The Well-Being HUB

PROGRAM GUIDE
Fall 2026



Supporting the mental, physical, spiritual, & emotional wellness of Eastern Shore & Musquodoboit Valley residents.

Photo courtesy of Maryann Woodworth. Sheet Harbour, fall 2025.

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Letter from the Executive Director



Dear community members,

It is with a heavy heart that I share that my last day as Executive Director of the Well-Being HUB is September 11, 2026.

It has been an honour to lead this organization over the past almost six years. Over this time, I have seen the HUB through its transformation from a pilot project at the Old School Community Gathering Place into an independent organization. Through the collective efforts of our Steering Committee, Board, volunteers, staff, and community, we have expanded our programming, grown our community support, and impacted the lives of hundreds of individuals across the Eastern Shore and Musquodoboit Valley.

I am deeply grateful to everyone, including our incredible community partners, who have made this vital work possible. Your passion and commitment have been the backbone of our success so far.

Though I am moving on a new chapter, I will always carry the vision, mission, and values of the Well-Being HUB with me, and I look forward to watching this organization continue to flourish. During the transition, our Program Coordinator, Nicola Bailey, will take on the role of Acting Executive Director. I truly hope that she finds this opportunity as fulfilling and impactful as I have.

With warm gratitude,

Lesley Magee

Lesley Magee
Executive Director, Well-Being HUB

ABOUT THE WELL-BEING HUB

We are a not-for-profit providing services & programming supporting the mental, physical, spiritual, and emotional wellness of residents through the Eastern Shore and Musquodoboit Valley.

OUR VISION:
A supportive community where residents can transition through life with hope and dignity, accessing the right care and services at the right time.

WE OFFER

- Workshops, seminars, and info sessions focused on mental health, aging in place, caregiving, and more
- Visiting Buddies Volunteer Visitor Program
- Mental Health and Wellness Navigation
- Aging in Place Navigation for seniors and unpaid caregivers
- Opportunities for collaboration & capacity building

The Well-Being HUB's work is possible with generous support from:

- The Office of Addictions and Mental Health's Community Wellness Framework
- Service Canada's New Horizons for Seniors Program
- YMCA Nova Scotia Works
- Community Health Board Wellness Fund

What is Social Prescribing?

At the Well-Being HUB, we know health and well-being are about more than just medical care.

By helping people connect with others and become involved in their communities, we can help reduce isolation, build confidence and resilience, improve mental wellness, and create a stronger sense of belonging.

How Does Social Prescribing Work?

Sometimes, the best support isn't another medical appointment—it might be meeting new people, getting active, learning something new, finding practical help, or simply having someone to talk to.

Depending on a person's interests, needs, and goals, a Navigator might connect them with:

- Walking groups or other local physical activities
- Community recreation programs and fitness activities
- Peer support groups
- Seniors' groups and social gatherings
- Local libraries and community programming
- Transportation and community ride programs, such as MusGo Rider

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Social prescribing connects community members to services, programs, activities, and other resources that can help improve their physical, mental, spiritual, and emotional health.

Our Wellness Navigator for Seniors, Michelle Williams, talks Social Prescribing

Social prescribing is an approach that healthcare practitioners use when they recognize a patient needs support beyond traditional medical care, focusing instead on the social determinants of health, housing, social supports, discrimination, employment, education, income and wealth, food security, social exclusion, gender, race, disability, access to health care.

At the Well-Being HUB, we have been helping community members navigate local systems and connecting them with community programs and events.

One successful social prescribing case from a Nova Scotia healthcare setting highlights the impact of this work. We received a referral for a patient who was awaiting a nursing home bed after a life-altering medical event. Previously active and social, her decreased physical abilities made staying connected difficult and her mental health was on the decline.

After meeting with the patient and her family, we matched her with a volunteer from our Visiting Buddy Program for weekly visits to do puzzles, look at photos, and listen to music. We also arranged for Musgo Rider to transport her from the hospital to a weekly dance program. The senior's mental health improved. She began to eat and sleep better. Healthcare staff later reached out to share that having these activities to look forward to was life-changing for her.

Social prescribing can truly change lives.
-Michelle



Ready to get connected? Reach out today.

seniors@wellbeinghub.ca
(902) 981-4001
Toll Free: 1-833-393-2298 ex. 3

THE WELL-BEING HUB'S NAVIGATION SERVICE



Michelle Williams

WELLNESS NAVIGATOR FOR SENIORS

Phone: (902) 981-4001
Toll Free: 1 (833) 393-2298 ext. 3
Email: seniors@wellbeinghub.ca

WHAT I OFFER

- One-on-one help
- Help navigating complex systems related to health and aging
- Connections with resources supporting aging in place and caregivers
- Information about local social programming, eligibility for senior-focused benefits, transportation options and other resources supporting aging in place and unpaid caregivers.

Tuesdays 9:30-2:30
Library Office, Haverstocks, Middle Musquodoboit,
Wednesdays 9:00-3:00
The Old School, Musquodoboit Harbour
Thursdays 9:30-2:00
NS Works/YMCA Building, Sheet Harbour

The Well-Being HUB's Navigation Service offers FREE wellness support in-person, in community or virtually.



You can text me!
(782) 446-1645

Julia Brown

MENTAL WELLNESS NAVIGATOR, 16+

Phone: (782) 446-1645
Toll Free: 1 (833) 393-2298 ext. 2
Email: wellness@wellbeinghub.ca

WHAT I OFFER

- Help to access services in community or the mental health system and connections with community mental wellness resources
- Peer support to those traversing difficult times in their lives
- Information about local programming and services like support groups, transportation options & food banks

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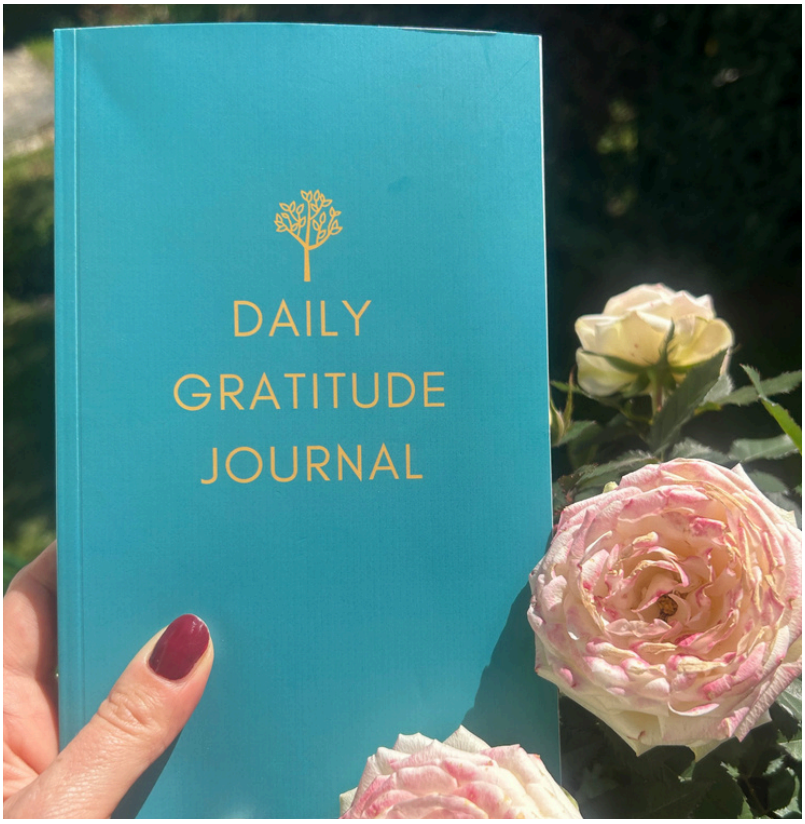
Mondays in Middle Musquodoboit (9:30-1:30pm)
Haverstocks Bldg Unit 4 12280 Hwy #224
Wednesdays in Porters Lake (9:30-1:30pm)
YMCA Nova Scotia Works Centre 5228 Nova Scotia Trunk 7
Thursdays in Sheet Harbour (8:30-2:00pm)
YMCA Nova Scotia Works Centre 22540 Nova Scotia Trunk 7

The Well-Being HUB's Gratitude Journal

Build a daily habit of gratitude

— shown to boost mood, reduce stress, & strengthen resilience.

