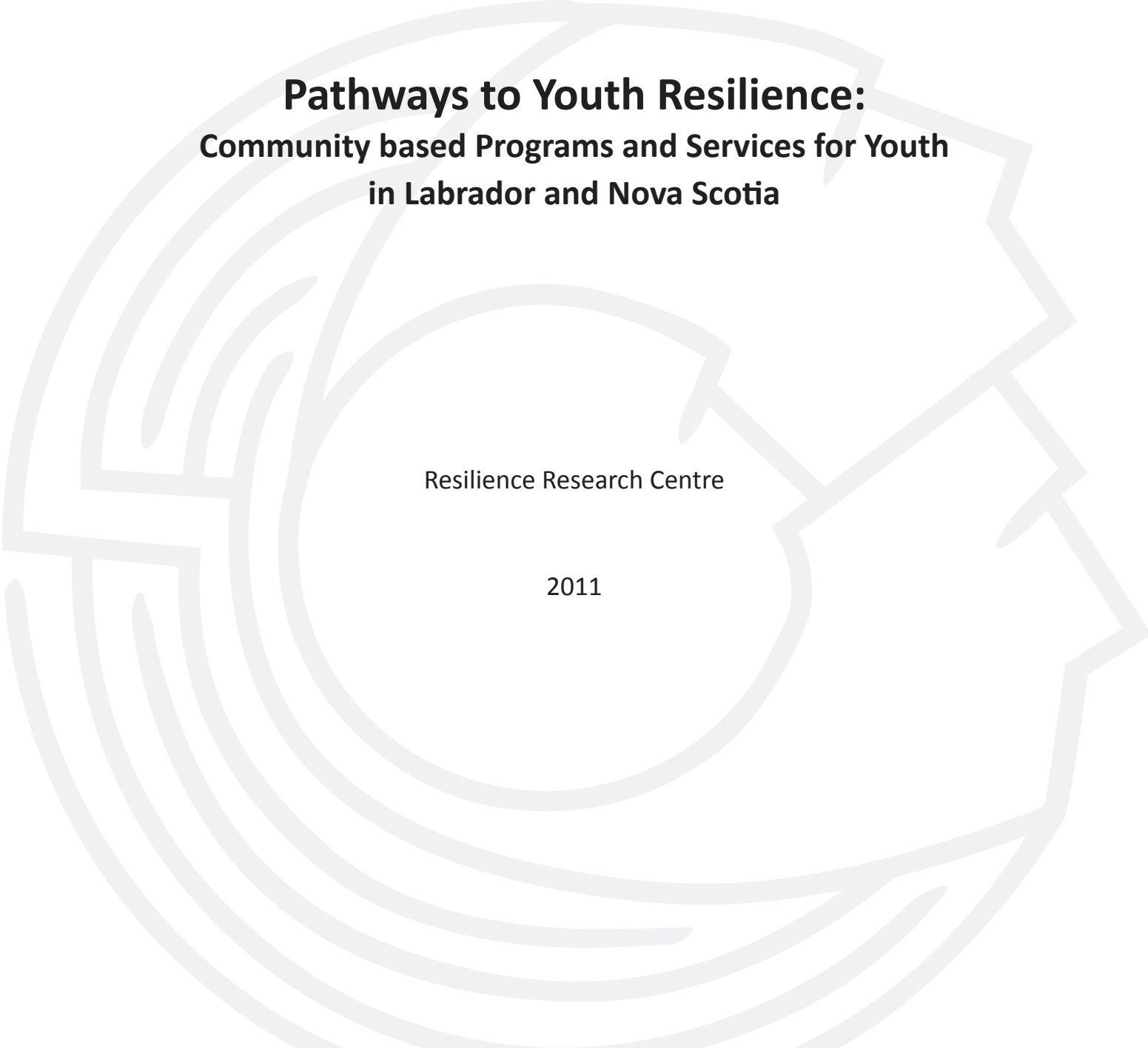




The Pathways to Resilience Project



Pathways to Youth Resilience: Community based Programs and Services for Youth in Labrador and Nova Scotia

Resilience Research Centre

2011

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INTRODUCTION

Community-based programs and services are an important resource for youth, especially for those at-risk. For the purpose of this report, the meaning of ‘at-risk’ youth will follow the UN-HABITAT definition as,

“Young people whose background places them “at risk” of future offending or victimization due to environmental, social and family conditions that hinder their personal development and successful integration into the economy and society” (2003).

