

Millbrook Community Newsletter

DECEMBER 2023



SANTA CLAUS PREPARING FOR CHRISTMAS

Important Dates

- 👉 December 13 - Chief and Council Meeting
- 👉 December 24 - Christmas Mass

Please visit www.millbrookband.com/events for upcoming events! Or use this QR code ->
Sign up to our mailing list from our website (located at the bottom of the homepage.)

The Eskasoni Crisis Line

Toll Free number 1-855-379-2099
(Mi'kmaw and English)



 **MILLBROOK
FIRST NATION**
TELEPHONE: (902) 897-9199
TOLL FREE: 1-(800)-693-3112
MILLBROOK BAND ADMINISTRATION
P.O. BOX 634
TRURO, N.S. B2N 5E5

Millbrook Administration Office

Mailing Address

Millbrook
Administration
P.O. Box 634
Truro, NS. B2N 5E5

Business Hours

Monday- Thursday
9:00am-12pm / 1:00pm-4:30pm
Friday
9:00am-12pm / 1:00pm-4:00pm

Phone Numbers

Millbrook Office
1 (902) 897-9199
Toll Free
1 (800) 693-3112

Millbrook Administration Office will be closed for the Holidays starting December 15 until January 3, 2024.

Chief and Council Meeting

Wednesday, December 13th, 2023

Deadline for letter submissions and booking time to see Council is


Thursday, December 7th, 2023 at noon. Contact the Administrative Assistant to Chief and Council
- Suzanne Penney at Phone: (902) 897-5877 or e-mail: adminassistant@millbrookband.com

Please include your full name, contact information and subject of your request.

The following Chief and Council Meeting will be January 13th, 2024.

Deadline for submissions for January is Thursday, January 7, 2024.

December 2023

 **December 13** - General Chief and Council Meeting & Consultation and Economic Development Meeting

Minutes

For up to date minutes from Chief and Council please check online at: <https://www.millbrookband.com/minutes>

Website & Facebook Page

Millbrook's Website - www.millbrookfn.ca

Millbrook's Facebook Page - <https://www.facebook.com/MillbrookFirstNation/>

E-mail: ngloade@millbrookfn.ca to have your information posted online.

2024 Schedule for Chief and Council Meetings

Month	Days	General Chief and Council Meeting	Days	Economic Development & Project Consultation
December	Wednesday	December 13, 2023	Wednesday	December 13, 2023

Please Note

- December Meetings are now one meeting due to Christmas Break. December meetings are moved to December 13, 2023.

Millbrook Rath Eastlink Community Centre Family Skate - Sunday Mornings

Sunday morning ice times at the R.E.C.C. starts at 8:00-9:00 am, December 3, 10, 17, & 24.



Booking the Community Hall

To book the Community Hall please contact **Natasha Bernard** at **(902) 897-9199**

Cell: 902 324-9261 **e-mail:** nbernard@millbrookfn.ca

Costs

Organization rental fees: \$200/half day rental and \$400/full day rental charge

Millbrook member rental (Small): Small events, deposit of \$100.00 (will be returned after cleaning)

Millbrook members rental (Large): Band members wanting to book the hall for a larger event such as a wedding reception/dance the cost is a deposit of \$500. They must clean the hall afterwards, put all chairs and tables away. After inspected they can receive \$300.00 back.

Please try to book your event early, preferably a minimum of 2 weeks in advance.

Forms and Policies Updated

 **Millbrook Tobacco Store Funding Policy**

Upcoming Community Events

-  **December 2** - Newfoundland's Christmas Party
-  **December 4** - Christmas Tree Lighting
-  **December 6** - Sheet Harbour's Christmas Party
-  **December 7** - Millbrook's 2023 Annual Senior's Christmas Draw
-  **December 7** - Millbrook's Senior Christmas Party
-  **December 8** - Cole Harbour's Christmas Party
-  **December 9** - Millbrook Community Market
-  **December 10** - Quilled Ornament Workshop
-  **December 11** - Information Session Basic Home Maintenance
-  **December 12** - Millbrook's Christmas Party
-  **December 13** - Chief and Council Meeting
-  **December 13** - Deadline to register for Christmas Home Decorating Contest
-  **December 15** - Parent Tot Workshop
-  **December 15** - Youth Christmas Party
-  **December 21** - Santa Claus Parade
-  **December 24** - Christmas Mass

Hockey Tickets - World Junior A

DECEMBER 10-17

We have tickets to the World Junior A games to give away first come first serve!