Our Gratitude Journal is a simple tool to support mental health, reflection, and daily calm.



Find it at

- Steeple Green Bookstore
- Fancy Lucky Vintage
- Eye Deal Auto
- Marmalade Cafe
- NS Works in Porter's Lake

$20

Every journal sold helps our non-profit support wellness across the Eastern Shore & Musquodoboit Valley!

Harvard Health explains that gratitude is consistently associated with greater happiness and can help people experience more positive emotions, deal with adversity and build stronger relationships.

What folks are saying about our journal:

The prompts, along with the space to doodle and draw, have truly helped me pick up this tool again and again. I am running out of space in the winter chapter!

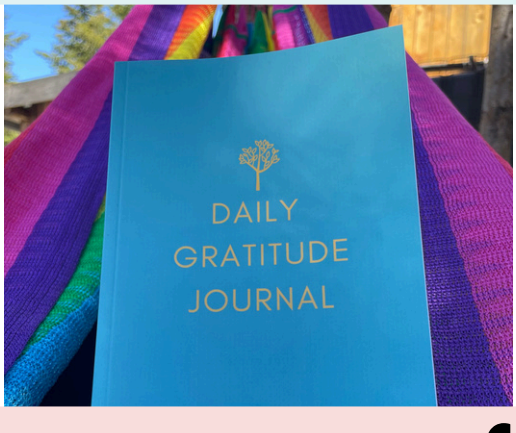
The size is easy to throw in your purse, it's durable and well-made.

I like taking my journal to the beach and reflecting on the things I am grateful for while enjoying the many ocean views our community has.

Tag us in a snap of your favourite journal spot or send us a testimonial message for our next guide!









Give yourself a moment of calm. Give back while you do it.

Comedy Night Fundraiser Update







Our Comedy Night Fundraiser on July 17 was a huge success!

Over 80 community members helped put the “fun” into fundraiser at our first Well-Being HUB Comedy Night, part of the Musquodoboit Harbour and Area Chamber of Commerce and Civic Affairs’ Summer Festival.

Comedians Josh Poulain and Dan Hendricken were the stars of the show, and our own Will Gilligan from the Old Number 7 Pub was our MC. Eastern Shore Community Centre staff tickled guests' tastebuds with their creative mocktails, adding a special touch to the evening.

A very big THANK YOU to our generous sponsors - St Barbara (Gold); East Coast Credit Union (Silver); and Playwell Bricks (Bronze), as well as to the staff at the Eastern Shore Community Centre for hosting the event.

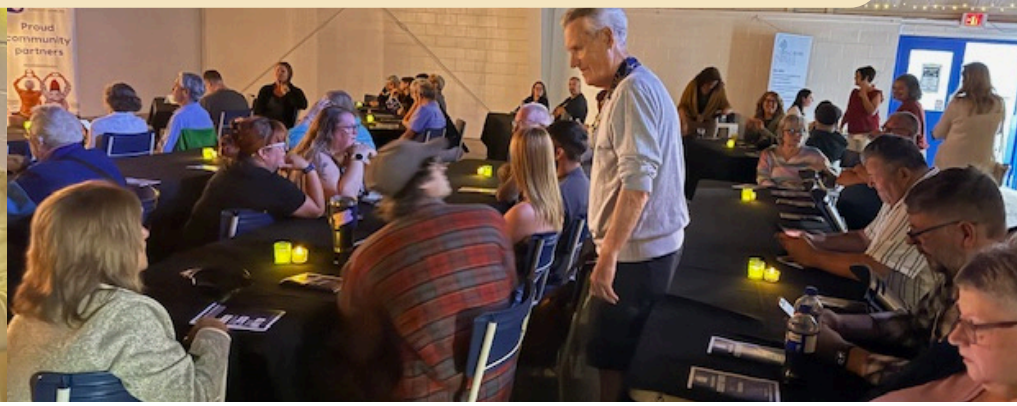






Thanks to our community and sponsors, we raised over $5000!





East Coast CREDIT UNION
Silver Sponsor

St Barbara
Gold Sponsor

PLAY WELL
Bronze Sponsor


WELL-BEING
HUB
Do you or someone you know need help applying for the Senior Care Grant?
Michelle, our Wellness Navigator for Seniors, can help you.
Contact Michelle at:
(902) 981-4001
Toll Free: 1 (833) 393-2298 ext. 3
seniors@wellbeinghub.ca
SEE ALL WE OFFER AT WELLBEINGHUB.CA

Update on Visiting Buddies

USUALLY, YOU WOULD SEE A HIGHLIGHT OF OUR VISITING BUDDIES PROGRAM ON THIS PAGE.

HOWEVER, FOLLOWING A RECENT REDUCTION IN FUNDING FOR OUR AGING-IN-PLACE INITIATIVES, WE CANNOT PROCESS ANY NEW CLIENT INTAKES.

Visiting Buddies provides essential social connection for isolated seniors who thrive on regular interaction. Our clients deeply value these weekly visits, as one 94-year-old client expressed: "I look forward to them, you know. Because I'm all by myself, I live alone, and I'm 94 years old."

The program is equally meaningful for our volunteers, who build lasting relationships and gain just as much as they give. One volunteer shared: "We developed a bonded friendship, and I saw how my visits lit up her world."

Our goal is to restore Visiting Buddies to full capacity, but we need our community's help to get there.

Here are a few practical ways you can make a difference:

- **Spread the word:** Have you or someone you know experienced the benefits of Visiting Buddies? Share the story of this program and help us raise awareness about our need for support.
- **Support our Journal Fundraiser:** Turn to page 8 to learn how you can purchase one of our creative, seasonal Gratitude Journals.
- **Donate if you can:** Gifts of any size help! Look for our donation boxes at community events, or send an e-transfer to accounts@wellbeinghub.ca. While we cannot issue tax receipts at this time, we deeply appreciate every contribution and will acknowledge your support.
- **Advocate for support:** Remind local leaders how crucial programs like Visiting Buddies are for building connected, healthy, and safe communities.

Community is at the heart of Visiting Buddies—
thank you for helping us keep this program growing!

EASTERN SHORE AND MUSQUODOBOIT VALLEY

WELL-BEING HUB

SENIORS HOME MAINTENANCE PROGRAM



VOLUNTEERS NEEDED!

NEIGHBOURS HELPING NEIGHBOURS!

