

Meditrust Pharmacy	674-4444
Metro Health Services Inc.	648-6150
N.B. Prescription Drug & Seniors' Health Benefit Programs, (Medavie Blue Cross)	1-800-332-3692
Nursing Homes: for information on respite care and nursing homes call Social Development N.B.*	1-866-441-4340
Parkinson Society	
Saint John Chapter	635-1530 / 1-800-663-2468
St. Stephen Support Group	465-4520
Private Duty Nurses Registry	647-5375
Public Health, N.B.	
Grand Manan	662-7024
Saint John	658-2454
St. Stephen	466-7504
Sussex	432-2003
Quality Respiratory Care Inc	638-8401
Red Cross Senior's Rehabilitative Equipment Program	674-6132
Riley Home Health Services	672-1943
Saint John Deaf and Hard of Hearing	
Services	633-0599 / TTY 634-8037
Saint John Stroke Club	672-7308
Senior Watch Inc. / CARE-ED Learning	634-8906 / 1-800-561-2463
Seniors Medical Alert	1-888-468-5311
Shoppers Drug Mart	636-9610
Social Development N.B.*	1-866-441-4340
St. Joseph's Community Health Centre	632-5537
Stroke Support Group	648-6879
Tele-Care - non-urgent health problems	1-800-244-8353
Total Ability Occupational Therapy for Everyone	847-0428
Vial for Life	
Grand Bay-Westfield / Hampton / Sussex	757-1020
Quispamsis / Rothesay	847-6300
Saint John	658-4549
VON – Adult Day Away Program	635-1530
Vitalaire	634-8962
We Care Home Health Services	657-2273

Housing

Carleton Kirk Complex Inc.	635-8621
Charlotte Court	466-1759
Chateau de Champlain	633-1195
Hillcrest Village	632-2018
Homeless Women's Shelter Service	672-5177 / 672-4878
Housing Alternatives	632-9393
Kings Valley Manor	847-5343
Loch Lomond Villa High Rise	643-7100
Nursing Homes – contact Social Development N.B.*	1-866-441-4340
Rentalsman and Consumer Affairs	658-2512
Saint John Non Profit Housing	658-1925
Salvation Army Booth Centre (Men's Shelter)	634-7021
Social Development N.B.*	1-866-441-4340
Special Care Home Assoc. Inc., Region 2	738-8514

* Formerly Family and Community Services

St. Croix Retirement Community	466-4176
Trinity Bicentennial Apartments	763-3183

Recreation / Leisure / Learning

Boys & Girls Club Saint John - Volunteer Grandparent Program	634-2011
Canada Games Aquatic Centre	658-4715
Computer Access Centres - call Community INFO-line	633-4636 / 1-877-322-4636
Greater Saint John Seniors Advisory Committee	672-5386
Hampton Seniors Resource Centre	832-7871
Libraries, Fundy Region	
Saint John	643-7220
St Stephen	466-7529
Sussex	432-4585
New Brunswick Community College	
Saint John	658-6600
St. Andrews	529-5000
New Brunswick Federation of Senior Citizens	1-800-453-4333
Bay of Fundy Zone	755-2324
Dairy Zone	833-4709
Loyalist Zone	672-6476
Recreation / Leisure, Municipal Departments	
Grand Bay-Westfield, Town of	738-6423
Hampton, Town of	832-6102
Quispamsis, Town of	849-5778
Rothesay, Town of	848-6606
Saint John, City of	658-2908
St. Stephen, Town of	466-7707
Sussex, Town of	432-4573
Royal Canadian Legion, NB Command	634-8850
Saint John Arts Centre	633-4870
Saint John Learning Exchange	648-0202
Saint John Volunteer Centre	658-1555
Salvation Army Drop-in	634-7563
Seniors' Clubs - call Senior's Information & Resource Centre	633-8781
Senior Citizens Services Centre (City Market)	693-8587
Senior's Information & Resource Centre	633-8781 / 633-8787
Sport & Recreation Database (online)	www.sportsrecreationnb.ca
Sunbury Shores Arts & Nature Centre, St. Andrews	529-3386
Senior Watch Inc / CARE-ED Learning	634-8906 / 1 800-561-2463
University of New Brunswick Saint John	648-5500
Walks n' Talks	672-8601
YMCA	634-7720

