfamilyservices.ca

OBJECTIVES:
Catholic Family Services Bureau has experienced staff who will meet your therapeutic needs by providing the highest level of professional individual, couple, and family group therapy sessions. We use both traditional therapeutic techniques and creative arts counselling interventions. The team provides wellness education programs and advocacy for all Islanders. The team will provide each individual and family with dignity and respect in our confidential therapeutic interventions. The Bureau is sensitive to cultural diversity and available to provide supports and services to all Islanders. At all times the team will demonstrate understanding, skills, comfort, tolerance, and sensitivity toward cultures such as ethnicity, culture, age, gender, sexual abilities, economic status, and religious/spiritual affiliations.

FAMILY PROGRAM (Addictions)

CONTACT:
ADDITION SERVICES, KINGS
Phone: 687-7110 (Souris)/ 838-0608 (Montague)
Donna McLean
Phone: 838-0960

ADDITION SERVICES, PRINCE
65 Roy Boates Avenue
Box 3000
Summerside PE    C1N 2A9
Sandra Ramsay
Phone: 853-8670

OBJECTIVES:
The primary objective is to reduce the impact of addictions on family members and friends. The Family Program offers knowledge, development of personal skills and support with a loved one who has an addiction. A children's program for ages 6-12 and personal counselling also are available. Program offered as need arises - Closed Groups.
FAMILY THERAPIST

CONTACT:
Jan Henry, M.S.W., R.S.W.
293 Water Street, Suite 6
Summerside, PE C1N 1C1
Phone: 436-0098

OBJECTIVES:
Counselling children, adolescents, families, individuals and couples. Over 30 years experience.

KIDS SUPPORTING KIDS

CONTACT:
272 MacEwen Road
Summerside, PE C1N 2P7
Phone: 888-8400
Fax: 888-8449

OBJECTIVES:
*Kids Supporting Kids* is a project where children, in grades 4-6 in four Prince County schools, will learn through parent and peers personal self-esteem, respect, appropriate negotiating skills and non-violent approaches to conflict so they can make positive choices for themselves and others at an early age. *Kids Supporting Kids* will establish a school and parent advisory committee, train peer mediators, provide classroom training for teachers and demonstrate improved conflict resolution and communication skills among children.
OBJECTIVES:
Worldwide Marriage Encounter weekends are scheduled for PEI, NB and NS in 2012. A special weekend for husbands and wives to

* Restore Communication – You’ll discover new ways to love, listen, and share with each other; * Rekindle Romance – Has romance and passion taken a back seat your hectic lifestyle? Enjoy a weekend free of distractions and fall in love all over again; and

* Renew Commitment – re-discover the person you married and recharge your life.

CONTACT:

**QUEENS**

**G.I.F.T. (Graduation Is For Teen Moms)**
Colonel Gray Senior HS
Charlene Duffy: 368-6860
- Charlottetown Rural HS
  Rebecca Sradham: 368-6908
- Bluefield High School
  Janet Gallant: 675-7480

**WESTERN SCHOOL BC**

Elsa M. Riley
Teacher Coordinator
EPPY Program
(Educating Pregnant & Parenting Youth Program)
- Three Oaks Senior H S
  888-8461 or 853-8642
- Elmsdale Board Offi
  853-8642
Email: emriley@edu.pe.ca

OBJECTIVES/MEETINGS:

*G.I.F.T.*- This program is co-sponsored by the Eastern District and the Queens Health Authority. Each of the co-sponsored meetings makes up a single weekend. The program is conducted in small groups of 4-6 people, led by trained volunteers who are married couples. The program is designed to help couples identify and resolve areas of conflict and enhance communication and understanding. Participants learn new ways to communicate and resolve conflicts in a healthy, constructive manner. The program focuses on four key areas:

1. **Communication**: Emphasis is placed on improving communication skills, understanding each other's perspectives, and learning to express oneself effectively.
2. **Romance**: The program encourages couples to rekindle the romance in their relationship and to explore ways to reawaken the love and passion in their marriage.
3. **Commitment**: The course covers topics such as understanding the commitment you made to each other during your wedding, how to maintain that commitment, and how to rebuild it if there is a gap.
4. **Resolutions**: Participants learn practical strategies for addressing conflicts and navigating disagreements in a healthy manner.

The program is conducted on weekends and is open to married couples of all religious and cultural backgrounds. The meetings are conducted in a safe, supportive environment, and couples are encouraged to participate actively in the program. The program concludes with a follow-up session to assess progress and reinforce the learning achieved during the course.
**S.A.D.D. (STUDENTS AGAINST DRINKING AND DRIVING)**

**CONTACT:**

S.A.D.D.-PEI  
Highway Safety Division  
Box 2000  
Charlottetown PE  
Jodi Harper: 368-5211  
Fax: 368-5236

**STUDENT ASSISTANCE PROGRAM**

**CONTACT:**

**KINGS COUNTY**  
Amanda Petrie  
Phone: 687-7110

**PRINCE COUNTY**  
Community Mental Health and Addictions  
Alberton & Summerside  
65 Roy Boates Avenue  
Box 3000  
Summerside PE  
Lynn Jones: 853-8670  
Danny Creelman: 888-8380  
Cindy Galt: 888-8380

**QUEENS COUNTY**  
Addiction Services  
Box 2000  
Charlottetown, PE  
C1A 7N8

**Special Delivery Club** - This Westisle High School service is offered in 10-week sessions and is usually offered once or twice a year.

**Teen Parent Support Program** - This support group meets weekly to discuss topics of concern and to give support to both pregnant and parenting teens. This group also offers individual counseling through individual office visits and home visits.

**EPPY Program** - The Western School Board Educating Pregnant and/or Parenting Youth Program offers educational and emotional support to pregnant and/or parenting teens interested in completing high school. The teacher coordinator works together with the student, the Three Oaks Student Services Department, the administration, teachers, and health professionals, to determine how best to meet the educational goals of the student.

**OBJECTIVES:**

To help students save their own lives and the lives of others. To educate students about the risks of impaired driving including legal complications. To develop "peer counselling" among students especially in regards to driving and to increase public awareness and prevention of driving while influence of alcohol and/or drugs.

**MEETINGS:**

Meetings, open to the public, are held separately in each High School SADD Chapters. Call contact for list of Chapters. No Fees. Open to anyone interested.
OBJECTIVES:
Student Assistance program offers groups for students at the Junior/Senior High School levels. Designed to assist students who are harmfully involved with substance abuse. The program is also for students who are living with, or close to someone, with an addiction.

YOUTH ADDICTION COUNSELLING (Individual)

CONTACT:
ADDICTIONS SERVICES
Box 2000
Charlottetown, PE C1A 7N8
Kevin McKinnon: 368-4273

YOUTH DAY TREATMENT PROGRAM
For Information: 368-4120

OBJECTIVES:
Provides individual counselling for young people who are experiencing problems as a result of alcohol/drug use.

MEETINGS:
Charlottetown ........ Individuals must meet with a counsellor for an assessment prior to attending. Sessions held one evening per week for four weeks

YOUTH ADDICTION COUNSELLING

CONTACT:
ADDICTIONS SERVICES
Box 2000
Charlottetown, PE C1A 7N8
Kevin McKinnon: 368-4273

YOUTH DAY TREATMENT PROGRAM
For Information: 368-4120

OBJECTIVES:
Provides therapeutic massage services to clients either through self-referrals or referrals from medical sources. Therapy programs are designed to alleviate pain, manage stress, assist in recovery from injury and enhance wellness.

Services include: Deep tissue Myofascial work, muscular therapy, reflexology, La Stone Therapy, Suikodo, relaxation and aromatherapy.
OBJECTIVES:
Offers professional counselling services in the areas of credit counselling, family mediation and “general” counselling. Using a variety of counselling approaches, men, women and teenagers who have been drawn into beliefs and attitudes that support abusive, controlling or disrespectful ways of relating with others, are supported to construct healthier, more respectful, relationships with others.

COUNSELLING RESOURCES FOR SENIORS

CONTACT:
FAMILY SERVICE PEI
Charlottetown: 155 Belvedere Avenue, Suite 106 Charlottetown, PE C1A 2Y9 Phone: 892-2441 Fax: 892-4998 Web: www.familyservice.pe.ca

SUMMERSIDE:
Phone: 436-9171 Fax: 724-3112

OBJECTIVES:
Caring, professional staff provides a counselling service aimed at helping seniors to respond to various personal and relationship issues. The focus is on maximizing healthy aging, independence and improving quality of life.

PSYCHOTHERAPY GROUP FOR ANXIETY/DEPRESSION

CONTACT:
Michelle Arsenault, O.T. Reg (PEI) Phone: 438-4409 Beth MacEwen, R.S.W. Phone: 438-4411

OBJECTIVES:
Ongoing Psychotherapy for the treatment of anxiety and depression. Referral accepted from all sources and screened by professionals. Groups meet Wednesdays 6:00-7:30 PM.
OBJECTIVES:
K&K Quality Care is a community access program for adults with an intellectual disability. It is a person-centered program designed to assist individuals in acquiring the skills necessary for personal and social growth, independence as well as enhance family and community life.

PEDiATRIC CLINIC

CONTACT:
DEPARTMENT OF PEDIATRICS
Queen Elizabeth Hospital
Box 6600
Charlottetown, PE C1A 8T5
Phone: 894-2440
Fax: 894-2477

OBJECTIVES:
This is a project to provide a multidisciplinary team approach to the diagnosis, management, and follow-up of learning difficulties in children. Teams will provide assistance to children, families, and service providers through personal visits and dissemination of information.

GRIEF THERAPY

CONTACT:
Beth MacEwen, Phone: 438-4411
Michelle Arsenault, OT Phone: 438-4409

OBJECTIVES:
Offering individual therapy sessions to assist clients through the grief process to recovery. No cost.
OBJECTIVES:
The Family Violence Prevention Committee provides support and information to victims of violence in their homes or relationships. Also provides public information and consultation in regards to community-based strategies for the prevention of family violence.

RAPE AND SEXUAL ASSAULT CRISIS CENTRE

CONTACT:
Box 1522
Charlottetown, PE  C1A 7N3
Phone: 566-1864
Counseling: 368-8055/1-888-368-8055
Fax: 368-2957
Web: www.peirsac.org

OBJECTIVES:
A twenty-four hour, toll free, crisis line for victims of rape and sexual assault including incest and spousal rape. Trained volunteers answer calls and provide information, advocacy, and support. Centre provides individual therapy and group therapy. Please call for more information.

SAGE

CONTACT:
Colleen MacQuarrie
Psychology Department, University of PEI
560 University Avenue
Charlottetown, PE  C1A 4P3
Phone: 566-0617
Fax: 628-4359
Email: cmacquarrie@upei.ca
Web: www.sagepei.org

OBJECTIVES:
A volunteer organization dedicated to eradicating sexual abuse in our culture. The main objectives and purposes are to implement an ongoing community education program to make all citizens conscious of the problems of sexual abuse/assault and the deep societal changes required to eliminate this violence; to provide advocacy on behalf of survivors and to lobby for improved services for survivors and sexually abused children; to provide supportive, non-therapeutic, programs for survivors; and to provide relevant training for professionals, advocates and frontiers.
OBJECTIVES:
Provides programs and counselling for men who are abusive toward their partners. Counselling is offered in both one-to-one and group environments. This is a provincial program and information is available by contacting the Provincial Coordinator.
COMMUNITY RESOURCES
**COMMUNITY RESOURCES**

**A.L.S. SOCIETY OF PEI**

**CONTACT:**

P.O. Box 1643  
Summerside, PE  
C1N 2V5  
Phone: 439-1600  
Email: als_society_pei@hotmail.com

Margaret MacFarlane, Unit Director  
2005 Rattenbury Road  
Stanley Bridge, PE  
C0A 1E6  
Phone: 886-2903  
Email: margmac@pei.sympatico.ca

Cindy Warren, Client Services  
Email: clwarren@eastlink.ca

Maxine Holmes, President  
Email: mcholmes@ihis.org

**OBJECTIVES:**

To give support to individuals, families and loved ones living with ALS; to support research for a treatment and cure; to provide education and awareness concerning the disease.