THIS IS A BRAND NEW INITIATIVE TO SUPPORT SENIORS WITH SMALL ODD JOBS IN THEIR HOMES. BE A PART OF A SUPPORTIVE COMMUNITY PROJECT AND SHARE YOUR SKILLS!

JOBS MAY INCLUDE:

- FIXING LEAKY SINKS
- YARD WORK/GARDENING
- ODD JOBS
- SHOVELLING
- STACKING FIRE WOOD
- MINOR REPAIRS
- HANGING PICTURE FRAMES

FLEXIBLE VOLUNTEER OPPORTUNITY- WE WORK WITH YOUR SCHEDULE

FOR MORE INFO OR TO BECOME A VOLUNTEER, VISIT

WELLBEINGHUB.CA
ADMIN@WELLBEINGHUB.CA
782-409-9007
TOLL FREE: 1 833-393-2298

FUNDED THROUGH THE NEW HORIZONS FOR SENIORS PROGRAM (NOVA SCOTIA)

Introducing the Volunteer Home Maintenance Program- Neighbours Helping Neighbours!

At the heart of a strong community is the belief that everyone deserves to feel safe, comfortable, and independent in their own home. As we age, keeping up with everyday household repairs and routine seasonal upkeep can become challenging and finding trusted, affordable help isn't always easy.

That is why we are thrilled to announce our Volunteer Home Maintenance Project, a brand new initiative designed specifically to support local seniors in maintaining their homes and peace of mind.

From changing hard-to-reach lightbulbs and fixing sticky doors to preparing homes for changing seasons, we recognize lots of folks could use a helping hand.

We Are Currently Recruiting Volunteers!
We are currently in the vital phase of recruiting dedicated, community-minded volunteers. Whether you are a skilled handyperson, a retired tradesperson, or simply someone who loves helping neighbours with basic household tasks, your time and talents can make a profound difference in a senior's life.

Why volunteer with us?

- Flexible Hours: Give time when it fits your schedule.
- Direct Impact: Help a local senior stay safe and independent in their home.
- Community Connection: Build rewarding relationships with neighbours and fellow volunteers.
- Full Support: All volunteers receive guidance, onboarding, and safety screening.

The service will be available to clients later this fall and winter 2027. Stay tuned for updates on client intake, referral details, and service availability!

Get Involved Today

Interested in volunteering? Join our founding team of home maintenance volunteers today! Contact Nicola at admin@wellbeinghub.ca
782-409-9007 or toll free 1-833-393-2298

We are deeply grateful to the Government of Canada's
New Horizons for Seniors Program (NHSP) for funding this program.

Caregiving in a Neurodiverse Household

VIRTUAL PEER SUPPORT GROUP

WEDNESDAYS 10-11 AM
BI-WEEKLY STARTING OCTOBER 14TH

The Well-Being HUB & SchoolsPlus offer a safe, inclusive, & confidential peer support group intentionally designed with neurodivergence support in mind.

Join us to share triumphs, learn from, & lean on one another as we support our loved ones & ourselves.

To register or for more information

wellbeinghub.ca
782-446-1645 or
wellness@wellbeinghub.ca

WELL-BEING HUB

Schools Écoles Plus
NOVA SCOTIA / NOUVELLE-ÉCOSSE

The Well-Being HUB's
Caregivers Support Program

The Well-Being HUB is excited to share the Conflict Management for Caregivers Course is being offered again in 2026 & 2027.

Caregiving is a journey filled with love and dedication, but it can also bring unique stresses—especially when navigating difficult conversations and managing conflict with loved ones, healthcare providers, or family members. This course is specifically redesigned to fit into the busy life of a caregiver.

Flexible, Asynchronous Online Learning

This course is delivered in an asynchronous online format, allowing you to work at your own pace, wherever and whenever it fits your schedule. The content is structured into four modules, each approximately 60 - 90 minutes in duration. Each module provides learning challenges, such as case studies or points for reflection, all intended to make the learning engaging and manageable within your busy schedule. Because it is online, you can stop and resume, as time permits, or even review an entire module a second time, if you wish. While you complete the course on your own schedule, you are never alone: the program offers connection and guidance from the instructor to answer questions, provide support, and offer practical insight throughout your learning journey.

Course Highlights

- 4-Week Structured Program: Gain practical tools and strategies to navigate challenging situations effectively.
- Manageable Modules: Short, bite-sized lessons tailored for busy caregivers.
- Self-Paced Convenience: Learn at your own speed with full instructor support along the way.

We are offering two cohort opportunities to participate:

- **Fall Session: October 19 – November 19, 2026**
- **Winter Session: February 1 – March 1, 2027**

Register or Learn More

Take the first step toward clearer communication and reduced stress in your caregiving role. Contact Nicola at admin@wellbeinghub.ca 782-409-9007 or toll free 1-833-393-2298

PEER SUPPORT PROGRAM





SOMETIMES THE BEST SUPPORT COMES FROM SOMEONE WHO TRULY UNDERSTANDS WHAT YOU'RE GOING THROUGH.

Peer supporters are trained volunteers who have experienced similar challenges. They provide understanding, empathy, real-life guidance and hope during challenging times.

Support can happen by phone, email, or in-person, confidentially, without cost or waiting lists.

TO FIND OUT MORE:

wellbeinghub.ca/peersupport
902-237-5065
oec@wellbeinghub.ca

The Well-Being HUB's
Peer Support Program

The Well-Being HUB is excited to announce the launch of its Peer Support Network, connecting community members with trained volunteers who offer understanding, encouragement, and hope during challenging times.

What is Peer Support?
Peer support is about connection. It's having someone who listens, understands, and walks alongside you—without judgment. Support can happen by phone, email, or in-person—confidentially, **without cost or waiting lists.**

"We all face difficult times—whether it's feeling isolated, managing stress, or just needing someone to talk to," explains Julia Brown, Well-Being HUB's Wellness Navigator. **"Peer support creates a safe space to share what's on your mind."** Peer supporters are neighbours and community members who have experienced similar challenges. They don't provide professional treatment—they provide understanding, empathy, real-life guidance and hope.

Get Involved
The HUB is looking for people who have navigated mental health challenges and want to give back. Training and regular Community of Practice sessions will be held for peer supporters to learn, connect, and share.

Interested in becoming a Peer Supporter?
Contact us at
902-237-5065 or oec@wellbeinghub.ca

THE MENTAL WELLNESS AMBASSADORS PROGRAM

LEARN THE FOUNDATIONS OF MENTAL HEALTH & WELLNESS. DEVELOP SELF-AWARENESS, A HEALTHY INNER DIALOGUE, & STRONG EMOTIONAL INTELLIGENCE

A FREE Course

for Eastern Shore & Musquodoboit Valley residents

5 WEEKS • 5 SESSIONS

THURSDAYS FROM 12 - 1:30 PM

IN-PERSON IN SHEET HARBOUR

BEGINNING OCTOBER 15TH

LOCATION TO BE CONFIRMED.

WELL-BEING HUB

WELLBEINGHUB.CA

TO REGISTER OR FOR MORE INFO, VISIT OUR WEBSITE OR CONTACT

902-237-5065

OEC@WELLBEINGHUB.CA

NOVA SCOTIA
NOUVELLE-ÉCOSSE

SPECIAL THANKS TO THE OFFICE OF ADDICTIONS AND MENTAL HEALTH COMMUNITY WELLNESS FUND FOR THEIR GENEROUS SUPPORT IN MAKING THIS PROGRAM POSSIBLE.