Transportation

Canadian Red Cross Seniors Volunteer Drive	674-6132/ 1-800-588-4881
Dial-A-Ride Charlotte County	466-4444
Handi-Bus	648-0609
Rothesay Driving Service for Seniors	648-9159
Saint John Transit	658-4700

The Human Development Council and its funders assume no responsibility to any person or persons for the information contained in this publication, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

Seniors' Information Guide

Programs and Services in Charlotte, Kings and St. John Counties



Sponsored by:



Atlantic Health Sciences Corporation
Harding Medical
Loyalist Zone Seniors
Shoppers Drug Mart, Crown St.
Social Development Canada /
New Horizons for Seniors



Human Development Council

47 Charlotte Street
3rd Floor, City Market
Saint John, NB E2L 2H8
Ph: 506-634-1673
Fax: 506-636-8543
hdc@nbnet.nb.ca

www.humandevlopmentcouncil.nb.ca

A United Way Agency

For information on community, health, social, or government services call the Community Information Centre – 633-INFO (4636) / 1-877-322-4636.
Or search the online directory – **Community Services Database:** www.saintjohninfo.ca or www.nbinfo.ca

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Counselling & Support

Canadian Mental Health Association	
Saint John	633-1705
Sussex	432-2101
St. Stephen	466-5679
Canadian Red Cross, Friendly Visiting & Telephone	
Reassurance Programs	674-6132 / 1-800-588-4881
CHIMO Suicide Crisis Line Inc.	1 800-667-5005
Community Care Program	632-1132 / 1-800-940-6660
Community Information Centre – information on support groups, and other community services	633-INFO(4636) / 1-877-322-4636
Community Mental Health Services	
Saint John	658-3737
St. Stephen	466-7380
Sussex	432-2090
Family Plus / Life Solutions	634-8295
Gentle Path Counselling	652-7284
Hospice	
Charlotte County	465-0800
Saint John	632-5593
Sussex	432-5001
Loch Lomond Villa, Senior's Outreach Centre	643-7140
Mobile Mental Health Crisis Line	1-888-811-3664
Ridgewood Addiction Services	
Saint John	674-4300
St. Stephen	465-4444
Sussex	432-3141
St. Joseph's Community Health Centre	632-5537
Victorian Order of Nurses	635-1530

Elder Abuse / Legal / Safety

AMBULANCE / EMERGENCIES	911
ABCs of Fraud, Saint John Volunteer Centre	658-1555
Domestic Violence Action Group	632-5616
Fraud – call your local police service	
Fundy Region Transition House (for abused women)	466-4485
Hestia House (for abused women)	634-7570
Landlord and Tenant Information - Rentalsman and Consumer Affairs	658-2512
Lawyer Referral Service	658-2542
Legal Aid New Brunswick	693-1995 / 633-6030
N.B. Securities Commission	1-866-933-2222
RCMP	1-800-665-6663
Rothsay Regional Police Force (Non Emergency)	847-6300
Saint John Police Force (Non Emergency)	648-3333
Social Development N.B.*	1-866-441-4340
Sussex Vale Transition House (for abused women)	432-6999

Food Banks / Groceries / Meals

Atlantic Superstore, Grocery Delivery Service	634-1181
Food Banks, call Community Information Centre	633-4636 / 1-877-322-4636
Hampton Seniors' Resource Centre	832-7871

Meals on Wheels	
Canadian Red Cross Meals on Wheels (Sussex)	433-5886
Community Meals on Wheels Saint John Inc.	658-1888
Home Support Services Inc. (St. Stephen)	466-1759
Kings Valley Wesleyan Meals on Wheels	847-5343
St. Mark's Meals on Wheels	849-5111
Romero House	642-7447
Salvation Army, Friendship Room	634-1633
Senior Citizens' Services Centre (City Market)	693-8587

