

The Shoreline Journal Tid-Bits

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Province Takes Action on Barriers to African Nova Scotian Housing

The Province is taking an important step to remove systemic barriers and support community-based housing opportunities in four African Nova Scotian communities. A new memorandum of understanding with the Preston Area Housing Fund will launch discussions to address inequities and explore opportunities to support long-term housing needs in the area, including work to transfer up to 50 provincially owned housing units in Cherry Brook-Lake Loon, North Preston, East Preston and Westphal to the non-profit organization. The government is also providing \$3.5 million to support the ongoing repair, maintenance and sustainable operation of the units.

911 Service disrupted for 2 hours

911 Service across Nova Scotia was disrupted for two hours on January 31. At about 7 a.m., the Nova Scotia Emergency Management Office was notified by Bell Aliant that its 911 service was disrupted across Nova Scotia. Full access was restored shortly after 9 a.m. Mobile radio for emergency responders was not impacted during this disruption.

MLAs invited to take the #LoveOurTrailsNS Challenge

Hike NS invited MLAs across Nova Scotia to show some love for hiking trails. As part of the group's annual #LoveOurTrailsNS challenge, they are asking MLAs in particular, but also all Nova Scotians, to get out on a local trail this February, snap a photo and share it on social media with the #LoveOurTrailsNS hashtag. Hike NS is hoping this fun challenge will highlight the importance of trails to Nova Scotians and nudge government to better support trails and hiking. Trails are a place where we go for physical activity, for relieving stress, to support our mental health and to commune with nature. Walking is the top choice for physical activity for Nova Scotians. Hiking is one of the top three outdoor tourist activities. Hike NS says MLAs can act within government to increase funding for community volunteer trail groups, increase funding for trails in provincial parks and protected areas, protect more wilderness areas and become familiar with, and support, the provincial Trail Strategy. The group is asking each Nova Scotian who loves trails to personally invite their own MLA to take the #LoveOurTrailsNS challenge. Learn more at <https://www.hikenovascotia.ca/news-love-our-trails/>

PetSmart commits \$18-Million

PetSmart Charities of Canada has committed \$18 million over the next five years toward improving access to veterinary care. The "Accelerator" low-cost veterinary care grant program is a key part of this effort. These grants support the expansion of low-cost veterinary care by funding growth and operations for up to four years for nonprofit clinics looking to expand their services, serve their communities better, and inspire other veterinary providers by sharing their experiences. The grant made to the Nova Scotia SPCA in the amount of \$100,000 will support the growth of the Nova Scotia SPCA Veterinary Hospital in Dartmouth. The support is two-fold: The grant will help the hospital grow in knowledge and capacity to increase the number of clients that can be seen while providing options to families who might have to delay their pet's urgent medical treatment due to cost.

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New Chamber Members since January

The following is list of Truro & Colchester Chamber of Commerce who have joined since January 1, 2023



work with clients to custom develop a bottling solution should the need arise.

What's In Store - Bible Hill, NS, (289) 251-4357; <https://whatsinstore.ca/> Email: christine@whatsinstore.ca

Environmentally friendly, health conscious, researched, tested, effective, zero-waste, and predominantly Canadian made. If these features appeal to you, then What's In Store will become your one-stop shop!

From personal care & personal hygiene to makeup & skincare to luxury self-care products for men and women and zero-waste for everyone we have what you need and want.

Vida Living - Bible Hill, NS, (833) 879-8432; www.vidaliving.ca

VIDA's purpose is to revolutionize affordable communities. Since 2018, VIDA has grown from one 12-unit building in Halifax to over 2,000 units in Nova Scotia, New Brunswick, and Manitoba.

VIDA delivers socially responsible affordable workforce housing. Using creative solutions, VIDA strives to improve social, economic, and health outcomes by providing security, cleanliness, opportunity, and a sense of community to our tenants (who we treat as "customers").

Atmosphere Electrical - 142 Victoria Street, Unit D, Truro, NS, (902) 957-1419, www.atmosphereelectrical.ca

Nova Scotia Electricians for all your Electrical Contracting Needs. Atmosphere Electrical serves Truro, Halifax and central Nova Scotia. We offer electrical contracting for residential, commercial, renovations and new construction. Installation of generators, circuit breaker panels and monitored security systems.

Power Out Again? It's time to consider backup power. We can install a generator panel so power outages are a thing of the past.

Auto World Truro Ltd - 204 Robie Street, Truro, NS, (902) 895-7444, www.autoworldtruro.ca

At Auto World Truro, we always put the customer first. Located in Truro, Auto World Truro is a family-friendly used car dealership carrying a variety of sedans, trucks & SUVs, all at affordable prices. Our goal is to make your car buying experience a quick and easy, hassle-free process.

Looking to finance a vehicle? Our pre-approval process only takes 2 minutes. We offer great rates for all credit situations and will work with you to build a payment plan that fits your monthly budget.

Whether you have questions about test driving one of our models or want to know what your financing options look like, Auto World Truro is always here to serve you! Give us a call, send us an email or stop by for a visit, and experience the Auto World Truro difference!