There have been several identified benefits to youth participation in community-based programs, including: higher academic achievement; supportive relationships, enhanced self-esteem, interpersonal skills, problem solving skills, and skill acquisition (Eccles & Templeton, 2002; Wright, John, Alaggia, Duku, & Morton, 2008). In addition, community-based programs are often developed in response to an identified need (i.e. a gap in services) within the community.

The first section of this report covers the legislations and policies related to programming for youth in Labrador and Nova Scotia. This is followed by a brief discussion of the relevant statistics and barriers that these youth experience to accessing services. Finally, the body of this report includes a scan of many of the available community-based programs and services for youth in Labrador and Nova Scotia, with a special emphasis on those that target at-risk youth.

GOVERNMENT LEGISLATION

International/Federal Legislation

The UN Convention on the Rights of the Child was established in 1989 and put into force in 1990. This Convention outlines the basic rights of the child (youth aged 18 and younger) for ratified countries under international law.

“For the purpose of guaranteeing and promoting the rights set forth in the present Convention, States Parties shall render appropriate assistance to parents and legal guardians in the performance of their child-rearing responsibilities and shall ensure the development of institutions, facilities, and services for the care of children” (UN Convention on the Rights of the Child, article 18, 2nd section, 1990).

This Convention was ratified by Canada in 1991. It established the foundation for many of the youth-related legislature and policy in Labrador and Nova Scotia. Article 18 of the Convention states that children should be brought up in consideration of what is best for them. It assigns responsibility to ratified countries to provide support services to families in order to guarantee the rights of children. In Labrador and Nova Scotia, this responsibility is allocated through federal and provincial legislation and disseminated through government policies and municipal programs.

Provincial Legislation: Labrador

The Department of Child, Youth, and Family Services in Labrador is currently under review. As a result, the legislative Acts related to this Department are not currently available online. This includes the: *Child, Youth and Family Services Act* and the *Youth Advisory Council Act*.

***Income and Employment Support Act* (2002, last amended in 2006)**

The purpose of the Act, “is to facilitate the provision of income and employment support to eligible persons” (*Income and Employment Support Act, 2002*). This Act provides the foundation for the establishment of employment programs and services for youth and at-risk youth.

***Child and Youth Advocacy Act* (2001, last amended in 2008)**

In Labrador, the Child and Youth Advocate is responsible for ensuring that children and youth have access to services and that their rights are protected and advanced by the government. This service is free and the position facilitates the independent review of government-funded services in the province.

Provincial Legislation: Nova Scotia

***Children and Family Services Act* (1990, last amended in 2008)**

The purpose of this Act is to “protect children from harm, promote the integrity of the family and assure the best interests of children” (*CFSA, 1990, c. 5, s.1.*). In Nova Scotia, this Act is carried out by the Department of Community Services. This department is responsible for the delivery of a wide range of community services. This includes programs related to the Child and Youth Strategy, family and community supports, and employment supports and financial assistance. They also help to provide funding to community-based organizations, programs, and services.

***Employment Support and Income Assistance Act* (2000)**

The purpose of this Act is to “provide for the assistance of persons in need and, in particular, to facilitate their movement toward independence and self-sufficiency” (*Employment Support and Income Assistance Act, 2000*). Under this Act, funding is provided to programs that are targeted at employing youth. This Act also notably puts the child’s right to financial support from their parents above the parent’s individual rights that are guaranteed through this Act.

***Ombudsman Act* (1989, last amended in 2004)**

This Act granted independence to the Office of the Ombudsman. In doing so, it gave the provincial Ombudsman Office the authority to look independently into the decisions and activities of government officials. In 2000, the Ombudsman Office added a Children’s Ombudsmen position. The Children’s Ombudsman position provides youth and their family with an outlet for complaints about provincial/local facilities and services that serve youth.

Youth Secretariat Act (1989, last amended in 2004)

In 1989, Nova Scotia passed the Youth Secretariat Act to “facilitate the planning, development and delivery of services and programs for youth” (Youth Secretariat Act, 1989, amended in 2004). The *Youth Secretariat* in Nova Scotia was established to provide input on how the Act was being administered. The function of the Youth Secretariat is:

“To provide advice to the Minister responsible for Youth regarding policies and programs of the Government, as they relate to youth; to advise and work with the Nova Scotia Youth Secretariat on the development of effective programs and services for youth; to assist the Youth Secretariat in researching and developing policies and nurturing youth initiatives by conducting surveys and studies, sponsoring conferences and symposia and performing other assigned duties” (Government of Nova Scotia Executive Council Office, n.d.).