**ABEGWEIT FIRST NATIONS MI’KMAQ WELLNESS CENTRE**

**CONTACT:**

Box 68  
Mount Stewart, PE  
C0A 1T0

**ACE PROGRAM**

(UPEI Adult Connections in Education)

**CONTACT:**

UPEI, ACE PROGRAM  
Webster Centre for Teaching & Learning  
Robertson Library  
550 University Avenue  
Charlottetown, PE  
C1A 4P3  
Phone: 894-2886  
Email: webstercentre@upei.ca

**OBJECTIVES:**

UPEI Adult Connections in Education (ACE) is a four-year, post-secondary, program committed to enriching students with intellectual disabilities through academic enhancement and personal growth.

Students attend and audit classes of interest, complete course curriculum, and participate in university activities. Peer university students volunteer with ACE students in the areas of study, computer skills, fitness, and in-class support.

For more information, please visit:

www.upei.ca/webstercentre/ace
OBJECTIVES:

Community Mental Health and Addictions provides residential and non-residential treatment for chemically dependent persons and their families. Education and information sessions are provided to the general public as well. The services vary in each region including; detoxification, rehabilitation, aftercare, family programs, a halfway house for males in Queens and in Prince County, and a halfway house for females in Queens County. The two Kings County locations share the same staff and offer both counselling and support programs in addictions and mental health. For more information, please call one of their phone numbers.
ADVENTURE GROUP

CONTACT:
400 St. Peters Road
Charlottetown, PE C1C 1L2
Executive Director:
Roxanne Carter Thompson
Phone: 628-8668
Fax: 628-3885
Web: www.adventure.pei.isbn.com

OBJECTIVES:
Adventure Group Inc. is a (registered) not for profit, experiential education and training organization incorporated in 1992 to address the needs of young people and their parents, as identified in several major studies. The goal of the Adventure Group is to offer opportunities for learning as well as personal and skills development using experiential, service learning and adventure-based curriculum. The Adventure Group works with clients using a "learning by doing" approach, whereby participants are fully involved in the experience.

PROGRAMS:
Adventure Camp: Campers participate in many activities such as the R.O.P.E.S Course, which provides opportunities to learn leadership skills, increase self-esteem and make healthy choices. The camps are offered to youth aged 9-14 years.

Afterschool Program: Supervised activities are provided in an environment that focuses on safety, social skills and self-esteem. Activities include: homework help, art, drama, sports, music appreciation, nutrition, computers and community service projects. The program is offered for youth grades 7-9.

Life Management Program: This program provided with 12 weeks of employment and life skills that will assist them in taking the next step in their employment action plan.

AIDS PEI

CONTACT:
375 University Avenue, Unit 2
Charlottetown PE C1A 4N4
Alana Leard
Executive Director
Phone: 566-2437 (AIDS)
Toll Free (PEI): 1-800-314-2437
Fax: 626-3400
Email: info@aidspei.com
Web: www.aidspei.ca

OBJECTIVES:
Our mission is to create supportive environments for people living with HIV/AIDS, their family and friends, to increase public understanding of the impact on those affected by HIV/AIDS.
SERVICES, RESOURCES, MEETINGS:
We provide condoms, lubricant and information on HIV/AIDS and other STIs, to organizations, schools and the general public. We provide to positive persons, emergency and health fund, peer support, assistance with transportation to medical appointments, nutritional assistance, internet access, resources on treatment, nutrition and new drug therapies. We provide a large, well maintained resource library. AIDS PEI provides office and meeting space to ARC (Abegweit Rainbow Collective) and to GLBTQ (Gay, Lesbian, Bi-Sexual, Transgender and Questioning) Youth Drop-In who meet Wednesdays from 6-9 pm.

ALERT

CONTACT:
81 Prince Street
Charlottetown PE C1A 4R3
Brian Curley: 368-7337
Fax: 368-7180

OBJECTIVES:
To lobby government to make changes to better the situation of people in poverty and to educate the public on the realities of poverty. Meetings are open to the general public.
OBJECTIVES:
The mission of the *Arthritis Society* is to provide leadership and funding for research, advocacy and solutions to improve the quality of life for Canadians affected by arthritis.

*PACE (People with Arthritis can Exercise)* is a land-based, exercise program for people with arthritis and is available in Souris, Kensington, Morell, Montague and Charlottetown.

*The Arthritis Self-Management Program* is a self-management program for people with arthritis and fibromyalgia. It helps a person take back control of their life through pain-management techniques and includes discussions about exercise, nutrition and medications. There are spring and fall classes. There are six weekly two hour sessions and you receive an excellent resource, *The Arthritis Helpbook*.

*The Chronic Pain Management Workshop* is a two hour introduction to pain management.

*Take Charge! Early Intervention for Osteoarthritis* is a course of weekly, two hour, classes.
ASTHMA EDUCATION CENTRE

CONTACT:

<table>
<thead>
<tr>
<th>DR. PATRICK GILL ASTHMA EDUCATION CENTRE</th>
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<tbody>
<tr>
<td>Asthma Education Centre</td>
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<tr>
<td>Queen Elizabeth Hospital</td>
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<tr>
<td>Box 6600, Charlottetown, PE C1A 8T5</td>
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<tr>
<td>Judy Hansen, RN: 894-2240</td>
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<tr>
<td>Fax: 894-2429</td>
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<tr>
<td>Email: <a href="mailto:asthmacentre@pei.aibn.com">asthmacentre@pei.aibn.com</a></td>
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<tr>
<td>Web: <a href="http://www.asthmacentre.pe.ca">www.asthmacentre.pe.ca</a></td>
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OBJECTIVES:
The Asthma Education Centre's goals are: to work with individuals dealing with asthma and their physicians, to support individuals in their efforts to gain and maintain control of asthma and to achieve the best results with the least amount of medication. Individuals must be referred to the Centre by their physician.

OBJECTIVES:
The specific objectives of the society are: to organize other interested persons in fostering the realization of the aim; to identify and obtain facilities and services that will meet the social, physical, medical, educational and transportation needs of individuals with Autism; to promote and support selected research programs and to promote public education and professional development.

MEETINGS:
Meetings held in Charlottetown once/month and meetings held in Summerside twice/year.
OBJECTIVES:
This organization matches mature men and women with boys and girls from single-parent families for social recreation. It is a non-profit organization, funded entirely by concerned citizens and special fundraising projects.

BIRTHRIGHT

CONTACT:
188 Fitzroy Street, Unit 3
Charlottetown, PE C1A 1S4
Margaret Fitzpatrick: 628-6028
Emergency 24-hour hot line: 1-800-550-4900

OBJECTIVES:
Birthright helps any woman or girl who is dealing with an unexpected pregnancy crisis situation. Birthright provides free pregnancy tests, confidentiality, loving non-judgmental support, coun-
OBJECTIVES:
The association provides support, information and advocacy services for persons with brain injury and their families. The association also provides support systems as well as promotes awareness in the public and in public agencies of the causes and consequences of brain injury.

SUPPORT GROUPS:
When you or a family member or a loved one suffers a brain injury, the result can be terrifying. The members of the Brain Injury Association of Prince Edward Island can help. Support groups are available for survivors and/or family members. The association can assist by:

- Listening and understanding
- Providing reassurance that you are not alone
- Sharing experience
- Supporting your new role as advocate for your loved one
- Act as an informal information network
- Providing a social connection
- Offering ongoing support

OBJECTIVES:
To provide a supportive environment for seniors who live in the community but need the assistance of a caregiver. Services for persons with brain injury and their families.

Activities include: exercises, music and art therapy, seasonal crafts and activities, guest speakers and presentations, cards, a noon meal. Other services that may be available through the program are: therapeutic baths, foot care, service/mass and referral (as appropriate) to other Provincial Home Care Services. A pre-admission assessment must be completed to determine eligibility for the program.
C.H.A.N.C.E.S. is a community-based program dedicated to making an active contribution to the well being of children, particularly for those from birth to age 6. Within a Family Resource Centre programming will include: a Parent Drop-in Centre, parenting skills training, organized preschool recreation programs, outdoor programs, nutritional help, etc. The program also provides specialized prevention and parenting programs for youth and young parents as well as support for literacy training.

CAMP GENCHEFF

CONTACT:
Camp Gencheff
Box 412
Charlottetown, PE C1A 7K7
Phone: 569-2669
Fax: 569-1613
Email: info@campgencheff.com

OBJECTIVES:
Camp Gencheff is a fully accessible facility sponsored by the Charlottetown Rotary Club. It is set up to provide a camping experience for disabled children and adults during the summer and Respite Care Weekends in the off-season. Those with physical or intellectual disabilities use the facility located in Bellevue Cove outside of Charlottetown.

CANCER INFORMATION SERVICE
Toll Free: 1-888-939-3333

Peer Support connects people affected by cancer with have faced similar experiences in order to provide emotional support and practical information. The Society offers community for people with cancer, their families, and where members can connect with each other through percussion groups, blogs and shared information. One-to-

CANADIAN CANCER SOCIETY

CONTACT:
Cancer Information Service
Toll Free: 1-888-939-3333

OBJECTIVES:
Cancer Information Service ... can answer your questions about prevention and early detection of cancer, treatment and side effects, clinical trials, cancer statistics, nutrition, community programs and complementary therapies. This service is available by phone Monday to Friday in English and French; interpreter service is available for other languages. A broad range of information is also available in print and on the Society’s website.

1-888-939-3333/ cis@cancer.ca/ www.cancer.ca
Community Resources

Cancer Patient Advocate Program helps connect patients and their families with appropriate resources and make a plan to resolve problems, by learning about individual challenges. Recognizing that situations and needs may change, program staff and volunteers will plan regular contact, as appropriate. Depending on circumstances, the Society may also provide a wig or financial support with travel to treatment or cancer-related medical supplies through this program. 1-866-566-4007

Smokers’ Helpline is a free, confidential service for smokers who want to quit, are thinking about quitting or have stopped smoking and need support. Trained quit coaches help to develop a personalized quit plan, answer questions about quitting and refer to community programs and services. Smokers’ Helpline Online is an interactive, web-based service available 24 hours a day, 7 days a week offering tips, tools and support to help with quitting smoking. 1-877-513-5333 / www.smokershelpline.ca

Cancer Patient Advocate Program
Contact: Jean Eldershaw, PEI Contact
Phone: 961-2066

OBJECTIVES:
The Canadian Celiac Association is a national organization dedicated to providing services and support to persons with Celiac Disease and Dermatitis Herpetiformis through programs of advocacy, education and research. Celiacs in Canada are served by local chapters across the country, which united, form a national body called The Canadian Celiac Association. The Society is incorporated under the Canada Corporations Act. The national association and the local chapters are registered charities.

Canadian Diabetes Association
Contact: Jake Reid, Regional Director of NB/PEI
PEI Regional Office
Sherwood Business Centre
161 St. Peter’s Road
Charlottetown PE C1A 5P7
Phone: 894-3005
Fax: 368-1928
Email: jake.reid@diabetes.ca
Web: www.diabetes.ca

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161 St. Peter’s Road
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Contact: Jake Reid, Regional Director of NB/PEI
PEI Regional Office
Sherwood Business Centre
161 St. Peter’s Road
Charlottetown PE C1A 5P7
Phone: 894-3005
Fax: 368-1928
Email: jake.reid@diabetes.ca
Web: www.diabetes.ca
**CONTACT:**

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>PRINCE COUNTY</th>
<th>CANADIAN RED CROSS SOCIETY</th>
</tr>
</thead>
<tbody>
<tr>
<td>178 Fitzroy Street – Box 785</td>
<td>61 Duke Street</td>
<td>342 Grafton Street, Suite 201</td>
</tr>
<tr>
<td>Charlottetown, PE C1A 7L9</td>
<td>Summerside, PE C1N 3R8</td>
<td>Charlottetown, PE C1A IL8</td>
</tr>
<tr>
<td>Reid Burke:</td>
<td></td>
<td>Phone: 566-2580</td>
</tr>
<tr>
<td>Executive Director</td>
<td></td>
<td>Fax: 628-1445</td>
</tr>
<tr>
<td>Phone: 566-3034</td>
<td></td>
<td>Web: <a href="http://www.cnib.ca">www.cnib.ca</a></td>
</tr>
<tr>
<td>Fax: 566-4643</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:division@cmha.pe.ca">division@cmha.pe.ca</a></td>
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<table>
<thead>
<tr>
<th>WEST PRINCE REGION</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 College Street</td>
<td>CONTACT:</td>
</tr>
<tr>
<td>Alberton, PE COB 1B0</td>
<td>Meagon MacDougall</td>
</tr>
<tr>
<td>Lester Wagner:</td>
<td>62 Prince Street</td>
</tr>
<tr>
<td>Regional Director</td>
<td>Charlottetown, PE C1A 4R2</td>
</tr>
<tr>
<td>Phone: 853-4180</td>
<td>Phone: 628-6262</td>
</tr>
<tr>
<td>Fax: 853-3877</td>
<td>Fax: 628-3037</td>
</tr>
<tr>
<td>Email: <a href="mailto:cmhawest@cmha.pe.ca">cmhawest@cmha.pe.ca</a></td>
<td>Email: <a href="mailto:meagon.macdougall@redcross.ca">meagon.macdougall@redcross.ca</a></td>
</tr>
</tbody>
</table>

**OBJECTIVES:**

**CMHA**
- The Canadian Mental Health Association (CMHA) is a non-governmental, charitable, organization that provides services and information on mental health and illness and mental health promotion activities across PEI.
- Programs include Fitzroy Centre Clubhouse, Notre Dame Place Clubhouse, Hope Centre Clubhouse, I’m Thumbody Program, Changing Minds, Mental Health Works, Consumer and Family Support (including the program With Hope in Mind), Suicide Prevention (also includes Signals of Suicide and ASIST), White Cross and educational resources related to mental health and illness.