Starting Monday December 4, 2023. 2 Tickets per Band Member.

Available at the Front Desk of the Band Administration Building!



Social Assistance

Social Assistance Cheques are scheduled for: **Thursday, December 7, 14, 21, & 28.**
Applications are available at the Reception desk at the Millbrook Administration Office.

Millbrook's Newsletter Deadline - Thursday, January 4th, 2024

The deadline is the 20th of each month.

Send your content to: ngloade@millbrookfn.ca

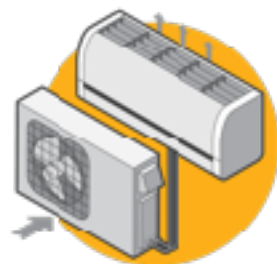
Be sure to include ALL relevant information (including the who, what, when, where, why and how to find out more) and be sure to submit it in advance of the event date (the earlier you share the better).

Please ensure it's in an editable format.

January's Newsletter is planned to go out on January 12, 2024

Heat Pump Cleaning

Please contact Eshaan at EcoLogic Heat Pump Solutions Ltd for a deep heat pump cleaning. Eshaan can be contacted by phone at 902-957-0661 to schedule an appointment, at no cost to the Millbrook First Nation home owner.



Home Insurance

Millbrook First Nation's insurance covers the structural costs of CMHC houses and Millbrook-owned homes on reserve. Please note that the contents inside the homes, including the appliances, are not insured by Millbrook First Nation. It is important to protect your belongings and one way to do that is to consider purchasing home insurance for the contents of your home. This became apparent after the recent flooding of basements that occurred in Millbrook's communities last year. If Millbrook members are interested in home contents insurance, they will be responsible and it will not be covered by the First Nation. Questions? Please reach out to Millbrook's housing department.

Housing Inspections

The Housing Department has been working collaboratively with other organizations and government agencies with the hopes of obtaining funding for housing repairs. In order to be eligible for the housing repairs, housing inspections will be mandatory for the funding.

Those who contact the Housing Department to be added to the list will be first priority, but it's mandatory for all houses to be inspected. Anyone who doesn't answer the door for their scheduled appointment will be dropped down to the end of the list.

Please contact Krista Paul at kpaul@millbrookfn.ca or by phone at 902-890-2518 to be added to the housing inspection list, if you need to reschedule your appointment or if you have any questions.

Housing Repairs

Please be advised that any housing repairs must be approved by the Housing Department before any work is started, if you wish to receive reimbursement.

If you have any questions, please feel free to contact us by phone or email.

Lorne Paul

Director of Housing

lpaul@millbrookfn.ca

Work: (902) 897-9199

Cell: (902) 890-4863

Or

Chantel Langille

Housing Project Officer

clangille@millbrookfn.ca

Millbrook First Nations Department of Educational Services Update

Lunch Cheques and Attendance

Dear families,

As we strive for excellent service to our community, we want to introduce a new structure for ensuring that students registered in our lunch and attendance programs receive their funds on or before the fifth (5th) school day of each month, per our policy.

In collaboration with our Finance team, the Millbrook First Nations Department of Educational Services has implemented a new system for collecting school attendance and allotting funds.

Millbrook First Nation Department of Education will automatically generate cheques for full attendance per month, per teaching days as outlined in the provincial school calendars. For example, if December has a maximum of 15 teaching days, cheques will be issued for attendance of 15 days.

In June, the Educational Services team will gather the attendance reports (September – May) and deduct missed days from the cheque issued in June. For example, if a student misses 20 days between September and June, the student will NOT receive a June cheque. Students who miss more than 20 days will not receive a total cheque the following September, as those days will be deducted. Students who graduate and have missed more than 20 days will not receive the Attendance Initiative or their June cheque.

When receiving attendance reports from schools, repeated absences will be noted, and students will be in jeopardy of not receiving a total cheque depending on number of days missed.

Attendance cheques will be generated in June and calculated as per the policy.

Students who attend schools in our Catering Lunch Programs are still required to have their attendance sent in as they are registered in our Attendance Initiative Program.

Cheques for local students will be held in the front office for a maximum of 1 week and then mailed out.

Changes in Family structure, mailing address, school changes, etc., must be reported to Educational Services on time. We will not update forms without written notification. Please email eduadmin@millbrookfn.ca with changes.



Many wonderful prizes to be won!