Government Services

Government of Canada	
Canada Revenue Agency	
GST/HST	1-800-959-1953
Income Tax Enquiries	1-800-959-8281
Canada Pension Plan / Old Age Security	
English:	1-800-277-9914
French:	1-800-277-9915
TTY (Text Telephone for the Deaf)	1-800-255-4786
Service Canada - information on federal programs	1-800-622-6232
TTY (Text Telephone for the Deaf)	1-800-926-9105
Veterans' Affairs	
English	1-866-522-2122
French	1-866-522-2022
Last Post Fund	658-9707 / 1-800-561-0505
Community Volunteer Income Tax Program	1-800-959-8281
Government of New Brunswick	
Low-income Seniors Benefit	1-800-669-7070
N.B. Prescription Drug & Seniors' Health Benefit Programs - Medavie Blue Cross	1-800-332-3692
Service New Brunswick - information on provincial government programs and services (e.g. property tax, motor vehicles; disabled parking permits, birth / death certificates)	1 888-762-8600
Social Development N.B.* (Affordable Housing, Social Assistance, Long-term Care, Adult Protection)	1-866-441-4340

Health / In-Home Care (including Equipment & Relief Care)

ABC Surgical Supplies	634-8622
Alzheimer Society	
Saint John Branch	634-8722
St. Andrews Branch	529-5245
Sussex Alzheimer Support Group	433-1909
Arthritis Society, Saint John Branch	652-9626
Arthritis Support Group	648-9771
Assessments Plus	657-7587
Bayshore Home Health	633-9588
Bellwether Healthcare Solutions Inc	1-866-788-8500
Breast Screening	
Saint John area (St. Joseph's Hospital)	632-5566
St. Stephen (Charlotte Co. Hosp.)	465-4450
Sussex Health Centre	432-3225
Canadian Cancer Society, Southern District Office	634-6277

* Formerly Family and Community Services

Canadian Diabetes Association	1-800-884-4232
Canadian Red Cross	674-6200 / 1 800-588-4881
Centenary Queen Sq. Care Centre, Adult Outreach Centre	693-8080
CNIB	634-7277
Comcare Health Services	634-1505
Extra Mural Program	
Eastern Charlotte	755-4660
Kennebecasis Valley	848-4600
Saint John	635-8686
Sussex	432-3280
Foot Care	
Comcare Health Services	634-1505
Footech	657-0800
Integrity Home Health Services	657-1273
Jackie's Foot Care	696-7672
Orthopedics Plus	633-1312
Senior Watch Inc	634-8906
Ther-a-ped	632-9397
VON	635-1530
Go-Ahead Seniors Healthy Active Living Program for the 50 Plus	
Saint John	633-8412
Charlotte County	529-4347
Happy Hearts Cardiac Rehab Support Group	849-4912
Harding Medical	633-5097
Heart & Stroke Foundation	634-1620
Heart Surgery Support Group	648-7782
Home Hair Care, Gena's Mobile	672-3333
Home Support Services Inc. (Charlotte Co)	466-1759
Hospitals - including clinics and health centres:	
Campobello Health Centre	752-4100
Charlotte County Hospital	465-4444
Deer Island Health Centre	747-4150
Fundy Health Centre	456-4200
Grand Manan Hospital	662-4060
Ridgewood Veteran's Wing	635-2420
Saint John Regional Hospital	648-6000
St. Joseph's Hospital	632-5555
Sussex Health Centre	432-3100
Medical Clinics:	
Campbell Drive Medical Clinic	847-5988
Crown Street Medical Clinic	635-2273
KV Medical Clinic	849-2273
St. Joseph's Community Health Centre	632-5537
St. Joseph's Hospital Walk-In/Urgent Care Centre	632-5511
West Side Medical Clinic	693-2273
Integrity Home Health Services	657-1273
King's County Home Care Services Ltd.	847-5295
Lifeline	
Charlotte County Lifeline	466-1881
Saint John Regional Hosp. Auxiliary, Lifeline Program	648-6692
Loch Lomond Villa, Seniors Outreach Program	643-7140
MedicareNB	1-800-684-7901
Medichair	693-3330