**CNIB**
- C.N.I.B. provides individual and family support for those affected by blindness and visual impairment. The Institute raises funds for research and work to make the public aware of blindness and visual impairment.

**CANADIAN RED CROSS SOCIETY**
- The mission of the Canadian Red Cross is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.
programs in response to specific community needs. For thousands of Atlantic Canadians, the Canadian Red Cross means Hope, Help and Caring. For thousands more it means safety, training and education.

CATHOLIC FAMILY SERVICES BUREAU

CONTACT:

CATHOLIC FAMILY SERVICES BUREAU
129 Pownal Street - Box 698
Charlottetown, PE C1A 7L3
Peter Mutch, Executive Director
Phone: 894-3515
Fax: 892-4045
Email: admin@catholicfamilyservice.ca (general inquiries)
Email: prmutch@catholicfamilyservice.ca (executive director)
Web: www.catholicfamilyservices.ca

OBJECTIVES:
Catholic Family Services Bureau has experienced staff who will meet your therapeutic needs by providing the highest level of professional individual, couple, and family counselling services. We use both traditional therapeutic techniques and creative arts counselling interventions. Also, the team provides wellness education programs and advocacy for all Islanders. The team will provide each individual and family with dignity and respect in our confidential therapeutic interventions. The Bureau is sensitive to cultural diversity and available to provide supports and services to all Islanders. At all times the team will demonstrate understanding, skills, comfort, tolerance, and sensitivity toward cultural differences such as ethnicity, culture, age, gender, sexual orientation, abilities, economic status, and religious/spiritual affiliation.

CHIEF MARY BERNARD MEMORIAL WOMEN’S SHELTER

CONTACT:

Box 223
Lennox Island, PE C0B 1P0
831-2332
Email: womensshelter@lennozisland.com

OBJECTIVES:
The shelter provides emergency shelter for women in domestic violence situations as well as homeless women and their children.

CHILD FIND PEI INC.

CONTACT:

Box 21008
Charlottetown, PE C1A 9H6
368-1678
Emergency: 1-800-387-7962
Fax: 368-1389
Email: childfind@pei.aibn.com
Web: www.childfindPEI.com

OBJECTIVES:
Child Find PEI is a registered non-profit charitable organization that works provincially with other Child Find offices across Canada. We assist in the location and recovery of missing and exchanged children.
child safety to children, parents and communities Island-wide. Our services are island-wide and are rendered at no cost. Any funds generated for Child Find PEI go directly back into our programming to serve Islanders.

CHILDREN'S WISH FOUNDATION OF CANADA/PEI CHAPTER

CONTACT:
Box 2614
375 University Avenue
Charlottetown, PE C1A 8C3
Beth Corney Gauthier, Director
Phone: 566-5526
or 1-800-267-9474 (WISH)
Fax: 894-8412
Email: pei@childrenswish.ca

OBJECTIVES:
The goal of this foundation is to grant an exceptional wish to children, between the ages of three and seventeen, who have been diagnosed with a life-threatening illness. A wish referral may come from the wish child’s parents or a family member, medical staff or anyone within the community.

CONTACT:
c/o WP INDUSTRY CENTRE
RR1, Alberton, PE
C0B 1B0
Phone: 853-3944
Fax: 853-2396

OBJECTIVES:
*Mental Health Residential Services* provides safe and secure environments for the intellectually disabled who are unable to be cared for at home.
OBJECTIVES:
Provides Islanders with understandable, useful, information about our laws and our justice system. The Resource Centre contains legal books and materials for the general public and free pamphlets. Also, all our publications, as well as news items about changes in the law and a couple of videos are available on our website at www.cliapei.ca.
OBJECTIVES:
Offers professional assessment and ongoing individual/group counselling programs for individuals affected by stressful life situations, mental health disorders and mental illnesses. Self and professional referral accepted.

They offer specific programs such as stress management, phototherapy, relaxation, pre and post discharge, neuroleptic injections and self-esteem. Some programs are only available in some areas.

HEALTH AND ADDICTIONS

CONTACT:

<table>
<thead>
<tr>
<th>COMMUNITY MENTAL HEALTH &amp; ADDICTION SERVICES EAST</th>
<th>COMMUNITY MENTAL HEALTH &amp; ADDICTION SERVICES WEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Community Mental Health – East</td>
<td>A) Prince County Hospital</td>
</tr>
<tr>
<td>Carol Hameline, Supervisor</td>
<td>65 Roy Boates Avenue</td>
</tr>
<tr>
<td>Montague: Phone: 838-0960</td>
<td>Box 3000</td>
</tr>
<tr>
<td></td>
<td>Summerside, PE C1N 2A9</td>
</tr>
<tr>
<td></td>
<td>Donna Birch: 888-8380</td>
</tr>
<tr>
<td></td>
<td>Fax: 888-8173</td>
</tr>
</tbody>
</table>

C) Community Mental Health & Addictions (coun.)
334 Church Street – B
Alberton PE C0B 1B0
Phone: 853-8670
Fax: 853-0402

D) Evangeline Community Health Centre
Wellington, PE
Phone: 854-7259
Fax: 854-7270
OBJECTIVES:
Offers professional assessment and ongoing individual/counselling programs for individuals affected by stressful life situations, mental health disorders and mental illnesses. Self and professional referral accepted.

They offer specific programs such as stress management, phototherapy, relaxation, pre and post discharge, neuroleptic injections and self-esteem. Some programs are only available in some areas.

OBJECTIVES:
The Consumer and Family Support Program is a program that promotes mental health and social acti
Self-Help/Mutual Aid, produces a resource directory, provides presentations and displays raising mental health awareness, maintains resource libraries with educational information on mental health/illness topics and is the primary support program of the self-help community.

In partnership with Health PEI, Consumer and Family Support Programs offer the With Hope in Mind education course. This eight-week program provides education and support to family members/loved ones of individuals with mental illness. With Hope
Groups are also offered in several island communities.

**COUNCIL FOR A SMOKE-FREE PEI**

**CONTACT:**
Charlottetown Area Health Centre  
1 Rochford Street, Suite 1  
Charlottetown, PE C1A 9L2  
Claire Nantes  
Phone: 566-4007  
Fax: 628-8281

**OBJECTIVES:**
*Council for a Smoke-Free PEI* aims to help eliminate tobacco-related health hazards; to help coordinate activities among provincial and regional groups and individuals concerned with eliminating the health hazards of tobacco; to promote legislation to regulate and eventually eliminate the promotion, distribution and use of tobacco. Board meetings are held monthly.

**CROHN'S AND COLITIS FOUNDATION CENTRE OF CANADA**

**CONTACT:**
Crohn's and Colitis Foundation of Canada

**OBJECTIVES:**
Helps people with Crohn's disease and ulcerative colitis by funding CF research, promoting public awareness and raising funds for their care. Cystic Fibrosis Canada has 50 chapters in communities across Canada.

**CYSTIC FIBROSIS CANADA**

**CONTACT:**
2221 Young Street, Suite 601  
Toronto, ON M4S 2B4  
Canada  
Phone: (416) 485-9149  
Toll Free: 1-800-378-2233  
Fax: (416) 485-0960  
Email: info@cysticfibrosis.ca  
Web: www.cysticfibrosis.ca

**OBJECTIVES:**
Helps people with cystic fibrosis by funding CF research, promoting public awareness and raising funds for these purposes. Cystic Fibrosis Canada has 50 chapters in communities across Canada.
CONTACT:
Norma McColeman
Regional Outreach Coordinator
Harbour Plaza, 216 Water Street
Summerside, PE C1N 1B3
Phone: 436-0517 / 888-3310
Fax: 888-3002
Email: nmccoleman@fvps.ca
Email: admin_ep@fvps.ca
Email: intake@fvps.ca

OBJECTIVES:
Outreach services are private and confidential appointments, one-on-one counselling support, legal information and encouragement for abused women. We provide referrals and advocacy to other community services and agencies.

Outreach Support Programs provides women with the chance to understand the dynamics of abusive relationships; provide the information and skills to take control of their own life, while becoming independent and self-sufficient.

Next Step Housing provides second stage housing through an assessment of need/application process. Next Step Housing provides the opportunity for women and their children to think about the future, without fear, in a violence free environment.

Public Education sessions and presentations are provided to schools, groups and businesses/organizations. Topics covered are:

Elder Abuse, Dating Violence, Healthy Relationships, Violence Prevention Awareness and Harassment/Violence in the Workplace.

109 Water Street
Summerside, PE C1N 1A9
Phone: 436-9856
Fax: 888-2344
Email: epwic@eastlink.ca

OBJECTIVES:
EPWIC is a non-profit organization that provides services and community referrals for the women of East Prince. It is a professional place where you feel welcome; whether it is to provide support groups and recovery groups for prescription drugs and addiction. Key initiatives EPWIC is coordinating for the near future are:

1. Cyber safety for children and parents
2. Senior mentoring for women
3. Employability programs for women
OBJECTIVES:
Families First actively contributes to the well-being of children from conception to age six and creates a healthy environment for families. Families First is home to the Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP). The two projects are funded by the Public Health Agency of Canada and are governed by Voices for Children Coalition, Inc.

CAPC PROGRAMS & SERVICES:
A variety of programs, services, and activities for parents, caregivers, and children are offered at the centre. Our website provides a calendar of events and a description of our programs. Programs are divided into three categories: child-focused, parent and child focused, and parent-focused.

Child-focused programs provide the children an opportunity to take part in activities such as cooking and physical activity. Information sessions on car seat and bike safety are delivered regularly.

Parent-child focused programs provide the family with an opportunity to interact with one another by partaking in fun craft or activity, playtime, family outings, and music.

Parent-focused programs address some of the everyday challenges faced by parents. Topics include, health, safety, nutrition, communication, child development, and discipline. On-site childcare is provided during these information sessions.

An extensive lending library includes books on parenting and child development as well as children’s books. Gently used children’s clothing are appreciated for the clothing exchange program. Contact Darlene Mellish at darlene@familiesfirstpei.com

OUTREACH:
Families First Outreach programs are available in Verona. For programming information contact Debralee Acorn-MacDonald at debraleecom@familiesfirstpei.com

CPNP PROGRAMS & SERVICES:
Baby Club is offered weekly to moms and their babies up to 12 months of age. CPNP provides information and resources on prenatal and postnatal health. A lending library consists of breast pumps and other baby equipment. Breast-feeding support is provided to nursing mothers. Contact Cora MacIntyre at cpnp@familiesfirstpei.com
OBJECTIVES:
Family Place is a resource centre offering a comprehensive range of programs and services for children from conception to age six and their families living in East Prince County. This continuum of support includes: child development and parenting programs, playgroups, preschool programs, prenatal & postnatal programs, breastfeeding group, resource library, hospital based literacy program, Family Expo, clothing exchange, educative kitchens, etc. Family Place is a registered charity funded by the Public Health Agency of Canada under the Community Action Program for Children and the Canada Prenatal Nutrition Program.
OBJECTIVES:
In 2006, the former Prince County Services, which had served the Summerside area since 1956, and Community and Family Service of PEI, which served the Charlottetown area since 1956, joined under one Board of Directors and became Family Service PEI. Family Service PEI is a voluntary, non-profit, organization. Its mission is to support, empower and strengthen families, individuals and couples on PEI through the provision of professional services in the area of counselling, family life education and family advocacy. Counselling services include family, couples, individual, and credit counselling for families and youth as well as specialized resources in anger management and stress reduction. Credit counselling programs are partially subsidized by the United Way of PEI.