MILLBROOK 2023 ANNUAL SENIOR'S CHRISTMAS DRAW



Draw Date: Thursday, December 7th, 2023 at 2:00pm

Draw Location: Millbrook Band Office

Tickets: \$2.00 each or 3 for \$5.00





MILLBROOK FIRST NATION

*Newfoundland
Christmas Party*

December 2nd, 2023

6:00 P.M.

*Door Prizes, Food, Photos with
Santa, and Gifts.*

Holiday Inn Express

38 Bennett Ave, Deer Lake, NL

Contact Colin Bernard

at 1 (902) 890-4365

*For Millbrook Band Members
plus Family*

Sheet Harbour Christmas Party

December 6th, 2023

6:00 P.M.

Royal Canadian Legion Branch #58

23566 Hwy 7, Watt Section, NS

Door Prizes, Food, Photos with Santa, and Gifts.

Contact Colin Bernard - 1 (902) 890-4365

Carla Asprey - 1(902) 885-5071

For Millbrook Band Members plus Family



Millbrook Senior's Christmas Party

December 7th, 2023

6:00 P.M.

Inn on Prince

437 Prince St, Truro

*Door Prizes, gifts, food and
Live Music with Jackie Putnam*

Contact Tamara Gloade

at (902) 956-4164

**Millbrook Senior, plus Guest*



**MILLBROOK
FIRST NATION**

Cole Harbour Christmas Party

December 8th, 2023

6:00 P.M.

The Vines Pasta Grill

4 Panavista Drive, Cole Harbour

*Door Prizes, Food, Photos with
Santa, and Gifts.*

Contact Tamara Gloade at (902) 956-4164

*For Millbrook Band Members
plus Family*



**MILLBROOK
FIRST NATION**

*Millbrook First Nation
Christmas Party*

*December 12th, 2023
6:00 P.M. - 8:00 P.M.*

*Legends Bingo Hall
15 Legends Ave*

*Door Prizes, Food, Photos
with Santa, and Gifts.*

*Contact Tamara Gloade
at (902) 956-4164*

*For Millbrook Band Members
plus Family*

MILLBROOK COMMUNITY MARKET

Millbrook Community Hall

72 Church Rd, Millbrook First Nation

Saturday, December 9th, 2023

9am - 1pm

Come discover & purchase beadwork, clothing (ribbon skirts, bags, moccasins, etc.), hidework, fur products, earrings, as well as contemporary crafts made by community members.

Contact

Community Engagement Officer
smorris@millbrookfn.ca



DCSI

For more information please contact
Chantel Langille: clangille@millbrookfn.ca

Join us for an information Session on: **Basic Home Maintenance**

- Energy efficiency saving tips
- Emergency Home Preparedness
- Waste Sorting

Door Prizes!

Dec. 11, 2023 from 10:00 to 4:00 pm
Legends Gaming Centre

Lunch and snacks will be provided.



CHRISTMAS MASS

A SPECIAL CHRISTMAS MASS WILL BE CELEBRATED FOR ALL
FAMILIES ON THIS CHRISTMAS EVE.
DECEMBER 24TH 2023 AT 4:00PM
SACRED HEART CHURCH, MILLBROOK NS



Millbrook Early Education Centre

Important Dates for December

Friday, December 1, 2023

“Grinch Day”
Wear Green

Friday, December 8, 2023

“Ugly Sweater Day”

Monday, December 11, 2023

Christmas Craft Night
(MEEC Students & Family Only)

Friday, December 15, 2023

“Pajama Day”

Parent Tot Workshop
1:00pm-2:00pm
(3 and 4 year olds)

Wednesday, December 20, 2023

Last Day of classes before
Christmas Break.

December 21, 2023-January 2, 2024

Closed for Christmas Break

Wednesday, January 3, 2024

Students Return



*Photo Designed by Amanda Brooks



*Quillwork Done by Crystal Gloade



Friendly Bus Reminders

Bus Run 1 - 7:45am
Bus Run 2 - 8:15am
If your child will not be attending school on specific days, please let Nolan know ASAP **902-890-3608**