The Well-Being HUB's
Mental Wellness Ambassadors Program

If you struggle with your mental health, are a caregiver or work for a loved one with mental health struggles, the Mental Wellness Ambassadors Program has been designed with you in mind.

Learn the foundations of mental health & wellness while developing a healthier inner dialogue, greater self-awareness, and stronger emotional intelligence.

This series consists of five weekly interactive and practical workshops. The program has been thoughtfully developed by experienced facilitators to safely and respectfully navigate sensitive topics, while supporting diverse participant needs. It focuses on building resilience, fostering a supportive community, and strengthening mental health literacy.

You can register for one workshop, or take all five. If you complete all five workshops, you will be awarded our **Mental Wellness Ambassadors Program Certificate**.

The workshops in the series are:

1. The Basics of Mental Health & Wellness
2. Thoughts, Feelings, Actions: Creating a Healthy Inner Dialogue
3. Mastering Self-Awareness and Emotional Intelligence
4. Creating Psychological Safety for Yourself and Others
5. The Five Vitamins of Flourishing

To register or for more information, visit our website or contact 902-237-5065 / oec@wellbeinghub.ca

COMMUNITY PROGRAMMING

Special Events

Free transportation is available for all programming to residents.

Contact us in advance to make arrangements:
782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Boundaries 101 for Caregivers
Free lunch and learn, registration required.
Date & Time: Thursday, October 15, 10:30 am to 12 pm
Location: Musquodoboit Harbour
Join registered therapist, Dawn Cyr from Intentional Curiosity Collective, for a practical introduction to boundary work for caregivers. This session is designed to help participants understand why boundaries feel difficult in a caregiving relationship and what needs to change. Learn what healthy boundaries look like, and begin practicing new ways of responding that are grounded and realistic.
To register, contact us at oec@wellbeinghub.ca or 902-237-5065.

Menopause Series - 3 Parts
Dates & Time: Wednesdays, November 18th, 25th & Dec. 2nd, 10:30 am to 12 pm
Location: CBDC Community Room, 61 Stella Dr.
Do you have questions about menopause? If so, join this three part, small group, intensive for women navigating perimenopause, menopause, and postmenopause created and facilitated by therapist Dawn Cyr. Across three guided sessions, participants will explore what is changing in their body and brain, and with their emotions, and capacity. Dawn will offer evidence-based, practical ways to support yourself through it. Dawn brings 35 years in education, 14 years as a therapist, and a Master's degree in Counselling Psychology to this work. She is a Registered Canadian Counsellor (CCPA), currently completing advanced training with the International Menopause Society.
To register, contact us at oec@wellbeinghub.ca or 902-237-5065.

COMMUNITY PROGRAMMING

Lake Echo, Porter's Lake & Musquodoboit Harbour Area

Free transportation is available for all programming to residents.

Contact us in advance to make arrangements:
782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Lake Echo Farmer's Market
Lake Echo Rec Centre
3168 Nova Scotia Trunk 7 3168 A, Lake Echo, NS, B3E 1B2
Wednesday evenings from 5:30 – 8:30pm, from June 3 – October 7

Porters Lake Community Centre
4693 Highway 7, Porters Lake 902-223-1506 /plcsa.ca/
porterslakecourts@gmail.com / facebook.com/porterslakecommunitycenter
The Porters Lake Community Centre organizes a range of activities and events for the whole family. Check out their facebook page for available dates or email to learn more & to register.

Thursday Night Bingo
Doors open and card sales start at 5:30 pm

Learn To Play Pickleball FREE!
All ages are welcome. Equipment Provided - Thanks to Sport Nova Scotia
6 pm to 8 pm - check dates on FB page

Porters Lake Seniors Club
Every Wednesday from 1:30 pm to 3:30 pm
This social group holds pot lucks, outings and weekly meetings. Drop by, new members welcome. Contact Kay Bruce at 902-827-2065.

Equipment Library
If you would like to borrow tennis or pickleball equipment, please send an email request to: porterslakecourts@gmail.com

Computer Skills
Ages 55+. Computer Basic Skills: Using a Chromebook, Google Contacts and Google Calendar.

Eastern Shore Musquodoboit Valley Learning Network

902-391-0014

Sheet Harbour: 22756 Highway 7, Suite 216, Sheet Harbour (Main Office)
Middle Musquodoboit: 12280 Highway 224, Unit 4, Middle Musquodoboit (above Haverstock Pharmacy)
Porters Lake: 325 Porters Lake Station Road, Porters Lake (in MusGo Rider Building)

The ESMV Learning Network promotes lifelong learning by offering free educational and essential skills programming for adults 18+ for the Eastern Shore and Musquodoboit Valley. The following classes run multiple times a week between September & June. Classes are free, flexible, and supportive. No experience needed, computers provided. For more information or to register, contact us at 902-391-0014 or admin@learning.ca

Earning your high school equivalency
The Canadian Adult Education Credential (CAEC) is a new high school equivalency program (previously GED). Our instructors help learners prepare for their exams for free, both online and in person.

Square One Digital Learning
Square One is our digital literacy program designed for those with little to no computer experience. Whether you have your own device or need to use one of our classroom laptops or iPads, learn the basics at your own pace.

Tech Connect Digital Skills Program
Tech Connect is a digital skills program focused on building proficiency with essential workplace apps. Whether you're new to tools like Google Workspace, Canva, Zoom, ChatGPT, or Office 365, or looking to improve your existing skills, we offer beginner to intermediate level courses that can help you feel more confident and capable in a modern work environment.

Chrome, Books & Bytes
This fun and innovative 12-week program is designed to increase your digital knowledge by using Chromebooks and other devices and introduces adult readers to audiobooks, and e-readers while exploring culture, history, travel, current events, food, and more through the lens of the selected books.

Learning Network
Eastern Shore & Musquodoboit Valley

Check their website or drop by for info on even more programming!

Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

Lake Echo Community Centre
3168 A, Nova Scotia Trunk 7, Lake Echo, NS B3E 1B2
1-902-829-2512 / lakeechorec.com
We are committed to conserving, supporting, and improving the quality of life in our community. We offer programs, events, and leisure opportunities in support of the residents of Lake Echo and beyond.

- Walking Club - Get active indoors at your own pace! Come out for Walking Club on Tuesdays, Wednesdays, & Thursdays from 8:00 - 9:00 am. FREE!!! Registration is not required.
- Pickleball and Dart Nights, see calendar

Ste Therese Community Centre
17 Conrod Rd., Grand Desert / www.facebook.com/ste.theresecc
Coffee Club
Tuesdays from 9:00 am to 12:00 pm
Drop in each week to catch up on the local news, play cards and enjoy some coffee, tea, and light refreshments. Everyone welcome, $2 donation suggested.
Jam Night
A space for local musicians in our community to perform and collaborate in a social, musical atmosphere. Open to the community; enjoy all the talent our community has to offer. Drop in. Friday nights.

Narcotics Anonymous (NA)
Tuesdays at 7:30 pm
4300 Highway 7, Porters Lake
902-789-8323 / www.na.org
NA is a nonprofit fellowship or society of people for whom drugs have been a problem in life. Members are people in recovery who meet regularly to help each other stay clean. The only requirement for membership is the desire to stop using.

Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

Eastern Shore Family Resource Association (ESFRA)

324 Porters Lake Station Road, Porters Lake, NS B3E 1J9
(902) 827-1461 - (toll free) 1 866-847-1461
esfamilyresource@ns.aliantzinc.ca

The ESFRA offers a variety of programs, services, and one on one support to meet the needs of families along the Eastern Shore. Check out their website for full program listings.

We have moved into our new location in Porters Lake and are excited to welcome families into the space. We serve families from Lawrencetown/Lake Echo to Lower Ship Harbour.

Interactive Parent/Caregiver- Child Programs
Where groups of parents get information, and learn and practice new skills to help them in their daily life with their children.

Parent Education Sessions
There are a variety of parent education programs including Great Expectation Prenatal, Handle with Care and more.

Family Support Services
Healthy Beginnings, Enhanced Home Visiting and Parenting Journey Home Visiting for one on one support to meet the needs of families along the Eastern Shore.

Other Services:

- Breast Pump Loan Program
- Car Seat Safety Inspections and Installations (by appointment)
- Parent Resource Library
- Plus a variety of special Community Engaement Events throughout the year.

Check their website or drop by for info on even more programming!

Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

Caregiver Support Group – Musquodoboit Harbour
Every third Wednesday of the month 2:00 pm - 4:00 pm
Musquodoboit Harbour Public Library 7900 Highway 7
Contact: 902 817 9268 / outreach@caregiversns.org / www.caregiversns.org
Are you providing care for a family member or friend? You don't have to do it alone. Join Caregivers Nova Scotia for our monthly support group, characterized as a safe, confidential space to connect with others who understand the unique challenges of caregiving. Share your experiences, discover local resources, and find the mutual support you need to recharge and navigate your caregiving journey with confidence.

Eastern Shore Mental Health Peer Support Drop-In
Every Sunday from 2:30 pm to 4:00 pm starting in October
Musquodoboit Harbour Library
esmh2025@gmail.com
Drop by if you are someone who has experienced living with mental illness, is on the journey of recovering from mental illness, or cares about someone who struggles with mental illness. This is an informal peer support space. Join us for coffee and snacks in a judgment-free space, open to all 18+. Discussion and learning on mental health topics, as well as activities, guest speakers and field trips.

Musical Friends Choir
Musquodoboit Harbour and area
A community choir welcoming all voices. New members are welcome. The choir will be back to practicing in September for another season.
Contact 902-220-5824 for more information.



Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

The Old School Community Gathering Place Programs

7962 Highway 7, Musquodoboit Harbour
902-889-2735 or info@theoldschool.ca

Enhance Through Dance
Fridays from 11:00 am to 12:00 pm
Led by Movement Therapist, Karen Bradley, this class is for people who are interested in using dance and movement as ways to manage pain from arthritis, symptoms from diagnoses like Parkinson's and Alzheimer's diseases, or those who just want to move more. Free but a $5 offering is suggested.

Musqui Cafe
Bi-weekly on Thursday from 11:30 am to 1:00 pm
8 Park Rd (St. Philip Neri Church), Musquodoboit Harbour
Gather with your neighbours for a free lunch! Meals include both a vegetarian and gluten free option & take out is available. Community resource navigators onsite can assist with various concerns such as housing, benefits etc. All welcome for a delicious meal and social time!

THE OLD SCHOOL
COMMUNITY GATHERING PLACE

Check their website or drop by for info on even more programming!

Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

Musquodoboit Harbour Public Library Programs

7900 Hwy 7, Musquodoboit Harbour
902-889-2227 / www.halifaxpubliclibraries.ca/locations/mh/

Rug Hooking Together (Tuesdays, 1:00 pm – 3:00 pm)
Meet other rug hooking enthusiasts weekly to craft, share ideas, and work on individual or group projects in a friendly, supportive setting.

Quilting Together (Wednesdays, 5:30 pm – 7:15 pm)
Quilt the night away with friends every Wednesday evening. Work on your own projects and share ideas and inspiration with others.
A sewing machine will be provided. Room capacity is limited.

KnitWits: Knitting & Crocheting Meet-Up (Wednesdays, 6:30 pm – 7:45 pm)
Knit or crochet the night away with friends every Wednesday night. Join us to share patterns, tips, and learn from one another, along with lots of chatting and laughter.
All experience levels are welcome, from total beginners to knitting gurus.

Laughter Yoga with Michelle Graveline (Monthly on Sundays throughout fall 2026 to spring 2027- contact 902-889-2227 for dates and times)
Laughter yoga combines laughter exercises and yoga breathing, increasing oxygen to the body and brain.
Studies have shown that the brain does not recognize the difference between real laughter and fake laughter, allowing us to benefit from this practice

Wiggles & Giggles Storytime (Fridays, 10:30 am – 11:30 am)
A lively Friday morning storytime for children with songs, rhymes, and interactive stories to spark imagination and early literacy skills.

Halifax Public Libraries

Check their website or drop by for info on even more programming!

Lake Echo, Porter's Lake & Musquodoboit Harbour Area - continued

Musquodoboit Harbour Farmers Market — Sundays 10:00 am–1:00 pm
A weekly farmers is moving indoors in October to the rink at 67 Park Rd. Vendors sell local produce, crafts, food and artisan goods. Open weekly throughout October to December and then Bi-weekly January to April.

Harbour Lites Seniors Club Events
167 Meaghers Grant Road, Musquodoboit Harbour
Check their Facebook Page for information on events and updates.
Membership is S20 yearly.

- **1st Wednesday of the Month: Directors Meeting 1:00pm**
- **1st Tuesday of the Month: General Meeting, Light Potluck Luncheon 12:30pm, Meeting 1:00pm**
- **1st and 3rd Sunday of the Month: Crib at 1:30; must have a Partner**
- **Every Thursday afternoon from 2-4pm its Jam time**
- **Every Second Friday it is Karaoke. From 6:30-10:00pm – Summertime there is a BBQ at 5:30pm**
- **3rd Tuesday of the Month: Bingo at 2pm**
- **Last Tuesday of the Month: Members Monthly Dinner at 12:30pm $12.**
- **Homecooked Meal, Dessert and Tea and Coffee.**
- **Kitchen Parties throughout the year**

Ship Harbour Community Hall
214 W Ship Harbour Rd, Lake Charlotte
Call 902-845-2775 or join their Facebook Group for more info
There are a variety of community led programs and events.
Exercise groups: Monday & Friday Community led classes starting at 10:00 am.
Tuesdays to Thursdays HRM Rec hosts a variety of fitness classes
Chair Yoga: Wednesdays hosted by HRM Rec
Gift Card Bingo: 3rd Thursday of the month at 7:30 pm.
Cribbage: 2nd & 4th Friday of the month at 7:00 pm.

COMMUNITY PROGRAMMING

Lake Echo, Porter's Lake & Musquodoboit Harbour Area

Free transportation is available for all programming to residents.

Contact us in advance to make arrangements:
782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Valley Voices Singalong
Musquodoboit Valley Bicentennial Theatre & Cultural Centre
12390 Hwy 224 Middle Musquodoboit / 902-384-2819 / bicentennialtheatre.ca
Mondays 7:00 pm - 9:00 pm
A free drop-in group singing gathering where we sing any and every genre of music & welcome all abilities & ages (participants 12 years and under must be accompanied by an adult).