FARMER ASSISTANCE PROGRAM
CONTACT:  
Frank Bulger & Janet Henry  
Phone: 894-8006  
Fax: 436-4447  
1-800-736-8006 (toll free)

OBJECTIVES:
The Farmer Assistance Program provides confidential, professional counselling services to farmers, farm employees and families. Strict confidentiality laws and restrictions protect the confidentiality of the service. There is no charge to farmers who receive counselling.

FITZROY CENTRE CLUBHOUSE
CONTACT:  
Box 1839 – 170 Fitzroy Street  
Charlottetown, PE C1A 1S1  
Bev Thompson: 566-5111  
Fax: 628-6687  
Email: director@fitzroycentre.pe.ca

OBJECTIVES:
Fitzroy Centre, established by the Canadian Mental Health Association/PEI Division, is an internationally accredited, model program designed to provide an environment within which individuals who have experienced a mental or emotional illness can be helped to achieve or regain confidence and skill needed to live in and contribute to their families and communities. Fitzroy Centre provides supports through vocational, employment, education, housing and social programs.
CONTACT:
Lisa Shaffer, Manager
152 St. Peter’s Road (across from Ellis Bros. Sherwood Business Centre)
Charlottetown, PE C1A 5P8
Community Programs: 368-6930
Clinic Phone: 569-7772
Fax: 368-6936

OBJECTIVES:
The *Four Neighbourhoods Community Health Centre* (CHC) is located at 152 St. Peter’s Road. Just across from the Ellis Brothers Mall at the former site of the Sherwood Civic Building where the Sherwood Fire Department is located. Our main entrance is off the back of the building off Gordon Drive.

We are a community-based health organization. The services and programs offered by a Primary Health Care Team consisting of different health professionals working together as equal partners to assist you in improving and maintaining your health. Our team includes nurses, physicians, dietician, mental health counsellor, wellness coordinator, program facilitators, administrative support staff and other health professionals. Clients benefit by receiving services from the most appropriate health care provider or any combination of these providers. We offer programs, meeting spaces for self-help groups, health care services and numerous health promotion, illness prevention and health education to individuals, families and groups. Our goal as a CHC is to promote optimal health.

The CHC will seek names from the Registry as openings available and we will call you to make an appointment. That clients are seen by appointment only. We do not offer a walk-in clinic.

Some of the regular programs offered by the CHC are Trailblazers Walking Club, Caregiver and Tot Program, Footcare Classes, Baby TV and Roots of Empathy.

HARVEST HOUSE MINISTRIES
CONTACT:
239 University Avenue
Box 2445
Charlottetown, PE C1A 8C2
Phone: 894-5350
Fax: 894-4947

OBJECTIVES:
Harvest House is an interdenominational ministry that offers an 8 bed Men’s and a 6 bed Women’s Transitional Residence. We also have a drop-in centre, where people can come in for a cup of coffee and meet new people, and various programs such as a twelve step program. Please call for more information on any of our services.
OBJECTIVES:
The Heart and Stroke Foundation, a volunteer based health charity, leads in eliminating heart disease and stroke through the advancement of research and its application, the promotion of healthy living and advocacy.

HEMOPHILIA SOCIETY

CONTACT:
Shelly Mountain
Prince Edward Island Chapter
Box 2951
Charlottetown, PE C1A 8C5
Email: msw4@eastlink.ca
Web: www.hemophilia.ca

OBJECTIVES:
Provides support to families, educational materials, advocacy on behalf of individuals with Hemophilia and support that is comprehensive.
OBJECTIVES:
The purpose of the Division of Home Care and Support is to ensure that necessary health, social, and community support services are made available to individuals and their families. These services may help people remain in their own homes or return to their homes if they have been receiving care in a hospital or other setting. Services include; Homecare Adult Protection, Nutrition Counselling, Palliative Care Program/Nursing Replacement, Institute of National Respite, community support, home care nursing, occupational therapy, physiotherapy and visiting homemaker services.

HOME EQUIPMENT LOAN PROGRAM

CONTACT:
Box 223
Souris, PE C0A 2B0
Anna MacIntosh: 687-1527
Phone: 357-2818
Fax: 368-4858

OBJECTIVES:
Provides adaptive equipment for home use on a deposit basis. Designed for the community-at-large. Call contact details.

HOPE CENTRE CLUBHOUSE

CONTACT:
410 Main Street
Box 537
Alberton, PE C0B 1B0
Program Director: Natasha Dunn
Phone: 853-3871
Fax: 853-3877
Email: hopecentredirector@cmha.pe.ca

OBJECTIVES:
The Hope Centre Clubhouse (formerly West Prince Clubhouse) is a day program sponsored by Canadian Mental Health Association/PEI Division. Hope Centre Clubhouse provides people with emotional and mental illnesses to gain val that are transferable to the workplace. The Clubhouse receive support through employment, education and training.
Hospice Palliative Care Association of PEI (HPCA) provides trained volunteers who provide care and support to patients and families of patients living with or dying from a life-threatening illness. HPCA also maintains the Bereavement After-Care program.

HPCA has volunteers in each county across PEI.

Office hours at the Provincial Office are from 9:00 AM to 5:00 PM. Office hours for coordinators vary according to local need.

ISLAND PREGNANCY CENTRE

CONTACT:

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ADDRESS</th>
<th>CONTACT PERSON</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queens County</td>
<td>Prince Edward Home</td>
<td>Andrea Conway</td>
<td>368-4095</td>
<td><a href="mailto:queens@hospicepei.ca">queens@hospicepei.ca</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Casey McGannon</td>
<td>368-4095</td>
<td><a href="mailto:communications@hospicepei.ca">communications@hospicepei.ca</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emily Gillis, RN</td>
<td>(902) 370-3700</td>
<td><a href="mailto:centredirector1@gmail.com">centredirector1@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Island Pregnancy Centre</td>
<td></td>
<td>1 877 370-9711</td>
<td><a href="http://www.islandpregnancycentre.com">www.islandpregnancycentre.com</a></td>
</tr>
</tbody>
</table>

OBJECTIVES:
The Island Pregnancy Centre exists to provide confidential support services to women facing unplanned pregnancies; the Centre also provides support for men and families involved in unplanned pregnancies. Information on options is offered through compassionate, non-judgmental peer-counselling; practical services like free pregnancy tests, educational materials and baby items are also provided. Abortion recovery support is also available for those interested.
OBJECTIVES:
The John Howard Society of PEI is a human-services oriented agency. While its primary mandate is offender based, over the past number of years the Society has expanded its client base, as well as program delivery. The Society’s programs focus on an individual’s potential to make positive changes in a supportive, caring environment.

KIDNEY FOUNDATION OF CANADA, PEI CHAPTER

CONTACT:
Harry James McLellan  
565 North River Road  
Charlottetown, PE  
C1E 1J7  
Crystal L. Fall  
Phone: 892-9009  
Fax: 626-3753  
Email: harrymclellan@kidney.ca

OBJECTIVES:
The Foundation funds research and related clinical education. It plays a leadership role in the promotion of organ donation while providing support for patients and families.

KIDS WEST FAMILY RESOURCE CENTRE

CONTACT:
630 Main Street  
Alberton, PE  
C0B 1B0  
Program Coordinator:  
Jessica Dorgan-Trail  
Phone: 853-4066  
Fax: 853-2622  
Toll Free: 1-800-778-3444  
Email: kidswest@pei.aibn.com  
Web: www.Kidswestalberton.com

OBJECTIVES:
Actively promotes holistic, healthy, development of children (age 0-6 years old) by strengthening and supporting the families in West Prince.

KINGSWOOD CENTRE

CONTACT:
Box 563  
364 Campbell Avenue  
Montague, PE  
C0A 1R0  
Pat MacLean: 838-232  
Kingswood Centre: 838-2516  
Nancy McCormack: 838-2516

OBJECTIVES:
Kingswood Centre is a non-profit organization that provides employment and training services to persons with intellectual disabilities. We believe that each individual has a right to participate in
LENNOX ISLAND FIRST NATION

CONTACT:
Box 134
Lennox Island, PE  C0B 1P0
Phone: 831-2779
Fax: 831-3153

OBJECTIVES:
Provides support and referral to families where violence has occurred, mainly in the Lennox Island area, to prevent it from reoccurring.

LIBERTY AND BEYOND LIBERTY
SUPPORT GROUPS

CONTACT:
WEST PRINCE ACCESS CENTRE
Box 8, O'Leary, PE
C0B 1V0
Valerie Smallman: 859-8849/859-8800
Email: vjsmallman@ihis.org
Fax: 859-8709

OBJECTIVES:
Liberty is a series of facilitated workshops for women who have
allow women to explore their thoughts and feelings, strengthen their self-esteem, self-confidence, trust building, and their ability to make healthy choices regarding their future.

MAIN STREET FAMILY RESOURCE CENTRE

CONTACT:
Box 682
Souris, PE C0A 2B0
Barb Lundrigan: 687-3928
Fax: 687-4086
Email: mainfrc@pei.aibn.com

OBJECTIVES:
This is a grassroots organization consisting of parents, professionals and interested individuals dedicated to working together to provide the support families need for children ages 0 – 6. Parenting and prenatal programs, resource lending library (books, videos, toys, baby equipment) and parent and tot programs are offered. Services offered in Eastern Kings.

<table>
<thead>
<tr>
<th>COMMUNITY RESOURCES</th>
<th>135</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEYOND LIBERTY</td>
<td>support group program provides an opportunity for women who have taken the Liberty Program to participate in a second-level support group. Topics are directed more to the women and not the relationship. The 13-session program was designed to allow women to explore their thoughts and feelings, strengthen their self-esteem, self-confidence, trust building, and their ability to make healthy choices regarding their future.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMMUNITY RESOURCES</th>
<th>136</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEALS ON WHEELS</td>
<td>CONTACT:</td>
</tr>
<tr>
<td>ALBERTON</td>
<td>PHONE: 853-2794</td>
</tr>
<tr>
<td>Cost: $3.00</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 15</td>
<td></td>
</tr>
<tr>
<td>Monday through Friday</td>
<td></td>
</tr>
<tr>
<td>Meals prepared: Maplewood Manor</td>
<td></td>
</tr>
<tr>
<td>CHARLOTTETOWN</td>
<td>569-7700</td>
</tr>
<tr>
<td>Cost: $4.10</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 7</td>
<td></td>
</tr>
<tr>
<td>Monday through Frid</td>
<td></td>
</tr>
<tr>
<td>Meals prepared: Bea Prince Edward Home Hillsborough Hospit</td>
<td></td>
</tr>
<tr>
<td>Five days per week</td>
<td></td>
</tr>
<tr>
<td>KENSINGTON</td>
<td>18 Shamrock Cres.</td>
</tr>
<tr>
<td>Kinkora, PE C0B 1N0</td>
<td></td>
</tr>
<tr>
<td>Bonnie Goguen: 887-2858</td>
<td></td>
</tr>
<tr>
<td>Cost: $5.00</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 18-23</td>
<td></td>
</tr>
<tr>
<td>M, W, F</td>
<td></td>
</tr>
<tr>
<td>Meals prepared: Cole’s Restaurant</td>
<td></td>
</tr>
<tr>
<td>MONTAGUE</td>
<td>Meals In Motion</td>
</tr>
<tr>
<td>Box 1648 Montague, PE C0A 1R0</td>
<td></td>
</tr>
<tr>
<td>Elinor MacLeod: 838-3228</td>
<td></td>
</tr>
<tr>
<td>Cost: $3.50</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 2</td>
<td></td>
</tr>
<tr>
<td>5 days/week (some 7</td>
<td></td>
</tr>
<tr>
<td>Meals prepared: Riverview Manor &amp; Kings Cour</td>
<td></td>
</tr>
<tr>
<td>Hospital</td>
<td></td>
</tr>
<tr>
<td>O’LEARY</td>
<td>Donald MacDonald: 859-3149 or 859-2978</td>
</tr>
<tr>
<td>Cost: $3.25</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 3</td>
<td></td>
</tr>
<tr>
<td>M, W, F</td>
<td></td>
</tr>
<tr>
<td>Meals prepared:</td>
<td></td>
</tr>
<tr>
<td>SOURIS</td>
<td>Box 640 Souris, PE C0A 2B</td>
</tr>
<tr>
<td>Deandetta MacInnis:</td>
<td></td>
</tr>
<tr>
<td>Cost: $3.50</td>
<td></td>
</tr>
<tr>
<td>Meals Served/Day: 2</td>
<td></td>
</tr>
<tr>
<td>Monday through Frid</td>
<td></td>
</tr>
<tr>
<td>Community Resources</td>
<td>Real Meals</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Summerside, PE  C1N 6T3</td>
<td>Cornwall</td>
</tr>
<tr>
<td>Raymond Arsenault</td>
<td>Phone: 892-4257</td>
</tr>
<tr>
<td>Phone: 436-9520/888-8335</td>
<td>Real Meals</td>
</tr>
<tr>
<td>Cost: $4.00</td>
<td>Box 7704</td>
</tr>
<tr>
<td>Meals Served/Day: Max. 35</td>
<td>Cornwall, PE</td>
</tr>
<tr>
<td></td>
<td>C0A 1H0</td>
</tr>
</tbody>
</table>

**OBJECTIVES:**
Provides nutritious meals for those who are shut-in. Volunteers run the program with the support of community organizations.