Contact Us

902-897-1249 or 902-897-0445

- Ext. 101 - Assistant Manager - Cheryl
 - Ext. 102 - Preschool 4 – Susan & Amy
 - Ext. 103 - Daycare – Genny, Levi & Sunshine B.
 - Ext. 104 - Preschool 3 - Jessica, Jaquinn, Leslie & Amanda
 - Ext. 105 - Afterschool Program - Leslie & Melinda
 - Ext. 107 - Primary - Emma & Melinda
 - Ext. 108 - SLP - Christina
 - Ext. 109 - Manager- Sylvia M. Martin
- Manager’s Email: [smmartin@millbrookfn.ca](mailto:smartin@millbrookfn.ca)**

Parent Tot Workshop



(3-4 year-olds)

Millbrook Band Members & Community Members

Where: Millbrook Early Education Centre

When: Friday, December 15th, 2023

Time: 1:00pm-2:00pm

Come and learn some fun rhymes and fingerplays, make some exciting crafts and activities with your child, and enjoy a great book to take home.

“Bear stays up for Christmas.”

Sign up at the Millbrook Early Education Centre or call 902-897-0445 or email smarshall@millbrookfn.ca.

If you are unable to bring your child, have someone else bring them, such as a grandparent, godparent, aunt, or uncle.

Don't let your little one miss out!



Indigenous Pre-Cadet Training Program



The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

You'll learn:

- ▶ An introduction to the Criminal Code and RCMP policy
- ▶ Physical fitness and drill
- ▶ Skills to help prepare you to apply to be a police officer

Basic Requirements

- ▶ Be between 19 - 29 years of age
- ▶ Be of First Nation, Inuit or Métis descent
- ▶ Be a Canadian citizen
- ▶ Be able to pass an enhanced reliability security check
- ▶ Be in good physical condition
- ▶ Possess a Canadian high school diploma or equivalent

Now accepting applications for the spring session!

Deadline: December 15, 2023

For more information contact:

"H" Division RCMP Recruiting
HdivRecruiting@rcmp-grc.gc.ca

"I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society."

Phoebe Wriepaieg, Nunavut



CHRISTMAS HOME DECORATING CONTEST

MILLBROOK - SHEET HARBOUR - COLE HARBOUR



CATEGORIES

1. CREATIVE INFLATABLES
2. CLARK GRISWOLD AWARD
3. CHRISTMAS DOOR DECORATING



1ST 2ND AND 3RD PRIZES FOR EACH CATEGORY

DEADLINE TO REGISTER IS DEC 13TH

JUDGING WILL TAKE PLACE ON THE EVENING OF DEC 14TH

You **MUST REGISTER** the category of choice by contacting
Alyssa Abram at **902-899-5206** or email at **aabram@millbrookfn.ca**



Millbrook Youth Centre presents



YOUTH CHRISTMAS PARTY



DECEMBER

Friday | 15 | 5 - 11pm



GIFTS, FOOD AND PRIZES



Millbrook Youth Centre
842 Willow street
Millbrook, NS



To register please contact the Youth Centre Lead Alyssa Abram at
902 844 5206 or aabram@millbrookfn.ca

DEC
04

MILLBROOK YOUTH CENTRE PRESENTS THE

Christmas Tree Lighting



Party



6PM - 7PM

LOCATION: MILLBROOK POW WOW GROUNDS
15 JOHN B TRAIL, MILLBROOK NS

WE WILL ALSO BE ACCEPTING
DONATIONS ON BEHALF OF THE
WEKOPE'KWITK MIJPEWEYUO'KUOM
SOCIETY MILLBROOK FOOD BANK



FOR FURTHER INFORMATION PLEASE CONTACT THE YOUTH CENTRE LEAD
ALYSSA ABRAM AT aabram@millbrookfn.ca
OR YOUTH SUPPORT WORKER JILLISA NICKERSON AT 782-370-1414

MILLBROOK YOUTH CENTRE PRESENTS

Quilled Ornament WORKSHOP

WITH CRYSTAL GLOADE

10 DECEMBER
2:00PM



B42 WILLOW ST MILLBROOK N5

MILLBROOK YOUTH CENTRE

TO REGISTER PLEASE CONTACT THE YOUTH CENTRE LEAD ALYSSA ABRAM AT AABRAM@MILLBROOKFN.CA OR YOUTH SUPPORT WORKER JILLISA NICKERSON AT 782 370 1414

ONLY 15 SPOTS AVAILABLE AGES 12-18

TRURO MIDDLE NEWSLETTER

IMPORTANT DATES:

-  **December 14** – Whole School Christmas Dinner
-  **December 20** – Last Day of School until the New Year
-  **January 3** – First Day back for Students

Please make sure your student has indoor shoes for gym.