It consists of a council of youth, ages 16 to 24, from different regions in the province who have demonstrated an ability to represent special populations and/or major youth-serving organizations.

GOVERNMENT POLICY

Federal Policies for At-Risk Youth in Canada

Federal and provincial policies often form the foundation for the development of programs and supports that target youth in Canada. Some of these policies are presented below. Policies that are developed through the Departments of Justice; Child, Youth, and Family Services; Mental Health; and Education are covered in more detail in their respective reports within this series of reports.

Community Action Program for Children (CAPC)

CAPC was established in 1993 by the Public Health Agency of Canada (PHAC). This federal organization helps to create policy and support programs that help build an effective public health system in Canada. The PHAC Children’s Team in Atlantic Canada helps to administer federally-funded health promotion programs, such as Aboriginal Head Start and CAPC. PHAC also provides funding to community-based programs through the CAPC National Projects Fund. CAPC-funded programs and services are offered through Family Resource Centres and outreach sites for rural youth.

Youth Employment Strategy (YES)

The YES was developed in 1997 to help young people overcome barriers and gain skills in order to enter the workforce. As a result of the strategy, Service Canada Centres offers three programs to help attain employment, these programs are: *Career Focus*, *Skills Link*, and *Summer Work Experience*. Of particular note is the Skills Link Program that was established in 2009. This program provides funding to employers that help youth overcome barriers to employment. Eligible youth include single parents, youth with disabilities, Aboriginal youth, recent immigrants, rural/remote youth, and high school drop outs.

Provincial Policies Relating to Labrador

Labrador is governed by the Government of Newfoundland and Labrador. In 2005, Nunatsiavut was established as a region in Labrador that is self-governed by the Inuit. The Nunatsiavut Department of Health & Social Development offers programs and services to Labrador Inuit to help improve health and well-being. This is done through collaborations between Nunatsiavut government departments and social organizations and programs in the region. The Department of Culture, Language, and Tourism is responsible for youth programs that focus on skill building, career experience, and summer employment.

In 2007, the Government of Newfoundland and Labrador released the *Northern Strategic Plan for Labrador*. This plan recognized the lack of programs and need for further economic and social development in Labrador. It follows a mandate to improve social programming, infrastructure, and foster economic prosperity that reflect the unique environment and service-delivery challenges of Labrador.

In 2009, the Newfoundland and Labrador government adopted the *Youth Retention and Attraction Strategy*. Under this plan, the province's Department of Human Resources, Labour and Employment is mandated to offer diverse employment programs for youth in Newfoundland and Labrador. However, most of these employment programs are based in Newfoundland. In some cases, there may be funding available for Labrador youth who are able to travel. Two such programs are *Linkages* and *Try the Trades*.

Linkages is for people, ages 18 to 30, who have not had any post-secondary education or training and who are having difficulty entering the workforce. Participants are provided with a 26 week job placement that reflects their personal goals. They are also provided with career and employment support sessions.

Try the Trades provides opportunities for people, ages 18 to 39, to spend two to four weeks learning a construction trade on a residential construction site. The participants receive funding as well as safety equipment and training. All training sites are on the Island of Newfoundland but there is an opportunity for Labrador youth to receive a travel/accommodation allowance of \$50 a day.

Provincial Policies in Nova Scotia

Nova Scotia is governed by the Government of Nova Scotia. In 1985, the federal and provincial governments and Nova Scotia First Nations signed the Mi'kmaq Family and Children's Services Agreement. This established the Mi'kmaq Family and Children's Services and assigned it the responsibility of child welfare on First Nation communities in Nova Scotia. In 2007, this agreement was renewed for another period of five years.