**MI'KIMAQ FAMILY RESOURCE CENTRE**

**CONTACT:**
158 St. Peters Road, Charlottetown, PE  C1A 5P8
Sharon O’Brien: 892-0928
Fax: 894-3854

**OBJECTIVES:**
*Mi'Kimaq Family Resource Centre* is sponsored by the Aboriginal Women’s Association. It is organized to address the urgent needs of off-reserve native children and their families. The Centre is open Monday-Thursday, 9:00 AM to 4:00 PM.
OBJECTIVES:
Provides individual and family support for those affected by MS.
Funds are raised to aid P.E.I. residents with MS, for research and to make the public aware of the illness, its course and treatment.

MUSCULAR DYSTROPHY ASSOCIATION

CONTACT:

ATLANTIC REGION-SERVICES
Tracy Ryan, Director of Services
56 Avonlea Court, Suite 203
Fredericton, NB
E3C 1N8
Phone: 1-888-647-6322
Email: tracy.ryan@muscle.ca
Web: www.muscle.ca

P.E.I. CONTACT
Trisha Clarkin
21 Passmore Street
Charlottetown, PE C1A 7L9
Phone: 902-566-5793
Email: trishclarkin@yahoo.ca
Web: www.muscle.ca

OBJECTIVES:
Provides assistance with the costs associated with adaptive and assistive devices for people with neuromuscular disorders, advocacy related to clients’ needs and rights and information about local and provincial services.

NOTRE DAME PLACE CLUBHOUSE

CONTACT:
67 Duke Street, Suite 11
Summerside, PE C1N 3R9
Lila MacIsaac Buchanan: 902-888-2237
Fax: 902-436-2209
Email: ndplace@cmha.pe.ca

OBJECTIVES:
Notre Dame Place is a clubhouse where individuals with mental or emotional illness can become members. It provides a ment of support and encouragement that enables its members to strive towards more meaningful and satisfying lives. It is a place of opportunity, and of hope.

Like people everywhere, those with mental illness need to feel they are part of a community that values and respects them. The clubhouse provides them with opportunities to make a contribution. A part of the clubhouse, individuals are encouraged to develop their strengths and talents. This can lead them to greater participation as valuable members of a community, both within the doors of Notre Dame Place and beyond in the broader community.
OBJECTIVES:
To assist clients find suitable housing following discharge from hospital, to encourage integration, to provide support to foster home operators in order to maintain the client placement. We also provide on-going supportive counselling to clients and foster home operators through home visits and telephone contacts, we advocate for clients by safeguarding their rights and encouraging their responsibilities and we act as a liaison between Hillsborough Hospital and McGill Centre.

OXFAM CANADA, PEI COMMITTEE

CONTACT:
c/o VOLUNTARY RESOURCE CENTRE
81 Prince Street
Charlottetown, PE C1A 4R3
Tony Reddin: 675-4093
Web: www.oxfam.ca

OBJECTIVES:
OXFAM Canada aims to support and promote sustainable international development and solidarity through public education and fundraising.

PARASPORT AND RECREATION PEI

CONTACT:
Tracy Stevenson, Executive Director
Box 841
Charlottetown, PE C1A 7L9
Phone: 368-4540
Fax: 368-4548
Email: info@parasportpei.ca (information)
tracy@parasportpei.ca (director)
Web: www.parasportpei.ca

OBJECTIVES:
Parasport and Recreation PEI non-profit, charitable organization established in 1974. Parasport and Recreation PEI provides recreation and sport opportunities for individuals with a physical disability on PEI.

PROGRAMS:
Programs that are offered include: wheelchair basketball, sledge hockey, Aqua-Abilities (swimming lessons for children with a disability), ParaFit (swimming lessons for adults with a physical disability), Bridging the Gap, and an equipment loan program.

The organization offers a variety of programs but recognizes that not everyone’s interests are met through our programs. ParaSport and Recreation PEI also offers a Membership Funding Program. It is our goal to increase sport and recreation opportunities for the ParaSport and Recreation PEI membership through this program. Contact ParaSport and Recreation PEI to find out more information or to find a program that interests you.
OBJECTIVES:
Works with and on behalf of people with an intellectual disability AND their families. They promote inclusion for people with intellectual disabilities, assist local volunteer associations, monitor, lobby for and respond to new provincial legislation, policies and budget allocations. They also prepare and present position papers, direct people to appropriate services, assist in developing support groups, publish a monthly newsletter and provide an empathetic and willing ear.

PEI ASSOCIATION FOR NEWCOMERS TO CANADA

CONTACT:
49 Water Street,
Charlottetown, PE C1A 1A3
Kevin Arsenault, Executive Director
Phone: 628-6009
Fax: 894-4928
Email: info@peianc.com
Web: www.peianc.com

OBJECTIVES:
To provide settlement services to newcomers to Canada who settle on PEI. We support the integration of immigrants and refugees by providing a broad range of services in partnership with the community.

PEI CEREBRAL PALSY ASSOCIATION

CONTACT:
Box 22034
Charlottetown, PE C1A 9J2
Phone: 892-9694
Fax: 628-8751
Email: info@peicpa.com
Web: www.peicpa.com

OBJECTIVES:
We carry out a public education program on Cerebral Palsy causes and treatment. The Association works with persons with Cerebral Palsy so they may find their full potential. Financial assistance is available for equipment, transportation, etc. The association publishes quarterly newsletters. Book sette tapes are available on a number of subjects.

PEI CITIZEN ADVOCACY

CONTACT:
81 Prince Street
Charlottetown, PE C1A 4R3
Rosalind Waters: 566-3523
Email: peica@eastlink.ca
OBJECTIVES: To involve competent volunteer citizens (advocates) in an individual commitment to develop a relationship with, and advocate on behalf of, an individual who has been labelled “intellectually challenged” (protégé). The advocate helps the protégé meet his/her needs and assures that his/her voice is heard. PEI Citizen Advocacy offers training and support to advocates and protégés, while ensuring them independence and autonomy in the development of their relationship.

PEI COUNCIL OF PEOPLE WITH DISABILITIES INC.

CONTACT:

QUEENS COUNTY
5 Lower Malpeque Road
Landmark Plaza - Unit 2
Charlottetown, PE C1E 1R4
Marcia Carroll, Executive Director
892-9149 ext. 222
Fax: 566-1919
Web: www.peicod.pe.ca
Email: peicod@peicod.pe.ca
Cathy Rose, 892-9149 ext. 225

PRINCE COUNTY
Nancymarie Arsenault, 436-9259
Devon Broome, 436-1296

KINGS COUNTY
Theresa MacKinnon, 838-5879
Judy MacLeod, 838-5878

The Employment Department offers a number of employment-related services to people with disabilities. Specifically, this department assists physically disabled Islanders by those seeking employment, providing care and education, conducting empowerment seminars and workshops, and applying for funding for those wishing to continue their education.

The Administration Department duties include overseeing the Snoezelen Room and Designated Parking Permit Program.

PEI DISABILITY SUPPORT PROGRAM

<table>
<thead>
<tr>
<th>EAST</th>
<th>WEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>161 St. Peter’s Road, Sherwood Business Centre</td>
<td>Access PEI 120 Harbour Drive Summerside</td>
</tr>
<tr>
<td>Charlottetown</td>
<td>Pat MacDonald: Coordinator</td>
</tr>
<tr>
<td>Ann Drake: Coordinator</td>
<td>Phone: 888-8149</td>
</tr>
<tr>
<td>Phone: 368-5904</td>
<td>Email: <a href="mailto:pwmacdonald@ihis.org">pwmacdonald@ihis.org</a></td>
</tr>
</tbody>
</table>
OBJECTIVES:
The PEI Environmental Health Co-operative provides support and information for people suffering from environmental sensitivities. We work with others to educate the public about the health effects of contaminants in our environment, from personal care and cleaning products to pesticides. We support lifestyle choices that improve the quality of the environment for all.

OBJECTIVES:
Family Violence Prevention Services, Inc. (formerly Transition House Association) was established in 1980 to provide a safe, permanent and dignified residence for women and children fleeing abuse. The organization believes that it is a basic human right to be free of abuse and from fear of abuse in relationships.
Community and government agencies and Outreach and Support Services in Queens, West Prince, East Prince and Eastern PEI. For information on our public education and training programs, please call 894-3354, ext 221.

PEI LITERACY ALLIANCE

CONTACT:
Box 20107
161 St. Peters Road
Charlottetown, PE C1A 9E3
Phone: 368-3620
Fax: 368-3629
Email: literacy@eastlink.ca
Web: www.pei.literacy.ca

OBJECTIVES:
*PEI Literacy Alliance* advances literacy for the people of Prince Edward Island.

PEI LUNG ASSOCIATION

CONTACT:
Joanne Ings: Executive Director
1 Rochford Street, Suite 2
Charlottetown, PE C1A 9L2
Phone: 892-5957
Toll Free: 1-888-566-LUNG (5864)
Fax: 902-566-9901
Email: info@lung.ca
Web: www.pei.lung.ca

BreathWorks: 1-866-717-COPD (2673)
Asthma Action Hotline: 1-800-668-7682

OBJECTIVES:
The PEI Lung Association is a community based, charitable organization committed to assisting Islanders to promote, improve and participate in their lung health through education, advocacy and research. We are best known as the “Christmas Seals People”.

ACTIVITIES:
Lung Health Information: smoking prevention and cessation, lung cancer, COPD and asthma. We conduct fundraising in the community for lung health research and health education activities. With the Canadian Lung Association, we promote lung health issues through the National Lung Framework and HealthPartners (www.healthpartners.ca). Locally, we are an active partner in the Council for a Smoke Free PEI and the PEI Tobacco Reduction Alliance.
Mandate:
The PEI Senior Citizens’ Federation Inc. (PEISCF) is a provincial-wide non-profit charitable organization with over 50 member clubs and organizations. The Federation acts as a voice for seniors and advocates for a better quality of life on their behalf.

Objectives:
To link member clubs across PEI and provide a vehicle for a stronger voice; to consult with government and other decision makers about seniors’ concerns and to advocate on their behalf; to co-ordinate and organize workshops and seminars that meet seniors’ social and educational needs; to increase understanding of the aging process; to encourage seniors to participate in decisions which affect their lives; to act as a resource and disseminate information for the benefit of all seniors and to collaborate with other seniors’ organizations. The PEI Senior Citizens’ Federation administers: 55 Alive Driver Refresher Course, PEI Friendly Visitor Program, L.E.A.P. - Learning Elders Arts Program, Et Cetera Program for Seniors, Computing for Seniors Program, Island family trees Program and Lifetime Membership Awards. PEISCF holds two membership meetings per year (open to all seniors) attended by over 200 seniors from across the Island. Our publication is The Voice for Island Seniors — it is published as a supplement in The Guardian newspaper the 1st Tuesday of each month.

PEI SENIORS’ SAFETY PROGRAM INC.