Please make sure your student has a water bottle as we only have water bottle fill stations or water can be purchased at the cafeteria for a \$1.00.

Please ensure your students are dressed for the weather because the gym teachers make use of Victoria Park for classes.

If you know your student is going to be late or absent, please call the school! 902-896-5550

You can reach the Truro Middle Millbrook Support Staff at:

Brittany Higgins – 902-956-3164

Juliana Paul – 902-890-0461

Tom Wilson- WilsonTJ@ccrce.ca

Hope everyone has a safe and joyous Christmas and New Year.
Looking forward to seeing everyone in 2024!

Community and Public Safety Phone Line

To report any security or by-law related concerns or infractions all Millbrook members should call the **Community and Public Safety phone line at 902-956-4164** between 9 am – 4 pm.

Millbrook Security and By-law team now has a new office at 905 Willow Street.

If a community member is in danger or witnesses criminal activity, it is important that they call 911 or the local Millbrook or Cole Harbour, Sheet Harbour detachment of the RCMP. Please note that the security team cannot report incidents on your behalf. For a more detailed list visit <https://www.millbrookband.com/rcmp>.



Millbrook's Security Services

Millbrook's security team is responsible for keeping Millbrook's community safe and secure. They work around the clock and are on call 24 hours a day. Their duties include patrolling the neighbourhoods of Millbrook and Cole Harbour because having a physical presence in the community is a deterrent for minor damage or other unsavoury activities. They are trained to identify unusual activity and pay attention to detail to reduce risks to the community. In addition, they observe and report suspicious activity that may be criminal.

Millbrook Bylaw & Security Contact Information

By-law Officer - Cell (902) 899-5240 e-mail: afrancis@millbrookfn.ca

Millbrook Security - Cell (902) 956-0114 e-mail: security@millbrookfn.ca

Cole Harbour Security - Cell 902-240-0993

Sheet Harbour Security - Cell 902-885-2219



What: Beyond Trauma: A Healing Journey for Women Program

When: Every Monday starting January 8th 2024 from 1-3pm

for six weeks at the Seniors Center

Gain insight to your own healing and receive a certificate at the end of the program.

Food provided and prizes to be won!

To register please contact

MI'KMAW FAMILY HEALING CENTRE

902-893-8483

OR

THE MILLBROOK HEALTH CENTRE

902-895-9468

LIMITED SPOTS AVAILABLE

Friday, November 24, 2023

RE: Community Update on Financial Investigation

I am writing to update community members about the investigation concerning internal financial irregularities and the ensuing legal proceedings. As you already know, our investigation determined that a Senior Finance Clerk, Dawn Ellis-Abbott, defrauded Millbrook. Due to those findings, Millbrook alerted the RCMP and commenced its own lawsuit.

The RCMP conducted their own investigation, which resulted in Ms. Ellis-Abbott being criminally charged earlier this year. That proceeding is being prosecuted by the Crown's office and is currently before the Supreme Court of Nova Scotia. The next appearance is scheduled for December 22, 2023, which will address procedural issues such as setting a trial date.

Millbrook also commenced its own civil action against Ms. Ellis-Abbott in order to recover stolen funds. Millbrook also claimed against family members and acquaintances of Ms. Ellis-Abbott, believed to be involved in perpetrating the fraud and/or a recipient of the illegally obtained funds.

Millbrook's civil proceeding is still before the Nova Scotia Supreme Court. Even so, Millbrook has already obtained partial summary judgment against Ms. Ellis-Abbott. The Court ordered Ms. Ellis-Abbott to repay \$4,064,493.40 to Millbrook. To date, Ms. Ellis-Abbott has not repaid any of the ordered funds. Therefore, Millbrook is taking steps to enforce this order against her. At the same time, Millbrook is continuing to proceed against the other defendants named in the lawsuit.

Millbrook's leadership remains committed to accountability and financial safeguards. To that end, we have made significant changes within the administration office to prevent financial irregularities from occurring in the future. For example, we have improved staffing processes, policies, training, IT systems, and approval procedures, as well as changed auditors.

We will continue to update you regarding the criminal and civil proceedings as they unfold. Further, we will make every effort to recoup misappropriated Millbrook funds wherever possible.

If you have any further questions or concerns, please do not hesitate to reach out to me directly. My e-mail is chief@millbrookband.com, or at the Office at (902) 897-9199.