In 2006, the Nunn Commission was established by the Department of Justice. This public inquiry examined the areas of youth justice administration, legislation, and the prevention of youth crimes. In 2007, as a result of Nunn Commission, the provincial government of Nova Scotia released the *Our Kids are worth it: Strategy for Children and Youth* (Nova Scotia Department of Community Services). This strategy currently guides the Government of Nova Scotia in choices related to the well-being of youth. It has also encouraged the coordination of programs, services, and supports for at-risk youth. The 2011 report, *Our kids are worth it: Our third year*, indicated much success in this area:

- Fewer youth are living in low-income families;
- More physically active youth;
- Overall improved rates of school readiness;
- Overall reduced dropout rates;
- Higher levels of volunteerism among youth;
- Fewer youth engaged in crime;
- Reduced wait times for youth mental services; and
- Reduced rates of youth homelessness (Nova Scotia Department of Community Services, 2011).

Another initiative that developed from the Nova Scotia Child & Youth Strategy is the Youth Secretariat and *Leaders of Today* event. This is an annual gathering of youth, youth organizations, and government representatives. The purpose of the event is to inform youth initiatives developed by the Nova Scotia government with the perspectives of Nova Scotian youth.

STATISTICS

Some urban communities in Nova Scotia, such as Spryfield and North Dartmouth in the Halifax Regional Municipality, have built up reputations as high-risk neighbourhoods. Spryfield, for example:

Wrestles with socio-economic issues related to poverty, high unemployment and low education attainment in some areas. Other youth risk issues include, lack of access to transportation and after school programming, and higher than average high school dropout rates (Pathways to Education, n.d.).

Studies have demonstrated that youth who are most at-risk of joining a gang often display similar risk factors, such as alcohol and drug use, limited attachment to community, poor parental supervision, and poor educational and/or employment opportunities (Public Safety Canada, 2007).

Youth in rural and remote areas of Labrador and Nova Scotia demonstrate unique risks and service needs. These include higher rates of alcoholism, lower functional health, and higher rates of depression than their urban counterparts (Bollman & Mitura, 2004). In Labrador, the “relatively young population” and”

high rates of immigration” from other areas have together increased demand for recreational centres beyond the available facilities (Macdonald, 2008, p. 1-1). In addition, the majority of programs for youth are located in urban areas and this creates an access barrier for rural and remote youth in Labrador and Nova Scotia (Laurent, 2002).

BARRIERS TO SERVICES

There are many barriers that prevent youth from accessing the community-based services that they may need in Labrador and Nova Scotia. These can be categorized, but are not limited to, individual and program-based barriers.

Individual Barriers

Lack of trust in services

Youth have a lack of trust in services, which may come about due to negative experiences or distrust of adults due to family problems. This distrust can cause youth to be reluctant to accept the help of any services, or to become active in community-based programs.

Stigma

The establishment of the Youth Advocate Program in Halifax demonstrated the many difficulties of starting a new community program. The program reportedly had difficulty finding appropriate workers; workers who were familiar with the communities that the Youth Advocate Program operated in and their challenges, networks, and resources. The Youth Advocate Workers also had difficulty engaging parents in the program (Public Safety Canada, 2011).

Program-based Barriers

Lack of Available and/or Affordable Programs

The *2008-2009 Annual Report* of the Nova Scotia Ombudsman found a need for more community supports programs, education, and better co-ordination between services offered in the province (Office of the Ombudsman, 2009). In a 2008 report on a gang-prevention program, youth indicated that there was a lack of affordable activities, transportation, and places to go with their friends (Peverill & Wood, 2008, 5). Service providers also voiced concerns that most services and programs were only available in the Halifax Regional Municipality, creating problems of access and locality for youth seeking out services (Peverill & Wood, 2008, 6). These problems are faced by youth in many rural and remote Nova Scotia communities, as most youth-relevant programs tend to be centralized in urban areas.

Labrador shares the same barriers due to the remote location of many of the communities in the province. “Increasing access to services, especially healthcare, childcare, social programs and transportation, throughout all areas

of the province” were all identified as priorities at a 2008 youth summit on the retention and attraction of youth to Newfoundland and Labrador (Government of Newfoundland & Labrador, 2009, p.8). According to the *Northern Strategic Plan for Labrador* (2007),

Many of the challenges experienced by the Nunatsiavut Government, the Innu Nation and the Labrador Metis Nation related to delivering and gaining access to programs and services arise because of the difficulties associated with providing these programs and services to isolated and remote communities. These challenges mirror those faced by other residents of Labrador, and therefore are not necessarily tied to Aboriginal issues (p.20).