Contact:
Queens
Anita Mercier
Phone: 902-393-7400
Email: ssp@gmail.com

Objectives:
The PEI Seniors’ Safety Program is designed to provide in-dwelling seniors with personal and home safety information. The information is delivered by the Project Coordinators to seniors in their own homes. The service is designed to help reduce crime against older adults by providing information on how to prevent and avoid frauds and scams, how to recognize unscrupulous sales persons and contractors and to prevent abuse of older adults. The Seniors’ Safety Program distributes the ‘Vial of Life’ and serves as a liaison between seniors and the police. This service increases seniors’ ability to access the information they need to help them remain independent and safe in their communites. The centerpiece of our program is our ability to deliver information for the benefit of all seniors and to collaborate with only to seniors in their own homes. There is no cost for any of our services.
Box 20151  
161 St. Peters Road  
Charlottetown, PE  
C1A 9E3  
Phone: 368-4695  
Toll Free: 1-800-348-7323  
Email: peivol@eastlink.ca

OBJECTIVES:
PEI Volunteers for Literacy promote literacy as a positive and important lifelong habit. We act as reading helpers in elementary schools, and tutors or adults who want to improve their literacy skills.

PARENT CONSULTATIVE COMMITTEE

CONTACT:
Toby Murphy  
P.O. Box 85  
Georgetown, PE  
C0A 1L0  
Phone: 652-2769

OBJECTIVES:
Parents Consultative Committee tries to get parents involved with the school and teachers.

PARENT HELP LINE – WEB SITE
Web: www.parenthelpline.ca

OBJECTIVES:
While the Parent Help Line phone service has been disc of February, 2006, it still offers a web service that lists specialized parenting sites at www.parenthelpline.ca.

POST ADOPTION SERVICES

CONTACT:
161 St. Peters Road  
Box 2000  
Charlottetown, PE  
C1A 7N8  
Matt Bourque: 368-6139

OBJECTIVES:
This resource includes: an adoption information service, a reciprocal search register and an active service for adult adoptees and their birth parents.
OBJECTIVES:
Primary Care Consulting Inc. offers a wide range of individualized programs for anyone seeking assistance in reaching their goals. We provide services for clients primarily from Prince County and Queens County. Initially, our programs and services were mainly for people with disabilities, but now the need for programs and services for "everyone" has grown. We individualize all of our programs and services to suit the needs of our clients. For more information about the broad range of programs and services we offer, please call or check our website.

PUBLIC HEALTH NURSING

CONTACT:
Charlottetown Public Health
161 St. Peters Road
Box 2000
Charlottetown, PE C1A 7N8
Caroline Paten: 368-4530

Kensington Public Health
Kensington Community Centre, Box 511
Kensington, PE C0B 1M0
Kathy White: 836-3863

O'Leary Public Health
Community Hospital
14 MacKinnon Dr. - Box 173
O'Leary, PE C0B 1V0
Mae Gorrill: 859-8720

Souris Public Health
17 Knights Lane
Souris, PE C0A 2B0
Arlene Rose: 687-7049

Tignish Public Health
Medical Centre
Box 118
Tignish, PE C0B 2B0
882-7366

OBJECTIVES:
The Division is responsible for providing nursing service to the community at large, outside of hospital and institutional settings. Programs include: reproductive care, child health, postpartum care, school health, communicable disease programs and provision of resource materials related to health issues.
COMMUNITY RESOURCES

QUEENS COUNTY RESIDENTIAL SERVICES INC. (QCRS INC.)

CONTACT:
39 Maypoint Road
Charlottetown, PE C1E 0H5
Phone: 566-4470
Fax: 566-9998
Email: qcrs@qcrs.ca
Web: www.qcrs.ca

OBJECTIVES:
Queens County Residential Services Inc. (QCRS Inc.) is a community-based, non-government, not-for-profit organization which serves as a resource in the community for persons who are intellectually disabled and their families and caregivers. QCRS Inc. provides case planning, operates five group homes and one small option home, offers individuals a variety of day opportunities and coordinates and provides respite services.

SALVATION ARMY COMMUNITY AND FAMILY SERVICES

CONTACT:
158 Fitzroy Street
Charlottetown, PE C1A 1S1
892-8870
Fax: 566-1510

OBJECTIVES:
Motivated by the love of God, the Salvation Army Community and Family Services demonstrates love through practical assistance and concern. Regardless of race, creed or religion, emergency assistance and counselling services are provided in time of need or disaster. Our Friendship Room meets 9:00 AM to 12:00 PM from Monday to Friday, and our Food Bank is open 9:00 AM to 11:00 AM on Tuesdays and Thursdays.

SOUTHERN KING HOSPICE ASSOCIATION

CONTACT:
Box 893
Montague, PE C0A 1R0
Naomi Bree: 838-2269

OBJECTIVES:
Coordinates volunteers who provide a high quality of care and support to the terminally ill and their families.

SUICIDE PREVENTION RESOURCES

CONTACT:
178 Fitzroy Street – Box 785
Charlottetown, PE C1A 7L9
Suicide Prevention Coordinator: 628-3669
Fax: 566-4643
Email: suicideprevention@cmha.pe.ca

OBJECTIVES:
Established by the Canadian Mental Health Association, the Suicide Prevention Program provides prevention and postvention programs and resources to communities throughout the province. These include a school-based Suicide Prevention Program (SOS), Applied Suicide Intervention Skills Training (ASIST) Workshops for caregivers, and community awareness campaigns.
OBJECTIVES:

Liberty Support Group:
Liberty is a series of facilitated workshops for women who have survived abuse and are no longer with their male partners. In eleven two-hour sessions, the group offers women the chance to learn more about family relationships, the uses of power and control, why women stay with abusive men, how to set good boundaries and limits on their relationships, and how to be good to themselves. The workshops are designed for six to eight participants. Liberty is a closed group and a safe place to work on past/present issues. "Confidentiality is a key issue" and is stressed at each workshop.

Beyond Liberty Support Group:
The Beyond Liberty program was developed in response to requests from women who had completed the Liberty program. The Beyond Liberty Program will provide an opportunity for women who are survivors of family violence crimes to participate in a second level support group. The 13-session program was designed to allow women to explore their thoughts and feelings and to strengthen their self-esteem, self-confidence, trust-building and their ability to make healthy choices.

THE CANADIAN DEAFBLIND ASSOCIATION–NB

CONTACT:
Kevin Symes, Executive Director
212 Queen Street, Suite 408
Fredericton, NB E3B 1A8
Phone: (506) 452-1544
Fax: (506) 451-8309
Email: office@cdda-nb.ca
Web: www.cdba-nb.ca

OBJECTIVES:
The Canadian Deafblind Association–NB is committed to assisting all persons who are deafblind to achieve, with intervention, the best quality of life.
OBJECTIVES:
Our mission is to serve the community by providing a competent level of crisis intervention, referrals and vital information in a caring, confidential, manner. We can provide confidential help with the following mental health problems: abuse; addictions; anxiety disorders; depression; grief; emotional stress; mental illness; relationship problems; sexual concerns and suicide. Helpline refers to a wide variety of community and hospital-based services.

THE REACH CENTRE

CONTACT:
223 Mason Road
Stratford, PE C1B 2G1
Phone: 620-0000
Email: thereachfoundation@gmail.com
Web: www.peireachfundation.ca

OBJECTIVES:
The Reach Centre was established to assist youth and their families struggling with the complex problems and challenges that arise through addiction and mental health issues, while transitioning from treatment to recovery.

TIGNISH WORKSHOP
(A Division of Community Inclusions Ltd.)

CONTACT:
Box 8
Tignish, PE C0B 2B0
Deanna Keough, Site Manager
Phone: 882-2984
Fax: 882-2984
Email: tignishworkshop@hotmail.com

OBJECTIVES:
A vocational/day-program setting where adults with disabilities, 18 years of age or older, can take part in activities and learn various life skills both on site and in the community.
OBJECTIVES:
To provide adults, who have an intellectual disability, with vocational training and support services that will assist each individual explore their full potential and empower them to contribute and participate in a meaningful way within the community.

VOLUNTARY RESOURCE CENTRE

CONTACT:
81 Prince Street
Charlottetown, PE C1A 4R3
Sylvie Arsenault: 368-7337
Fax: 368-7180
Email: vrc@eastlink.ca

OBJECTIVES:
The V.R.C. is a non-profit organization that is directed by a volunteer Board of Directors. The Centre provides services and resources to other non-profit organizations and individuals, an Island-wide newsletter.

WOMEN'S NETWORK PEI

CONTACT:
40 Enman Crescent – Box 233
Charlottetown, PE C1A 7K4
Phone: 902-368-5040
Toll Free: 1-888-362-7373
Email: info@wnpei.org
Web: www.wnpei.org

OBJECTIVES:
Women's Network PEI works to support and strengthen PEI Women and to improve the status of women in our society. We provide resources on health, employment, literacy, and legal aid.
<table>
<thead>
<tr>
<th>Charlottetown, PE  C1A 7N8</th>
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<tbody>
<tr>
<td>Gina Clow,</td>
</tr>
<tr>
<td>WrapAround Coordinator</td>
</tr>
<tr>
<td>Phone: 569-7682/569-7764</td>
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<tr>
<td>Fax: 569-7711</td>
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<tr>
<td>Email: <a href="mailto:jhoward@gov.pe.ca">jhoward@gov.pe.ca</a></td>
</tr>
<tr>
<td>Web: <a href="http://www.jhs-pei.ca">www.jhs-pei.ca</a></td>
</tr>
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</table>

| 98 Water Street,            |
| Holland College,            |
| Waterfront Campus           |
| Summerside, PE  C1N 4N6     |
| Melissa MacDonald: 436-2815  |
| Fax: 436-2815               |
| Web: www.epydc.org          |

**OBJECTIVES:**

WrapAround is an individualized planning process aimed at helping people and/or families create strategies to meet their needs through the assistance of a personal support team. The personal support team is created by the participants and consists of those people important to the person or family. The process helps the individual and/or family build on their strengths while connecting them with their community through available resources.
HELP & INFORMATION LINES
3. ANDERSON HOUSE (PEI Family Violence Protection Services Inc.)
   Long Distance ........................................... 1-800-240-9894
   Local (Emergency) ...................................... 892-0960

4. ARTHRITIS SOCIETY .................................. 1-800-321-1743

5. BIRTHRIGHT//24-HOUR HOT LINE .......... 1-800-550-8900

6. CHILD ABUSE (AFTER HOURS) .......... 1-800-341-6868
   PEI RAPE AND SEXUAL ASSAULT CRISIS LINE (LOCAL CALLS) .................................. 1-800-566-1864

7. CHILD ABUSE (LOCAL CALLS) ............... 368-6868
   Charlottetown ........................................ 368-5330
   Montague ............................................... 838-0703
   O'Leary ................................................. 859-8811
   Summerside .......................................... 687-7060
   Emergency Long Distance .......................... 1-800-543-3546

8. CHILD FIND PEI ........................................ 1-800-387-7962

9. CRIME STOPPERS ...................................... 1-800-222-8477

10. HEALTH LINE .......................................... 811
    www.healthpei.ca/811

11. ISLAND HELP LINE .................. 1-800-218-2885

12. KID'S HELP PHONE .................. 1-800-668-6868

13. LIFELINE:
    Charlottetown, Dorothy Johnson .............. 894-2969
    Montague, Bud Ings ............................. 838-2683
    O'Leary ............................................... 859-8811
    Summerside ........................................ 888-8100

14. ISLAND HELP LINE ................................ 1-800-218-2885

15. PEI RAPE AND SEXUAL ASSAULT CRISIS LINE (Toll Free) .................................. 1-888-299-8399

16. POISON CONTROL ............................ 1-800-565-8161

OUTREACH SERVICES:

East Prince .............................................. 436-0517
Eastern PEI ............................................... 838-0795
Queens .................................................... 566-1480
West Prince ............................................. 859-8849
SERVICE CLUBS/ASSOCIATIONS
<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
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<tr>
<td>Engineering Technicians and Technologists of PEI</td>
<td>Charlottetown, PE C1A 7N1</td>
<td>Trent Collicutt</td>
<td>Phone: 628-2000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>President: 892-8324</td>
<td>Fax: 368-3570</td>
</tr>
<tr>
<td>Association of Certified General Accountants of Prince Edward Island</td>
<td>Box 3-18 Queen St. Suite 105 Charlottetown, PE C1A 4A1</td>
<td>368-7237</td>
<td>Jane Sharpe</td>
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<td></td>
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<td>Dr. Jayne Toombs</td>
<td>Executive Director: 436-9651</td>
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<tr>
<td></td>
<td></td>
<td>Phone: 626-3937</td>
<td>Fax: 436-8320</td>
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<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@arnpei.ca">info@arnpei.ca</a></td>
<td>Email: <a href="mailto:info@chamber.summerside.ca">info@chamber.summerside.ca</a></td>
</tr>
<tr>
<td>Association of Registered Nurses of PEI</td>
<td>549 North River Rd. Charlottetown, PE C1E 1J6</td>
<td>Rebecca Gosbee</td>
<td>Web: <a href="http://www.chamber.summerside.ca">www.chamber.summerside.ca</a></td>
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<td>Executive Director: 368-3764</td>
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<td>Phone: 628-1430</td>
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<td>Email: <a href="mailto:info@arnpei.ca">info@arnpei.ca</a></td>
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<tr>
<td>Atlantic Provinces Chamber of Commerce</td>
<td>236 St. George St. Suite 21 Moncton, NB E1C 1W1</td>
<td>Bill Denyar</td>
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<tr>
<td></td>
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<td>(506) 857-3980</td>
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<tr>
<td>Benevolent Irish Society</td>
<td>582 North River Rd. Charlottetown, PE C1E 1R1</td>
<td>Everett Beagan</td>
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<td></td>
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<td>892-2367</td>
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<tr>
<td>Borden Royal Canadian Legion Branch #10</td>
<td>240 Main St. Box 98 Borden-Carleton PE C0B 1X0</td>
<td>855-2660</td>
<td>Dr. Brian Barrett, Executive Director</td>
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<tr>
<td>Caledonian Club of PEI</td>
<td>35 Bolger Drive Charlottetown, PE C1A 7T2</td>
<td>Eleanor Boswall</td>
<td>Phone: 892-1251</td>
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<tr>
<td></td>
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<td>President: 368-7378</td>
<td>Fax: 892-1253</td>
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<td>Amanda Wilson, President: 368-3703</td>
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<td>Gail Lecky, Executive Director: Phone: 368-7240</td>
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<td>Fax: 368-7415</td>
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<td>Email: <a href="mailto:info@cpfpei.pe.ca">info@cpfpei.pe.ca</a></td>
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<td>Canadian Parents for French, PEI Ltd.</td>
<td>Box 2785 Charlottetown, PE C1A 8C4</td>
<td>Web: <a href="http://www.cpfpei.pe.ca">www.cpfpei.pe.ca</a></td>
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<tr>
<td>Chamber of Commerce, Greater Charlottetown Area</td>
<td>Box 67 Charlottetown, PE C1A 7K2</td>
<td>Chamber of Commerce, Greater Summerside Area</td>
<td>263 Harbour Drive Suite 10 Summerside, PE C1N 5P1</td>
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<td>Chamber of Commerce, Charlottetown Curling Club</td>
<td>Box 158 Charlottetown, PE C1A 7K4</td>
<td>Charlottetown Curling Club</td>
<td>235 Prince St. Charlottetown, PE C1A 4S2</td>
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<td>Christian Council</td>
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<td>Construction Association of Prince Edward Island</td>
<td>40 Enman Crescent Room 223 Charlottetown, PE C1E 1E6</td>
<td>184 Belvedere Ave. Charlottetown, PE C1A 2Z1</td>
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<td>Dental Association</td>
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<td>Diocese of Charlottetown</td>
<td>Box 907 Charlottetown, PE C1A 7L9</td>
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<td>Donna’s Trasportation Ltd.</td>
<td>345 First St. Summerside, PE C1N 1G5</td>
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<tr>
<td>Donna Sonier</td>
<td>420 University Ave Suite 113 Ch’town Farm Centre Charlottetown, PE</td>
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<td>Wade Lewis</td>
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<td>Phone: 569-4544</td>
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<td>Environmental Coalition of PEI</td>
<td>126 Richmond St. Charlottetown, PE C1A 1H9</td>
<td>566-4696</td>
<td>566-4037</td>
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<tr>
<td>Farmers Helping Farmers</td>
<td>Teresa Mellish Box 2623 Charlottetown, PE C1A 8C3</td>
<td>838-4032</td>
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<tr>
<td>Federation of Prince Edward Island Municipalities</td>
<td>1 Kirkdale Rd Charlottetown, PE C1E 1R3</td>
<td>566-1493</td>
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<tr>
<td>Habitat for Humanity</td>
<td>365 Mount Edward Rd Charlottetown, PE C1E 2A1</td>
<td>367-3559</td>
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<tr>
<td>Human Rights Commission</td>
<td>Box 2000 53 Water St. Charlottetown, PE C1A 7N8</td>
<td>368-4180</td>
<td>1-800-237-5031</td>
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<tr>
<td>IODE PEI</td>
<td>24 Arcona Drive Charlottetown, PE C1A 8C9</td>
<td>894-4920</td>
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<tr>
<td>Institute of Chartered Accountants</td>
<td>Box 301 Charlottetown, PE C1A 7K7</td>
<td>894-9995</td>
<td>894-6644</td>
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<td>Island EMS</td>
<td>229 Sherwood Road Charlottetown, PE C1E 0E5</td>
<td>892-9995</td>
<td>1-877-660-6644</td>
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<td>Joyriders Therapeutic Riding Association of PEI</td>
<td>Winsloe, PE C1A 9E3</td>
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<tr>
<td>Kensington &amp; Area Chamber of Commerce</td>
<td>Box 234 Kensington, PE C0B 1M0</td>
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<tr>
<td>Kings Playhouse, Georgetown</td>
<td>Box 267 Georgetown, PE C0A 1L0</td>
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<tr>
<td>Kinsmen Club of Charlottetown</td>
<td>19 Edgehill Terrace Stratford, PE C1B 2V3</td>
<td>566-8867</td>
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<td>Knights of Columbus</td>
<td>C.P. 37 Wellington, PE C0B 2E0</td>
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<td>Licensed Practical Nurses’ Association of PEI</td>
<td>155 Belvedere Ave, Suite 204</td>
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<tr>
<td>Lions Club – Albany</td>
<td>Rt. 225, Kinkora, PE C0B 1N0</td>
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<tr>
<td>Lions Club – Alberton</td>
<td>458 Rosebery Road, R.R. 1, Belfast, PE C0A 1A0</td>
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<tr>
<td>Lions Club – Belfast</td>
<td>458 Rosebery Road, R.R. 1, Belfast, PE C0A 1A0</td>
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<tr>
<td>Lions Club – Brackley Beach North Shore</td>
<td>Brackley Beach, PE C1A 1Z3</td>
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</table>
| Lions Club – Crossroads/Stratford | 6 Orchid Drive  
Stratford, PE  
C1B 1K7 | Avery Blaxland  
569-2409 | Lions Club – St. Eleanors | Summerside, PE  
C1N 4L4 | Burton Wilcox  
436-3983 |
| Lions Club – Cymbria | 1522 Rustico,  
Route 7  
Winsloe  
C1E 0Y2 | Edwin Peters  
368-2784 | Lions Club – St. Eleanors | Summerside, PE  
C1N 4K4 | Ed Arsenault  
724-2053 |
| Lions Club – Dundas | RR#5 Cardigan, PE  
C0A 1G0 | Roger MacKenzie  
583-2877 | Lions Club – Summerside | Mount Stewart  
PE | Brian Craig  
Lions Club – Tracadie | Vernon River, RR #1  
Montague, PE  
C0A 2E0 | Barry Hogan  
651-2763 |
| Lions Club – East Royalty | 528 St. Peters Road,  
Charlottetown, PE  
C1A 7J7 | Dawn Penton-Hobbs  
367-2161 | Lions Club – Vernon River | Box 6302  
Cornwall, PE  
C0A 1H0 | Jason Lamont  
Sandy Irwin  
Executive Director  
John Paul Schaefer  
President  
Phone: 368-7303 |
| Lions Club – Fort Augustus & Area | 2332 Fort Augustus Rd.  
PE  
C1A 7J8 | Terry Beaton  
569-3757 | Lions Club – Winsloe | | |
| Lions Club – Georgetown | 25 George Street  
Box 42  
Georgetown, PE  
C0A 1L0 | Lions Club: 652-2834  
Stephen Caroll: 652-2223 | Medical Society of Prince Edward Island | 2 Myrtle Street  
Stratford, PE  
C1B 2W2 | John Paul Schaefer  
Director, Women`s District  
President  
Phone: 368-368-7303 |
| Lions Club – Hunter River | Hunter River, RR2  
PE  
C0B 1N0 | Jean MacRae  
964-2536 | Montague/Souris District 4-H Clubs | 14 Rosedale Rd  
Box 820 | Amy Doyle  
Phone: 838-0991 |
| Lions Club – Kensington | Stanley Bridge RR 6  
PE  
C0A 1MO | Wayne Scott  
886-2858 | | | |
| Lions Club – Malpeque Bay and Area | R. R6, Kensington  
PE  
C0B 1M0 | Kathleen Waite  
836-3075 | | | |
| Lions Club – Montague | Box 152 Montague  
PE  
C0A 1R0 | Lorne MacDonald  
838-2128 | National Farmers Union | | Jamie Thomas:  
Phone: 892-5314  
Toll Free: 1-877-591- 
Fax: 368-7464  
Email: admin@ncpei.com  
Web: www.ncpei.com |
| Lions Club – Morell | R. R.2  
Morell, PE  
C0A 1S0 | Herbert Crane  
393-8993 | | | |
| Lions Club – North Rustico | Box 21 North Rustico, PE  
C0A 1N0 | Keith Doiron  
629-9273 | Native Council of PEI | 6 FJ McAulay Court  
Charlottetown, PE  
C1A 9M7 | Joe Byrne  
Coordinator |
| Lions Club – O’Leary | Box 26,  
Coleman, PE  
C0B 1B0 | Mark Lockhart  
859-2066 | | | |
<table>
<thead>
<tr>
<th>Name of Organization</th>
<th>Address</th>
<th>Contact Person</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
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<tr>
<td>Safety Services</td>
<td>C1A 7L7</td>
<td>Allan Kerwin</td>
<td>894-4246</td>
<td>Email: <a href="mailto:gwstewart@web.pe.ca">gwstewart@web.pe.ca</a></td>
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<tr>
<td>Parks and People Association Inc.</td>
<td>2 Palmer’s Lane Charlottetown, PE C1A 5V8</td>
<td>Trent Costello</td>
<td>Phone: 894-3339</td>
<td>Fax: 628-8582</td>
<td>Email: <a href="mailto:parksandpeople@pei.aibn.ca">parksandpeople@pei.aibn.ca</a></td>
</tr>
<tr>
<td>Pat and the Elephant</td>
<td>30 Woodward Drive Charlottetown, PE C1A 6A7</td>
<td>Richard Montigny</td>
<td>Phone: 892-6705</td>
<td>Fax: 628-8751</td>
<td>Email: <a href="mailto:rmontigny@pei.sympatico.ca">rmontigny@pei.sympatico.ca</a></td>
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<tr>
<td>PEI Action Housing Inc.</td>
<td>Box 22051 Charlottetown, PE C1A 9J2</td>
<td>Shirley Moore</td>
<td>Phone: 892-3445</td>
<td>Fax: 566-3797</td>
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<tr>
<td>PEI Association of Community Schools</td>
<td>1368 Loyalist Rd RR #2 North Wiltshire, PE C0A 1Y0</td>
<td>Geoffrey</td>
<td>President: 963-3700</td>
<td></td>
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</tr>
<tr>
<td>PEI Beekeepers Cooperative Association</td>
<td>134 Kent St. Suite 230 Charlottetown, PE C1A 7K2</td>
<td>Lori Bingley</td>
<td>Phone: 894-4936</td>
<td>Fax: 628-6396</td>
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<tr>
<td>PEI Chamber of Commerce</td>
<td>30 Enman Cres., Room 235 Charlottetown, PE C1E 1E6</td>
<td>Lori Bingley</td>
<td>Phone: 894-4936</td>
<td>Fax: 628-6396</td>
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<tr>
<td>PEI Council Girl Guides</td>
<td>115 Richmond St. Charlottetown, PE</td>
<td>Darrell White</td>
<td>Phone: 368-4410</td>
<td>Fax: 368-4418</td>
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<tr>
<td>PEI Crime Stoppers</td>
<td>Box 2708 Charlottetown, PE C1A 8C3</td>
<td>Gary Bowness</td>
<td>Phone: 894-7055/626-8045</td>
<td>Fax: 566-8342</td>
<td>Email: pitts@peicrimesto</td>
</tr>
<tr>
<td>PEI Cultured Mussels Grower Association</td>
<td>101 Longworth Ave. Charlottetown, PE C1A 5A9</td>
<td>Ernie Mutch</td>
<td>President: 368-7289</td>
<td>Fax: 368-7204</td>
<td>Web: <a href="http://www.peifa.ca">www.peifa.ca</a></td>
</tr>
<tr>
<td>PEI Federation of Agriculture</td>
<td>420 University Ave. Charlottetown, PE C1A 7Z5</td>
<td>Carl Pursey</td>
<td>President: 368-3068</td>
<td>Email: <a href="mailto:peifed@pei.ai">peifed@pei.ai</a></td>
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</tr>
<tr>
<td>PEI Federation of Foster Families</td>
<td>326 Patterson Dr. Charlottetown, PE C1A 8K4</td>
<td>Wayne MacFarlane</td>
<td>Phone: 963-3885</td>
<td></td>
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</tr>
<tr>
<td>PEI Fishermen’s Association</td>
<td>420 University Ave. Charlottetown, PE C1A 7Z5</td>
<td>Frank Hennessey</td>
<td>Phone: 566-4050</td>
<td>Fax: 368-3748</td>
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<tr>
<td>PEI Ground Fish Association</td>
<td>Box 543 Souris, PE C0A 2B0</td>
<td>Frank Hennessey</td>
<td>Phone: 687-3256</td>
<td></td>
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</tr>
<tr>
<td>PEI Guidance and Counselling Association</td>
<td>c/o West Kent Elementary School 27 Viceroy Ave. Charlottetown, PE C1A 2E4</td>
<td>Lilly Gillespie</td>
<td>President: 368-6065</td>
<td>Fax: 368-4559</td>
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</tr>
<tr>
<td>PEI Hairdressers Associations</td>
<td>Box 984 Charlottetown, PE C1A 7M4</td>
<td></td>
<td>892-5359</td>
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<tr>
<td>Name of Organization</td>
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<td>Address 3</td>
<td>City</td>
<td>CE Code</td>
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<tr>
<td>PEI Home and School Federation Inc.</td>
<td>Box 1012  Charlottetown, PE</td>
<td>C1A 7M4</td>
<td>Toll Free: 1-800-916-0664</td>
<td>620-3187</td>
<td><a href="mailto:peisf@edu.pe.ca">peisf@edu.pe.ca</a></td>
</tr>
<tr>
<td>PEI Home Economics Association</td>
<td>Box 20029  Sherwood Outlet  Charlottetown, PE</td>
<td>C1A 9E3</td>
<td>Debbie Earl</td>
<td>President</td>
<td>Phone: 675-2369</td>
</tr>
<tr>
<td>PEI Humane Society</td>
<td>309 Sherwood Road  Mail: Box 20022  Charlottetown, PE</td>
<td>C1A 9E3</td>
<td>Phone: 892-1190</td>
<td>Email: info@peihsf</td>
<td>Web: <a href="http://www.peihsf">www.peihsf</a></td>
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<tr>
<td>PEI Institute of Agrologists</td>
<td>Box 2712  Charlottetown, PE</td>
<td>C1A 8C3</td>
<td>Diane Campbell</td>
<td>Phone: 569-2885</td>
<td>Email: <a href="mailto:ddcampbell@eastlink.ca">ddcampbell@eastlink.ca</a></td>
</tr>
<tr>
<td>PEI Kiwanis Music Festival Association</td>
<td>227 Keppoch Road  Stratford, PE</td>
<td>C1B 2J5</td>
<td>Dr. David Keenlyside, Executive Director</td>
<td>Phone: 368-6600</td>
<td>Email: <a href="mailto:mhpei@gov.pe.ca">mhpei@gov.pe.ca</a></td>
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<tr>
<td>PEI Museum &amp; Heritage Foundation</td>
<td>2 Kent Street  Charlottetown, PE</td>
<td>C1A 1M6</td>
<td>Neila Auld</td>
<td>Phone: 658-2780</td>
<td>Email: <a href="mailto:nauld@pepharmacists.ca">nauld@pepharmacists.ca</a></td>
</tr>
<tr>
<td>PEI Occupational Therapy Society</td>
<td>Box 2248  Charlottetown, PE</td>
<td>C1A 8B9</td>
<td>892-1266</td>
<td>Neil Auld</td>
<td>658-2780</td>
</tr>
<tr>
<td>PEI Pharmacy Board</td>
<td>Box 89  20454 TCH  Crapaud, PE</td>
<td>C0A 1J0</td>
<td>Fax: 658-2780</td>
<td>Fax: 658-2198</td>
<td>Email: <a href="mailto:nauld@pepharmacists.ca">nauld@pepharmacists.ca</a></td>
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<td>PEI Institute of Agrologists</td>
<td>227 Keppoch Road  Stratford, PE</td>
<td>C1B 2J5</td>
<td>Phoebe Smith</td>
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<td>Email: <a href="mailto:peihsf@edu.pe.ca">peihsf@edu.pe.ca</a></td>
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<td>PEI Teachers’ Federation</td>
<td>Box 6000  Charlottetown, PE</td>
<td>C1A 8B4</td>
<td>569-4157</td>
<td>569-3682</td>
<td><a href="http://www.peitf.com">www.peitf.com</a></td>
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<td>PEI Volunteers for Literacy</td>
<td>Box 20151  161 St. Peters Road  Charlottetown, PE</td>
<td>C1A 9E3</td>
<td>Toll free: 1-800-348-3493</td>
<td>Email: <a href="mailto:peivol@eastlink.ca">peivol@eastlink.ca</a></td>
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<tr>
<td><strong>4-H Clubs</strong></td>
<td>C1A 7N8</td>
<td>Email: <a href="mailto:pei4h@gov.pe.ca">pei4h@gov.pe.ca</a></td>
<td><strong>Rotary Club of Montague</strong></td>
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<tr>
<td><strong>Psychological Association of Prince Edward Island</strong></td>
<td>1 Rochford St. Charlottetown, PE C1A 9L2</td>
<td>Rhonda Matters President Phone: 569-8731 Fax: 569-3640</td>
<td><strong>Rotary Club of Stratford</strong></td>
<td>22 Pondside Court Stratford, PE C1B 1E5</td>
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<tr>
<td><strong>Queen Elizabeth Hospital Foundation</strong></td>
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<td>Barb Dunphy Chief Executive Officer Phone: 894-2425 Fax: 894-2433 Email: <a href="mailto:bdunphy@qehfoundation.pe.ca">bdunphy@qehfoundation.pe.ca</a> Web: <a href="http://www.qehfoundation.pe.ca">www.qehfoundation.pe.ca</a></td>
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<td>Box 6600 Charlottetown, PE C1A 8T5</td>
<td>Jill Richardson, Manager Phone: 894-2003</td>
<td><strong>Saint Thomas D'Aquin (La Societe)</strong></td>
<td>5 Ave. Maris Stella Summerside, PE C1N 6M9</td>
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<td><strong>Queens County Music Festival</strong></td>
<td>40 Hurry Road Charlottetown, PE C1E 1Z4</td>
<td>Kaye Linkletter 368-2348</td>
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<td>Box 808 Cornwall, PE C0A 1H0</td>
<td>Blair Smith, President 675-2561</td>
<td><strong>Seniors Active Living Centre</strong></td>
<td>550 University Ave. Charlottetown, PE C1A 4P3</td>
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<td>156 Mt. Edward Rd. Charlottetown, PE C1A 5T2</td>
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<td><strong>Silver Fox Curling &amp; Yacht Club</strong></td>
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<td><strong>Religious Society of Friends (Quakers)</strong></td>
<td>Box 299 Cornwall, PE C0A 1H0</td>
<td>Daphne Davey Phone: 675-3501 Fax: 675-2533</td>
<td><strong>Southern Kings &amp; Queens Food Bank Inc.</strong></td>
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<td>Gemma Koughan, Executive Director Phone: 368-4110 Fax: 368-4548 Email: <a href="mailto:sports@sportpei.ca">sports@sportpei.ca</a></td>
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<td>Mike MacDonald</td>
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<tr>
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<th><strong>Emerson Gorrill, Chairperson</strong></th>
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<tr>
<td>NAME:</td>
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<td>CONTACT:</td>
<td>Phone: 894-4873</td>
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<th><strong>Emerson Gorrill, Chairperson</strong></th>
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<th><strong>Rhonda Bellefontaine</strong></th>
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<th><strong>Doreen Cole, President</strong></th>
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<tbody>
<tr>
<td>NAME:</td>
<td>40 Enman Crescent</td>
</tr>
<tr>
<td>ADDRESS:</td>
<td>Phone: 368-4860</td>
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<th><strong>War Amputations of Canada, PEI Branch</strong></th>
<th><strong>Craig Avery, President</strong></th>
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<th><strong>Ann Arsenault</strong></th>
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<tr>
<td>Georgetown Elementary School</td>
<td>47 Kent Street, Georgetown, PE C0A 1L0</td>
<td>652-897</td>
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<td>Janie MacDonald, Principal</td>
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<td>Janie MacDonald, Principal</td>
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<tr>
<td>Holland College – Aerospace Centre</td>
<td>47 Kent Street, Georgetown, PE C0A 1L0</td>
<td>652-897</td>
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<td>Janie MacDonald, Principal</td>
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<td>Glen Stewart Elementary School</td>
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<td>569-055</td>
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<td>Pat Campbell, Principal</td>
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<td>Grace Christian School</td>
<td>50 Kirkdale Rd, Charlottetown, PE C1E 1N6</td>
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<td>Jason Biel, Principal</td>
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<td>Jason Biel, Principal</td>
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<tr>
<td>Greenfield Elementary School</td>
<td>100 Darby Dr, Summerside, PE C1N 4V8</td>
<td>888-849</td>
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<td>Sandra Jay, Principal</td>
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<td>Sandra Jay, Principal</td>
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<tr>
<td>Gulf Shore Consolidated School</td>
<td>185 Hilltop Ave, North Rustico, PE C0A 1X0</td>
<td>963-781</td>
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<td>Mary Jane Ready, Principal</td>
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<td>Hernewood Intermediate School</td>
<td>RR #3, O’Leary, PE C0B 1V0</td>
<td>859-871</td>
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<td>Patti Sweet, Principal</td>
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<tr>
<td>Holland College – Aerospace Centre</td>
<td>40 Parkway Drive, Slemen Park, PE C0B 2A0</td>
<td>888-673</td>
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<td>Holland College – Atlantic Police Academy</td>
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<td>Ross McDermott</td>
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<td>Lynne MacPhee</td>
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Disability
Disabled