Carroll's Corner Community Centre
9 Milford Rd, Carrolls Corner - For inquiries or registration 902-490-6666
Sew What Social Crafting Group & Lending Library
Mondays from 10:00 am - 2:00 pm Crafting group. Bring whatever craft that you are working on & spend the day chit chatting & laughing with a great group of ladies. Men are welcome as well. Free snacks, tea & coffee.
Dungeons and Dragons - Fridays at 6:30
Adult Social Group - Tuesdays 1:30 pm - 3:30 pm - An informal drop in group for adults of all ages (no children please). Free of charge.
Kimberley Holmes Fiddle Jam
Admission $5 - 1pm - Once per month: Sept. 6th, Oct. 4th, Nov. 1st & Dec. 6th

Musquodoboit Valley Area - continued

The Musquodoboit Valley Family Resource Centre
The MVFRC offers a variety of programming. Contact the MVFRC at 902-384-2794 or mvfrc1@gmail.com for information and to register:
Chair Yoga, Tuesdays from 10:30 am -11:30 am: Contact the Centre to register.
Walking Footz, Wednesdays from 9:30 am -11:30 am: A walking program that meets weekly from the Legion Branch #147 in Upper Musquodoboit.
Just Older Youth (JOY) Group, last Monday of the month at 12 pm: A social group that meets for lunch followed by an activity or chat. Contact the Centre to register.
Coffee Morning, Fridays from 10:00 am - 11:30 am: An intergenerational drop in social. Come for a coffee and a snack. There will be a special craft or activity on the last Friday of the month.
Rock N' Rhyme Time, a drop in for babies to 5 year olds and their caregivers
Project Early Learning Musquodoboit (ELM), a school preparedness program for 3 to 5 year olds.
Later Gator for youth in grade 4 and up.
Parenting Journey Home Visitor Program, a free program for families with babies to 18 years promoting healthy development and growth.

Meaghers Grant Community Hall
phone: 902-384-2672 (during events only) / meaghersgrantvfd@gmail.com
4413 NS-357 Meaghers Grant NS B0N 1V0
https://www.facebook.com/groups/3102115149865078
Dart League - Tuesdays at 7:30pm - Registration required
TGIF - Unwind with Friends & Family. Take-out & Curbside available - KIDS WELCOME - Meal Service starts at 6pm. $15 person
Morning Steppers
Monday-Wednesday-Friday 9-10am
Looking to get back in shape, lose a little weight, meet new friends, come join our group for 1 hour of fun and fitness. Go at your own pace, $1 drop-in fee.
Pickleball and a Pint: Thursdays at 7:00 pm
No equipment or experience necessary to play. All ages are welcome!
Card Evenings: Rotating Fridays. Contact the hall for more information

COMMUNITY PROGRAMMING

Lake Echo, Porter's Lake & Musquodoboit Harbour Area

Free transportation is available for all programming to residents.

Contact us in advance to make arrangements:
782-409-9007 / 1-833-393-2298 ext. 1 / admin@wellbeinghub.ca

Memory Lane Heritage Village (Lake Charlotte)
5435 Clam Harbour Rd, Lake Charlotte, NS B0J 2L0, Canada
Phone: 902-845-1937 / www.visitmemorylane.ca
Throughout the warmer months there are weekly or regularly scheduled heritage activities such as: guided village tours, heritage cooking events, talk nights, craft fairs, and themed supper events. Visit their site for more information.

Moser River Community Hall
28975 Highway 7, Moser River, B0J 2K0
Grandfriends Mondays from 11:00 am to 1:00 pm
Everyone is welcome to join in for games, crafts, guest speakers, tea & coffee and snacks. Free will offering. Contact the Hall at 902-347-2114 or mrcommunityhall@gmail.com for more information.
45 Cards - Every Tuesday 7:30 pm
Check out Moser River Community Hall for additional activities.

Sheet Harbour Public Library Programs

22756 Highway 7, Sheet Harbour
902-885-2391
www.halifaxpubliclibraries.ca/locations/sheet-harbour-public-library

After School Club
Thursdays — 3:00 pm – 4:00 pm, starting October 1
For school-aged children (around ages 5–12) to hang out, do activities like STEM and games after school.

Baby & Tot Drop-in
Fridays — 10:30 am – 11:15 am
Play, songs, and early learning activities for toddlers and their caregivers.

Friends Crafting Together
Mondays — 10:00 am – 12:00 pm
A social crafting circle where people share projects like knitting, crochet, etc.

Art & Paint Group
Wednesdays — 9:30 am – 12:00 pm
Bring your own creative supplies (painting, drawing, knitting, etc.) and enjoy social art time.

Stories & Crafts
Tuesdays — 2:45-3:45 pm
Bring your own creative supplies (painting, drawing, knitting, etc.) and enjoy social art time. For ages 3-5 year olds. Registration is required; call the Learning Network at (902) 391-0014 to sign up.

Monthly Book Club - Registration Required
Happens on Wednesdays at 1pm, once a month - see website for more details

Halifax Public Libraries

Check their website or drop by for info on even more programming!

Community Food Supports Musquodoboit Harbour & Area

Eastern Shore Family Resource Association (ESFRA)
5528 Hwy 7, Porters Lake 902-827-1461
esfamilyresource@ns.aliantzinc.ca / www.esfamily.org

- **Cobs Bread Distribution** - Drop by on Wednesdays to pick up a bag of delicious fresh bread products free of charge.

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The Old School Community Gathering Place
7962 Highway 7, Musquodoboit Harbour
902-889-2735; Email: info@theoldschool.ca / www.theoldschool.ca

- **The Old School Kitchen Community Pantry**

The kitchen is open once a month (check website for dates) for Enhance Through Dance Participants from 12:30 to 1:30 and to all other community members from 1:30 to 6:00pm. Hot meals also provided for visitors to eat in or take out. Contact the Old School for other emergency food needs.

- **Bi weekly Musqui Cafe -** Let's gather with our community neighbours at the former St. Philip Neri Church 8 Park Rd., Musquodoboit Harbour from 11:30 to 1:00. Check website for dates

Eastern Shore Community Fridge
8 Park Road, Musquodoboit Harbour
Free food. No questions asked. Take what you need. Give when you can. Open 24/7. Everyone is welcome. The Eastern Shore Community Fridge is a community-run food access initiative providing round-the-clock access to fresh, nutritious food for anyone who needs it.

Musquodobit Harbour Food Bank
easternshorefoodbank@gmail.com
43 East Petpeswick Road (Basement of the Lions Community Center)
Hours: 1st 3 Wednesdays of the month, 9:00 AM – 1:30 PM

Community Food Supports Musquodoboit Valley

Musquodoboit Valley Food Bank
Middleton United Church, 12430 Highway 224
Contact Mark Bonin (902) 715-4762 or mvfoodbank2020@gmail.com
Operates every Friday from 10:00 am to 11:00 am, and the same time on Saturday if the Food Bank is closed on Friday due to a holiday, weather event, etc.
Monthly Food Hampers - (with personal choice) to individuals and families who have difficulty purchasing enough food to meet their basic needs. (returning clients must provide ID and proof of residence)
Scan-offs - A variety of Foodland items that are nearing their best-before date are available to all clients every Friday.
Christmas Program - Food hampers, gifts, toys and coats for kids - available to those who experience need over the holiday season. Registration is required by December 1st.