Lack of Youth-Aimed Shelters and Programs/Services

Another barrier that youth face is the lack of youth-aimed shelters, services, and programs to meet their needs. Many of the services that at-risk youth can access, particularly those for homeless youth are also available to adults. This can make youth uncomfortable and affect their accessibility to the services (Koeller 2008, 2). The Out of the Cold Emergency Winter Shelter in Halifax, as an example, is open to all ages. During the 2010-2011 season, staff often reported being at capacity and had to turn away as many as eight people on cold nights, leaving those people without a safe space to spend the night. The *Background Report: Homeless and Street-Involved Youth in HRM* (2008) identified a lack of youth-targeted health/mental health/addictions services as another gap in available services for youth in the Halifax Regional Municipality (Koeller, 2008).

Lack of Affordable Housing

There a lack of shelter for homeless youth in Labrador and Halifax and a need for more supportive and affordable housing (Koeller, 2008; St. John’s Housing and Homelessness Network, 2008). The *Halifax Report Card on Homelessness* outlines the importance of access to supportive housing for people facing barriers to housing, such as youth (Community Action on Homelessness, 2010). For example, the Phoenix Supervised Apartment Program (SAP) helps youth, aged 16 to 24, develop independent living skills while providing safe and supportive housing. Programs, like the SAP, that provide supportive housing are important to establishing a spectrum of housing options to help keep youth off the streets.

Program Funding & Need for Volunteers

Funding is a key issue for many community-based organizations in Labrador and Nova Scotia. Phoenix Youth Programs in Nova Scotia, as an example, are “challenged every day to cover the rising cost of staffing, food, heating, maintenance, and other daily essentials” (Phoenix Youth Programs. n.d.). As a result, most community-based programs rely on volunteers and donations to continue operating. Small community programs, like the Youth Advocate Program, can be costly. This gang-prevention program for youth on average costs \$37,008 per youth. However, when compared to the cost of incarcerating a youth or enrolling them in a Community Services residential program, the costs are

significantly lower (Ungar, Liebenburg, Billard, Walker, & Forshner, 2011). In 2004/2005, Child, Youth, and Family Services programs ranged from \$79,935 to \$208,050 per youth per year (Nova Scotia Community Services, 2006). Incarcerating a youth offender costs approximately \$120,000 per youth per year (Canadian Psychological Association, 2008). However, despite the positive impact of this program for at-risk youth in the Halifax Regional Municipality, it is at risk of being cut because of its lack of financial sustainability.

There is also a greater need for experienced volunteers within programs that serve at-risk youth. Many of the community-based services that are available to at-risk youth are run by non-profit community organizations. These organizations are heavily reliant on sponsors and volunteers in order to continue operating. A discussion paper on the workforce in the Nova Scotia non-profit sector found that due to wages and benefits the non-profit sector had a tough time competing for qualified staff (Pinfold, 2010). These non-profit organizations are expected "to do more" while their funding is limited and/or unstable and volunteers are hard to find (Pinfold, 2010, 6).

PROGRAMS & ORGANIZATIONS IN LABRADOR

Community-based programs can be an important source of support to at-risk youth in Nova Scotia. Some programs are developed out of an identified need for a service by an individual and/or group of people. The objective that these programs share is the desire for better outcomes for youth. The following programs cover youth who are age 6 and older. The list is by no means comprehensive. However, it does feature a large sampling of the programs that are available to youth (in particular, at-risk youth) in Nova Scotia.

The programs and services relevant to Labrador have been divided into six categories. These are: Cultural, Educational/Mentoring, Emergency & Social Welfare, Employment, Recreational, and Organizations Offering Diverse Programming. Programs that are mainly funded by the Department of Education, Justice, and etc., have been covered in their respective parts within this report. The programs and organizations available in Nova Scotia are covered in the next section.

Cultural

Labrador Friendship Centre

The Labrador Friendship Centre is situated in Happy Valley-Goose Bay. Its mandate is, "to provide the best possible services to enrich the lives of the Inuit, Innu and Metis of Labrador through the provision and implementation of social, cultural, health, educational, employment, and developmental initiatives" (Labrador Friendship Centre) The centre runs the United Cultures Youth Project (UCYP) which provides all youth between the ages of 10 and 24 with programs, services and events. These include crafting, self defence, dances, movie nights,

games nights, tutoring, cultural retreats and an annual multicultural youth gathering for Aboriginal and non-Aboriginal youth from all over Labrador. They also operate the Aboriginal Family Centre which provides support to Aboriginal families with children under the age of 6. The Labrador Friendship Centre is a federally funded initiative.