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East Prince Women's Information Centre
Eastern PEI Family Violence Prevention Services
Education
Emotions Anonymous
English Language School Board

F

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Family Place
Family Program (Addictions)
Family Service PEI
Family Ties Program
Farmers Helping Farmers
Fitzroy Centre Clubhouse
Four Neighbourhoods Community Health Centre
French School Board
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| **Introduction** | **Marriage Encounter** |
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| **Island Pregnancy Centre** | **Meals On Wheels** |
| **Island First Nation** | **Medical** |
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| **J** | **Mental Health** |
| **John Howard Society** | **Mental Health** |
| **K** | **Mentally Handicapped** |
| **K&K Quality Care** | **Multiple Sclerosis Society** |
| **Kid’s Help Phone** | **Muscular Dystrophy Association** |
| **Kidney Foundation of Canada, PEI Chapter** | **Muscular Dystrophy** |
| **Kids** | **Muscular Dystrophy Society** |
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| **Kids West Family Resource Centre** | **Muscular Dystrophy** |
| **K&K Quality Care** | **Muscular Dystrophy** |
| **Kid’s Help Phone** | **Muscular Dystrophy** |
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| **Kids** | **Muscular Dystrophy** |
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| **Kid’s Help Phone** | **Newcomers** |
| **Kidney Foundation of Canada, PEI Chapter** | **Notre Dame Place Clubhouse** |
| **Kids** | **North East Community Library** |
| **Kids Supporting Kids** | **North East Community Library** |
| **Kids West Family Resource Centre** | **North East Community Library** |
| **K&K Quality Care** | **North East Community Library** |
| **Kid’s Help Phone** | **North East Community Library** |
| **Kidney Foundation of Canada, PEI Chapter** | **North East Community Library** |
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| **Kids West Family Resource Centre** | **North East Community Library** |

| **L** | **O** |
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| **Lifeline** | **Omen Care Support Group** |
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