Musquodoboit Valley Family Resource Centre (MVFRC)
(902) 384-2794 or mvfrcl@gmail.com
Middle Musquodoboit, Haverstocks Pharmasave Building, 2nd Floor
Community Cupboard - For those needing groceries till food bank day or payday.
JOY Group Dinner - A monthly meal at the Centre for seniors (55+), please register.
Affordable Food Market - A weekly market of fresh fruits & vegetables, bread, eggs and spices at affordable prices. Thursdays 3:30 to 5:30 pm lower level of the Middleton United Church. Cash, debit and credit accepted. Everyone welcome!

Community Food Supports Musquodoboit Valley

Musquodoboit Valley Square Roots
Started in May 2020 and originating out of Saint Mary's University in Halifax with the goal to help NS farmers re-coup some costs on imperfect vegetables that would otherwise be wasted and to help the communities with food insecurity.
Vegetables - we offer 10 lbs bags of vegetables and fruits bi-weekly by donation (min $5, max $10.00). Orders are made online on the Facebook page through the sign-up sheet or you can order by phone and are picked up every 2nd Saturday in Cooks Brook from 10:30 am - 12:00 pm. Orders are due the Monday following the pick-up.
COBS bread - we offer free bread every Saturday. To learn more call (902) 830-1576 or visit us Facebook/Musquodoboit Valley Square Roots

Thoughtful Food Project
School Garden and Food Forest - Volunteers tend the community garden (veggies) and food forest (fruit trees/bushes) in front of the Elementary School and is used to feed students & community. To volunteer contact denisevanwychen@gmail.com
Public Garden - Volunteers and Bicentennial Theatre summer students tend the community garden located at the Valley View Villa providing an accessible garden space for community members of all ages to enjoy. Produce is harvested and shared with the residents of the Villa. To volunteer or learn more contact sla@bellaliant.net

Musquodoboit Collaborative Food Network
The Musquodoboit Collaborative Food Network (MCFN) is a community-led initiative working to improve food security across the Musquodoboit Valley and Eastern Shore of Nova Scotia. Built on collaboration, dignity, and accessibility, MCFN connects local organizations, volunteers, producers, and residents to strengthen the local food system. Want to get involved or learn more?
Contact Shannon Edwards, Coordinator: 902-889-2735 or cell: 902-333-7720
mcfn@theoldschool.ca

Schools Plus
A collaborative, school-based support program for students and families. Teams include an Assistant Leader & Community Outreach Worker who help with complex needs, connect families to community resources (including food supports), and provide in-schoolprogramming. Families can contact the school to access supports.

Mobile Food Market
Middleton United Church, Middle Musquodoboit
Thursdays, 4:00 pm to 6:00 pm
Pick up fresh produce and other food items for very affordable prices.

Community Food Supports Sheet Harbour

Rainbow Foodbank
22657 Hwy 7, Sheet Harbour
Gerald Hardy Memorial Society
Available once a month on a designated Wednesday & Thursday. For more information and registration call 902-885-2300.

Community Food Supports Ship Harbour

The Deanery Project
751 W. Ship Harbour Rd., Lower Ship Harbour
902-845-1888 / thedeaneryproject@gmail.com
Community Gardens and Little Community Pantry
The Deanery is keen to support community gardens on site, and share skills, seeds and projects that can be applied to home gardens.

Community Resources

MusGo Rider Rural Transportation Association
www.musgorider.ruralrides.ca
musgorider@gmail.com / 902-483-7433
MusGo Rider is a non-profit charity providing accessible rural transportation to everyone who resides in communities from East Preston/Lawrencetown to Ecum Secum and the Musquodoboit Valley. The service must be booked at least 24 hours in advance. MusGo can now accompany clients to appointments, wait in the waiting room, bring them back to the vehicle and for shopping.

Eastern Shore Family Resource Association (ESFRA)
5528 Hwy 7, Porters Lake
902-827-1461 / esfamily.org / esfamilyresource@ns.aliantzinc.ca
Go With the Flow - A bi-monthly program offering free select menstrual products (2 per household). Contact ESFRA for more information.

Seahorse Sexual Health Centre
22637 Hwy 7, Sheet Harbour / 902-696-6505
Located on the first floor of the Eastern Shore Memorial Hospital. SeaHorse Sexual Health Centre provides a variety of services to the residents of our communities, including educational programs and resources, a library, referrals to health care professionals and other organizations, birth control information, STI prevention, free condoms, free period products, access to our Transformation Closet and so much more. Please drop in or contact us today for more information.

Eastern Shore Pride
info@easternshorepride.ca / www.facebook.com/easternshorepridens
Eastern Shore Pride strives to grow and foster the 2SLGBTQIA++ community on the Eastern Shore and surrounding area! They host a variety of events throughout the year, including a Pride Festival in the summer time

Community Resources - continued

The Old School Community Gathering Place
7962 Nova Scotia Trunk 7, Musquodoboit Harbour
902-889-2735 | Email: info@theoldschool.ca / theoldschool.ca
The Old School is a welcoming hub dedicated to fostering a vibrant, inclusive community. We offer programs and services that promote health, well-being, and community spirit for people in Musquodoboit Harbour and surrounding areas.
Our **Housing Support Worker** provides assistance to individuals and families in need of housing support, from emergency situations to securing long-term stability.
Our **YESS Program (Youth Employment & Skills Strategy)** supports youth in gaining meaningful work experience and developing job skills. The program focuses on helping youth overcome barriers such as education, food security, mental health, housing, and systemic challenges like racism and ableism.
The **Six Circles Project** is a monthly support circle designed specifically for young women living in rural HRM and currently operating out of Dean.
The program focuses heavily on mental health and community connection. Local experts will bring specialized knowledge in several key areas:

- Mental health awareness and coping strategies
- Gender-based violence education and prevention
- Empowerment through women working together
- Navigating resources available in our community

The Six Circles Project aims to create a safe, supportive, and collaborative space where young women can connect, learn, and lift each other up.

A new upcoming project, **Leah's Nest, a new trauma-informed space currently under construction.** Designed to be a deeply calming and safe environment, Leah's Nest will welcome local practitioners—including social workers, bereavement specialists, and domestic violence support workers—who need a quiet, dedicated space to meet with and support clients. We are also working on developing new programs to support individuals escaping domestic violence situations, including creating "Go Bags".

Community Resources - continued

Musquodoboit Valley Community Newsletter
A community based resource for community events to local initiative and volunteer opportunities. To sign up and for more info visit https://musquodoboitvalley.ca/community-newsletters/

Gerald Hardy Memorial Society
22657 Highway 7, Sheet Harbour
geraldhardysociety.ca / Email: info@geraldhardysociety.ca
902-885-2300
A day programming centre for persons with intellectual or physical disabilities. They offer skills development programming as well as social engagement activities. Check their Facebook page for more info on community workshops being hosted in the near future.

Cascades Thrift Shop & Online Auction
Located at the Gerald Hardy Memorial Society
Fall & Winter Hours: (October to April) Tuesday - Friday 10:00 am - 4:00pm & the last Saturday of the month 10:00 am - 2:00 pm.
Spring & Summer Hours: (May to September) Tuesday - Friday 10:00 am - 4:00 pm & Saturdays 10:00 am - 2:00 pm.