Junior Canadian Rangers

The Junior Canadian Rangers operates in Black Tickle, Cartwright, Churchill Falls, Hopedale, Labrador Straits, Makkovik, Mary's Harbour, Port Hope Simpson, Postville, and Rigolet

The Junior Canadian Rangers Program is for youth between 12 and 18 living in remote and isolated communities across Canada. The goal of the program is to provide youth with activities that promote traditional cultures and lifestyle, healthy living and self-image as well as wilderness survival skills. The programs are operated by Canadian Rangers and adult volunteers. They are funded by the Canadian Department of National Defence and the Canadian Forces with aid from the Department of Aboriginal Affairs and Northern Development along with other federal, provincial, regional and community organizations.

Educational/Mentoring

Cadets

There are Cadet programs in Happy Valley-Goose Bay, Wabush, Labrador City, and Nain

The Cadet Program is a military-based program aimed at youth, and the largest federally-sponsored youth program in Canada. The Cadets program is open to all Canadians between the ages of 12 and 18. It is divided into Sea, Army, and Air Cadets and provides youth with training in their chosen division. There is no cost to youth who participate in any of the cadet divisions, but youth and parents are expected to participate in fundraising activities. This program is funded by the Department of National Defence, in partnership with the civilian Navy League, Army Cadet League, and Air Cadet League of Canada.

Conservation Corps Newfoundland & Labrador

Conservation Corps is a non-profit organization dedicated to providing youth with training and employment in environmental and cultural heritage conservation. One of the programs provided by the Conservation Corps is the Green Team Program which runs in Happy Valley-Goose Bay, Makkovik, Battle Harbour, and Cartwright. The Green Team Program provides youth 16-30 years of age with training and employment while providing a service to their community through a community partner. The Conservation Corps is a program partnered by the federal and provincial governments.

Public Libraries

Public Libraries are located in Cartwright, Churchill Falls, L'Anse au Loup, Happy Valley-Goose Bay, Labrador City, and Wabush.

Public Libraries in Labrador lend books, DVDs, CDs, and other educational or recreational resources at no cost. All Public Libraries provide free computer and internet access. However, the hours of operation for many libraries in Labrador are limited. In addition, only some libraries in Labrador offer programs for children and youth. These programs depend on the resources available in the different communities. These programs include, but are not limited to: Computer training, information sessions, and story time. The libraries and their services are provided by an independent provincial board and are mostly funded by a grant provided by the provincial government.

Emergency & Social Welfare

Community Food Sharing Association

The Community Food Sharing Association is a central collection and distribution service for food banks in Newfoundland and Labrador. These food banks provide food, in the form of meals or groceries, as well as other resources to families and youth in need.

Family Resource Centres

There are Family Resource Centres in West St. Modeste, Mary's Harbour, Labrador City, Happy Valley-Goose Bay, Sheshatshiu, and Nain

Family Resource Centres offer support, resources and activities for families with young children. The emphasis is on early childhood development and parenting skills. The programs offered vary by centre and they usually serve only families with children six or younger. However, some Centres offer programs for families with youth up to age 12. Services may include playgroups, parenting workshops, support groups and resource distribution. They are operated by the Newfoundland and Labrador Department of Child, Youth and Family Services.

Shelters and Safe Houses

The shelters and safe houses in Labrador are: Libra House (Happy Valley-Goose Bay), Nukum Munik Shelter (Sheshatshui), Hope Haven (Labrador City/Wabush), Nain Safe House (Nain), Kirkina House (Rigolet), Natuashish Safe House (Natuashish), and Selma Onalik Safe House (Hopedale)

Most shelters and safe houses in Labrador have a similar mandate, to provide people with a safe place to stay and with supports and services to remain safe. As an example, Libra House is an emergency crisis shelter in Happy Valley-Goose Bay that provides shelter, support, and services to women and children who are victims of domestic violence. The shelter operates 10 beds and women may stay at the shelter for up to six weeks. They also run a 24 hour crisis phone line. Libra House is a registered Charity and has many partners and donors which include provincial government, and many regional and community organizations. The only shelter that provides services specifically for young men (Choices for Youth) is located in Newfoundland.

Women's Centres

Women's Centres offer a place for women to access support, information, and resources. These centres can also often provide referrals to other services and supports for women of all ages who are at-risk or in need. There are two in Labrador and they are located in Labrador City and Happy Valley-Goose Bay.