Caroline O'Shea, Human Resources Consultant and Transformation Coach - Valley, NS, (902) 292-8669, Email: caroline.oshea295@gmail.com

<https://www.linkedin.com/in/carolineoshea295/>

I create a safe space for Leaders to successfully move through life's transitions, whether it's a personal or career transition, a transition within their team or their organization. I am known for being a calming confidante with integrity and honesty. I support and hold the people I work with accountable to their goals.

As a Human Resources Leader and Certified Coach Practitioner, I help leaders build a culture of great talent and organizational achievements. I am a Leadership Coach and am well versed in all areas of HR. My areas of expertise include leadership development, coaching and training; talent development and succession planning; alternate dispute resolution, mediation, employee and labour relations. I am Bilingual (English & French).

C&D Therapy - 55 King Street, Truro, NS, (902) 814-6052, <https://home.cdtherapy.ca/>

C&D Therapy offers psychotherapy services for individuals and those in relationships. We strive to embrace diversity and inclusion and excellence in mental health care.

We are Cynthia Voegeli and Derek Voegeli, providing services both remotely by Zoom across Canada, and locally here in Truro, NS at our downtown office. Cynthia specializes in working with clients who face trauma and complex trauma, as well as many other common issues, and Derek specializes in providing mental health care and associated services to the queer and gender-diverse community.

Cobequid Appraisals - Real Estate Appraisals - Donald Taylor, Truro, NS, Phone: (902) 895-4475, Email: dontay@eastlink.ca

Devantec IT & Security - (902) 270-5125, <https://devantec.com/>

Devantec is an Atlantic Canadian Leader in Business IT and Security Solutions. We offer a variety of services such as Managed IT Services, Cyber Security Solutions and Consulting, Business Phone Systems, CCTV, Alarm, Access Control, Structured Cabling and much more.

JAS3D Visualization Artist - Bible Hill, NS, (902) 986-1758, <https://jas3d.ca/>

I offer Graphic Design, 3D Design and Video Design Services; my job is to help you communicate your ideas clearly, and I'm passionate about it! My design services have been certified to a rigorous national standard by the Design Professionals of Canada (DesCan).

My client list spans a wide range of industries: Automotive, eLearning, Music Festivals, Craft Beer, Commercial Development, Construction, Mental Health, Wellness, Manufacturing, Entertainment. Think JAS3D for your next project, Contact Us Today!

NetEarth Inc - Website Services - Stewiacke, NS, (902) 805-0950, Email: chris@netearth.ca

Scotia Plastics - 47 Indian School Road, Shubenacadie, NS, (902) 222-6507

Located in Shubenacadie, Nova Scotia, Scotia Plastics began by extruding and supplying plastic drainage pipe to the local agricultural industry. We added blowmolding capabilities in the early 1990's to supply the growing needs of regional beverage manufacturers including dairies and bottled water suppliers. Since then, our commitment to quality and reputation for being able to deliver exactly what our customers need when they need it have made us the preferred, and in many cases the exclusive supplier to these companies.

We manufacture and carry a complete range of industry standard size food-grade and industrial bottles as well as corrugated pipe and tubing. Our experience and expertise also allow us to

What's The Bloom Program?

The mental health and addictions community pharmacy partnership program of Nova Scotia

HELP!

I FEEL LIKE I'M LOSING MY MIND AND DON'T KNOW WHAT TO DO OR WHO TO TURN TO.

Whether you are a youth, middle aged or a senior citizen you may have felt this way one time or another. Or perhaps someone has expressed these feelings to you. Well, what do you do and who can you turn to for help? It depends. The public awareness of mental illness and our willingness to discuss it openly is improving but there is still significant misunderstanding about what is meant by mental illness. Anxiety, depression, bipolar disorder, psychosis and other mental illnesses are often classified as mild, moderate and severe. A mental illness results in an inability to think and function normally. 'Depression' is not the same as having a couple of bad days. 'Anxiety' disorder is not the same thing as feeling stressed before an important meeting. 'Panic disorder' is not the same as feeling afraid. And 'OCD' is not the same as being super organized.

A mental illness requires an accurate diagnosis to ensure proper treatment and this will be determined by a doctor, but the journey to getting better can start before you are able to see a doctor. There are a number of government funded services accessible with a doctor referral. But what if you don't have a doctor, or the wait list is months and months? There are many community supports, including the Bloom Program at the Medicine Shoppe Pharmacy in the Truro Mall.

The Bloom program is a pharmacy-based service that focuses on the care and support provided to people with mental illness. Eligible patients receive comprehensive medication management as well as guidance in accessing services, as needed, in collaboration with their health care team. Call Peter at the Medicine Shoppe for more information, **902.893.3500**.

EMERGENCY	NON EMERGENCY	KIDS HELP PHONE
1-888-429-8167	1-855-922-1122	1-800-668-6868
(toll free)	(toll free)	(toll free)
24 hours	Monday-Friday	24 hours
7 days a week	8:30am-4:30pm	7 days a week

The Medicine Shoppe PHARMACY

(902) 893-3500

Peter Bakes
B.Sc. (Pharm)
Pharmacist Owner

Truro Mall
245 Robie St.
HOURS: M-F 9am - 5pm, Sat. 9am - 1pm

WINDOWS and DOORS INSTOCK

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MONEY'S WORTH

Renovation Centre

28 Jennifer Drive (Just across from the Bowlcade)
902-893-2477