Community Resources - continued

The Deanery Project
751 W Ship Harbour Rd, Lake Charlotte, NS
902-845-1888 | thedeaneryproject@gmail.com
The Deanery is a rural hub for learning, creativity, and community. With programs in environmental sustainability, skills development, and the arts, it offers hands-on workshops, demonstrations, and events for all ages in a serene setting between forest and ocean.

Men's Sheds at the Deanery
A welcoming space to gather, share skills, and build community through hands-on projects in woodworking, gardening, crafting, and more. Focused on reducing isolation and fostering camaraderie, the Shed is shaped by its members. This project is in need of a new leader. Interested? Contact deaneryprojectIntern@gmail.com or 902-845-1888.

Eastern Shore Mental Health
A supportive and sharing group for individuals living with mental health challenges, as well as their families and friends. Connect with others on the Eastern Shore by joining Eastern Shore Mental Health (ESMH) on Facebook.

Two Tunics Free Clothing Bank
St Philip Neri Church, 8 Park Rd & Highway 7, Musquodoboit Harbour
Drop by for any of your clothing needs, as well as some household items. All items are available for free. Accepting donations of gently used items.



Online Programs & Services

NSH Continuing Care
www.novascotia.ca/dhw/ccs

NSH Mental Health & Addictions
www.mha.nshealth.ca/en

Nova Scotia Health
www.nshealth.ca

Grief and bereavement services
mha.nshealth.ca/en/topics/symptoms/grief

First responders' mental health
firstrespondersmentalhealthns.com
www.pspnet.ca

MindWell-U - Free 30 day program
app.mindwellu.com/novascotia

Tranquility - free, online mental health & wellbeing support
tranquility.app/novascotia

Togetherall - free, online mental health support
togetherall.com

Phone Contacts

Provincial Mental Health and Addictions Crisis Line
Call 24/7
902-429-8167 or 1-888-429-8167

Suicide Crisis Helpline Call or text 24/7 988	**Domestic Abuse Line** Call 24/7 1-855-225-0220
Kids Help Phone Call or text 24/7 1-800-668-6868	**Peer Support Phone Service** Non-crisis, 18+ 1-800-307-1686
NSH Continuing Care 1-800-225-7225	**Men's / Women's or All Genders Helpline** Call 24/7 211
Non-emergency advice on mental health & addictions 811	**Good2Talk Nova Scotia Support for post-secondary students** 1-833-292-3698 or text 686868
Access Wellness single session of 1-to-1 counselling 1-833-691-2282	**Self-refer to a mental health or addictions clinic** 1-855-922-1122

Community Contacts

Colchester-Musquodoboit Valley Constituency Office (MLA)
87 Main Street, Stewiacke
Honourable Scott Armstrong
mlascottarmstrong@gmail.com
902-639-8679

Eastern Shore Constituency Office
6321 Highway 7, Gaetz Brook
Honourable Kent Smith
easternshore.MLA@novascotia.ca
902-989-3772

HRM District 2 Councillor, David Hendsbee
Lawrencetown - The Lakes - Chezzetcook - Eastern Shore
david.hendsbee@halifax.ca
902-483-0705

HRM District 1 Councillor, Cathy Deagle Gammon
Musquodoboit Valley
Cathy.deaglegammon@halifax.ca
902-717-2718

MP Braedon Clark
Preston, Chezzetcook Riding
281 Sackville Drive, Unit G, Lower Sackville
braedon.clark@parl.gc.ca
902-861-2333

MP Sean Fraser, Central Nova
Sean.Fraser@parl.gc.ca
Toll Free: 1-844-641-5886

FALL RECIPE

Homemade Chili

Message from Nicola Bailey,
Program Coordinator, The Well-Being Hub
I love hearing from folks who try out the recipes - if you make this one, tell me how you liked it at facebook.com/wellbeinghub



This is the BEST homemade chili recipe is the ultimate comfort food and is made with simple ingredients like ground beef, beans, and tomatoes.
Cost $9.28 recipe / $1.55 serving

Ingredients

- ☐ 2 Tbsp olive oil
- ☐ 1 yellow onion
- ☐ 2 cloves garlic
- ☐ 1 lb. (450 g) ground beef
- ☐ 1 15oz. can (400 g) kidney beans
- ☐ 1 15oz. can (400 g) black beans
- ☐ 1 6oz. can (170 g) tomato paste
- ☐ 1 cup (250 ml) water
- ☐ 1 15oz. can (400 g) diced tomatoes

Chili Seasoning

- ☐ 1 Tbsp chili powder
- ☐ 1 tsp ground cumin
- ☐ 1/4 tsp cayenne powder
- ☐ 1/4 tsp garlic powder
- ☐ 1/2 tsp onion powder
- ☐ 1/2 Tbsp brown sugar
- ☐ 1 tsp salt
- ☐ 1/2 tsp black pepper

Instructions

- Dice the onion and mince the garlic. Add both to a large pot with the olive oil and cook over medium heat until they are soft and translucent.
- Add the ground beef to the pot and continue to sauté until the beef is fully browned.
- Drain the beans and add them to the pot along with the diced tomatoes, tomato paste, 1 cup/250ml water, and all of the ingredients for the chili seasoning. Stir until well combined.
- Place a lid on the pot and allow it to simmer over a low flame for at least 30 minutes, stirring occasionally (the flavor gets better the longer it simmers).
- Give the chili one final taste, adjust the salt or seasonings if needed, then serve hot with your favorite toppings.

adapted from https://www.budgetbytes.com/basic-chili/

Personal "Social Prescription" Calendar

October

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 **Caregiving in a Neurodiverse Household - Peer Support Group**	15 **Boundaries 101 for Caregivers** **Mental Wellness Ambassadors Program Begins**	16	17
18	19 **Conflict Mgmt for Caregivers Course Starts**	20	21	22	23	24
25	26	27	28 **Caregiving in a Neurodiverse Household - Peer Support Group**	29	30	31

WELL-BEING HUB

Personal "Social Prescription" Calendar

November

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 **Caregiving in a Neurodiverse Household - Peer Support Group**	12	13	14
15	16	17	18 **Menopause Series**	19	20	21
22	23	24	25 **Menopause Series** **Caregiving in a Neurodiverse Household - Peer Support Group**	26	27	28
29	30					

Personal "Social Prescription" Calendar

December

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 **Caregiving in a Neurodiverse Household - Peer Support Group**	10	11	12
13	14	15	16	17	18	19
20	21	22	23 **Caregiving in a Neurodiverse Household - Peer Support Group**	24	25	26
27	28	29	30	31		

Notes

Notes

WELL-BEING HUB

We offer FREE mental health & wellbeing support **to Eastern Shore & Musquodoboit Valley residents,** in-person and virtually!

We provide support for everyday life:

- We can help you pick up groceries, attend appointments & run errands in partnership with MusGo Rider
- We can connect you with local services, support groups, transportation options & food banks
- We help seniors age in place in their homes & can set up with weekly social visits with our volunteers

Get in touch!

(782) 446-1645 **or** wellness@wellbeinghub.ca

Toll Free: 1 (833)393-2298 ext. 2

Sign up for our Newsletter to receive info on services in your area!

General Inquiries

admin@wellbeinghub.ca

(782) 409 9007

Toll Free: 1 (833) 393 2298

www.wellbeinghub.ca

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