Employment

Black Bear

Black Bear is a Department of National Defence training and employment program for Aboriginal youth between the ages of 17 and 29 from anywhere in Canada. The program consists of two months of cultural and military activities at a military base in Ontario.

Career Work Centre

This Centre is located in Happy Valley-Goose Bay and operated by the Department of Human Resources, Labour and Employment. Career Work Centres are sites where people (and youth) seeking work can access resources, such as internet, phone, fax, etc., guidance from staff in resumes, cover letters and interviews, and services such as job fairs to enable people to find employment. The only Career Work Centre in Labrador is located in Happy Valley-Goose Bay.

Youth Ventures

Youth Ventures provides students in Newfoundland and Labrador between the ages of 12 and 29 with the resources needed to start their own business. The program is designed to empower youth to turn their interests into profitable ventures. There are Site Coordinators located in Labrador City, Happy Valley-Goose Bay, Forteau, and Port Hope Simpson, but the program is available to all eligible Labrador youth. The program is funded by the federal and provincial governments.

Recreational

Recreational Facilities

The range of facilities available within Labrador is dependent on the community, and may include school gymnasiums, indoor and outdoor rinks, swimming pools, trails and community centres. The organized programs at these facilities also vary by community. Examples of what is available include hockey, broomball, and cross-country skiing. Communities may also host community sports weekends and have organized indoor and outdoor recreational activities available for youth.

Organizations Offering Diverse Programming

Church Groups

Church Groups offer a variety of youth programs to youth in Labrador. This often includes summer camps, afterschool programming and mentoring. The programs available and their cost depends on the community and the church group offering them.

Community Youth Network, CYN

CYN has centres in Cartwright, Happy Valley-Goose Bay, Hopedale, Nain, Sheshatshiu, L'anse au Loup, West St. Modeste, Red Bay, and Port Hope Simpson

CYN is a provincial initiative in Newfoundland and Labrador to provide services to youth age 12-25 living in poverty or at-risk. CYN centres provide a variety of free services and programs with aims to increase youth's access and ease of education, employment and improved quality of life. CYN is funded by the Newfoundland and Labrador Department of Human Resources, Labour and Employment.

Youth Centres

Youth Centres offer diverse programs and services to youth in their communities and are often affiliated with Recreational Centres. As an example, the *Labrador West Youth Centre* runs employment, literacy and wellness programs, as well as *Teens against Destructive Decisions (TADD)* and a volunteer initiative program. The centre is also open as a drop-in space for youth and provides them with entertainment, games and internet access. It is operated by the non-profit, volunteer-run Labrador West Young People's Association. The facilities and programs are funded by grants and charitable donations.

PROGRAMS & ORGANIZATIONS IN NOVA SCOTIA

The programs and organizations in Nova Scotia have been divided into seven categories. These are: Cultural, Educational/Mentoring, Emergency & Social Welfare, Employment, Health-related, Recreational, and Organizations Offering Diverse Programming. Programs that are mainly funded by the Department of Education, Justice, and etc., have been covered in their respective parts within this report.

Cultural

Aboriginal Youth Moose Camp

The Aboriginal Youth Moose Camp is an RCMP program in Cape Breton for aboriginal youth from across Nova Scotia. Youth are provided with a chance to visit the Cape Breton Highlands to participate in a moose hunt and skill building/training programs. Prior to the hunting trip the youth attend workshops on traditional culture and skills, and receive health and safety training. The program is designed to encourage youth to find a traditional alternative to criminal activities (Royal Canadian Mounted Police, 2008).

African Diaspora Association of the Maritimes, ADAM

ADAM engages youth through various programs such as leadership programs, after-school activities, mentorship and programs which focus on education, multiculturalism and crime prevention. ADAM youth programs focus on youth engagement as a tool to key youth away from criminal activities. ADAM is a

non-profit community organization to support people of African heritage and to aid the integration of African Canadian immigrants into the Maritimes. ADAM receives funding from the Government of Nova Scotia, community, and individual sponsors.

Micmac Native Friendship Centre, MNFC

The MNFC is based in Halifax. It offers a variety of social programs that embrace and promote Mi'kmaq culture, such as drumming. This centre is a member of the National Association of Friendship Centres that is federally funded (National Association of Friendship Centres, 2010). This centre is also home to the Kitpu Youth Centre. This youth centre focuses on offering programs and services that “achieve emotional, physical, mental and spiritual well being through traditionally based activities” (Kitpu Youth Centre Facebook Page, 2011). It is primarily funded by the National Association of Friendship Centres.