Chief Bob Gloade
Millbrook First Nation

MILLBROOK CHIEF AND COUNCIL ATTENDANCE RECORD 2023

MEETING DATES-SEPT TO DEC 2023	SEPT 12/23		SEPT 26/23		OCT 11/2023		OCT. 24/23		NOV. 14/2023		NOV. 28/23		EC DEV/MEETING			
	Chief & Council AM	PM	Ec. Dev Meeting A	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	Ec. Dev Meeting AM	PM	Chief & Council AM	PM	EC DEV/MEETING AM	PM
CHIEF ROBERT GLOADE	✓		✓	x 3pm	✓			✓								
COUNCILLOR WARD MARKIE	✓		✓		✓			✓								
COUNCILLOR LISA MARSHALL	✓		✓		✓			✓								
COUNCILLOR ALEX COPE	✓		✓		✓			✓								
COUNCILLOR JAMES STEVENS	✓		✓		✓			✓								
COUNCILLOR CARLEY GLOADE	✓		✓		✓			✓								
COUNCILLOR ZACHARY JULIAN	✓		✓	x 4pm	✓	Regrets		✓								
COUNCILLOR CHRIS GOOGOO	✓		✓	Teams	✓			✓								
COUNCILLOR ANISSA BLACKMORE	✓		✓	9:25am	✓	9:27 am		✓	Teams							
COUNCILLOR NATASHA BERNARD	✓		✓		✓	9:16 am		✓								
COUNCILLOR STEPHEN MARSHALL	✓		✓	x 3:30pm	✓			✓								
COUNCILLOR DANA SYLLIBOY	✓		✓		✓	Teams		✓								
COUNCILLOR GARRETT GLOADE	✓		✓	Regrets	✓			✓	Teams							

NO MEETINGS IN AUGUST 2023 MEETINGS RESUME IN SEPTEMBER 2023

- ✓ (check mark) indicates present for the day
- x indicates if absent day, will indicate time left meeting

**GENERAL CHIEF AND COUNCIL MEETING DATES
ECONOMIC DEVELOPMENT PROJECT CONSULTATION DATES**

Millbrook Health Centre Mental Wellness Team

Mental Wellness Crisis Coordinator
Tammy Bernard



Adult Mental Health & Addictions Counsellor
David Rider
Monday & Wednesdays



Community Social Worker/Home care supervisor
Corrina Milliea



Child & Youth Clinician
Ruth Mitchell
Monday & Tuesdays



Substance Use Prevention Counsellor
Ingrid Sheppard



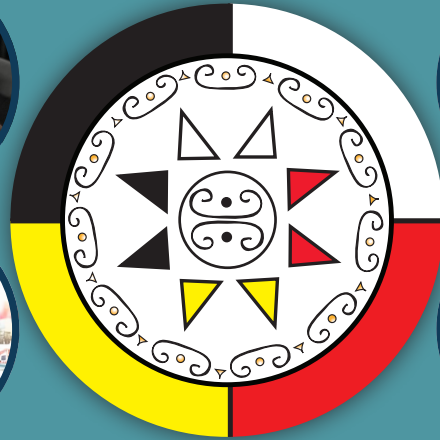
Mental Health & Addictions Clinician
Szonja Vamos
Wednesday & Thursdays



Addiction worker
Peter Gloade



Adult Mental Health & Addictions Clinician
Michelle Sullivan
Thursdays



MILLBROOK HEALTH CENTRE

Contact us at: 902-897-9199 or toll free at (1-800-693-3112)

Regular Hours

Monday - Friday 9:00am - 4:30pm

Summer Hours

Monday - Thursday 8:30am - 4:30pm
Friday 8.30am - 12:00pm

AFTER HOUR CONTACT NUMBERS:

Crisis Response Service at 902-896-2606
at Colchester East Hants Health Centre
(1-800-460-2110 ext. 42606) 8:30am - 4:30pm

Provincial Mental Health Crisis Line:
1-888-429-8167

Eskasoni Crisis Line 1-855-379-2099 or on
Facebook Eskasoni Crisis Worker

Millbrook RCMP 902-893-6819

NS Mental Health & Addictions Central Intake
1-844-855-6688

NS Help Line Call 221

NS Mental Health Crisis Line 1-888-429-8167

Kids Help Line 1-800-668-6868

Etli-Npisimkek Counselling & Consulting Services - Michelle LeBrun - Clinician Therapist
etlinpisimkekcounselling@gmail.com 902-759-2839