Native Council of Nova Scotia, NCNS

The NCNS is a community organization of Mi'kmaq and Aboriginal peoples living off-reserve in Nova Scotia. The Council works to create support, advocacy and leadership for people in their communities. The council also influences government and social policies, programs and decisions. The NCNS has developed and administers a wide range of programs and services to ensure the well-being of their community. These programs include various education and student services to encourage Aboriginal youth to stay in school.

Educational/Mentoring

4-H Clubs

As of 2009, there were 85 4-H clubs in Nova Scotia. 4-H programs offer rural youth, between the ages of nine and 21, opportunities to develop leadership and other positive development skills. It does this by introducing youth to new skills related to agricultural, artistic, or technical skills. There is a \$20 provincial registration fee, as well as a fee for joining the local 4-H club (this varies depending on the club). 4-H clubs are funded by the Nova Scotia Department of Agriculture along with sponsorships from industries, businesses, civic organizations and individuals.

Big Brothers Big Sisters, BBBS

Big Brothers Big Sisters has programs in Nova Scotia in Greater Halifax, Annapolis Valley, Antigonish, Cape Breton, Colchester, Pictou County, South Shore, and Yarmouth

BBBS offers child and youth services in the form of mentorship programs, with the goal of providing young people with positive role models. They facilitate one-on-one mentorships between young people (usually between 6 and 16) and adult volunteers. Depending on the program youth can also be paired with an adult couple or with an older youth. BBBS also runs different programs offering support to children and youth such as in-school mentoring. There are no costs

to youth participating in BBBS programs. The provincial government provides BBBS with about 10% of their budget. The rest of the budget is made up through fundraising and corporate and government grants.

Boys and Girls Club, BGC

Boys and Girls Club has programs in Nova Scotia in Cape Breton, Spryfield (formerly Chebucto), Cole Harbour, Dartmouth, East Dartmouth, Preston, Sackville, Spryfield, Truro and Colchester, and Yarmouth

BGCs provide safe and affordable after-school programming for children and youth. All clubs are accessible and affordable, and some even offer evening and weekend programming. The programs they offer seek to foster healthy development in the youth participants. The clubs are non-profit community based organizations. As stated on their website, the vision for the BGC is “to offer children and youth from all economic, cultural, and social backgrounds access to the resources, supports, and opportunities that will enable them to overcome barriers and achieve their positive potential in life” (Boys And Girls Club of East Dartmouth, 2010). Each individual club is responsible for its own funding, which comes from a variety of community, government and private sources.

Cadets

The Cadet Program is the largest federally-sponsored, military-based program that is aimed at youth in Canada. There are many cadet divisions across the province of Nova Scotia. The program is open to all Canadian youth between the ages of 12 and 18. Youth in the Cadets program have the option of enrolling in one division: Sea, Army, or Air Cadets. “The aim of the Cadet Program is to develop in youth the attributes of good citizenship and leadership, promote physical fitness and stimulate the interest of youth in the sea, land and air activities of the Canadian Forces” (Cadets Website). There is no registration fee for youth to participate, but they and their parents are expected to participate in fundraising activities. Cadet programs are funded by the Department of National Defence, in partnership with the civilian Navy League, Army Cadet League, and Air Cadet League of Canada.

Circus Circle

Circus Circle is a social circus program for youth, including at-risk youth. Circus Circle runs weekly public drop-in circus programs in Halifax. The goal of the programs is to impart life skills to youth by teaching circus skills. The program operates out of the St. Matthew’s United Church Gym in downtown Halifax twice weekly and from the George Dixon Centre in the North End of Halifax once a week. The programs are sponsored by Cirque du Soleil, the Nova Scotia Department of Community Services, the Nova Scotia Department of Health Promotion and Protection as well as other government and community-based funders.

Elizabeth Fry Society of Mainland Nova Scotia

The Elizabeth Fry Society offers programs to women of all ages who are at-risk of coming into or who have come into conflict with the law or who are at-risk of experiencing homelessness or poverty-related troubles. The mandate of the Society is based on the equal treatment of all women. This includes offering services which include affordable housing, positive life skill workshops, outreach workers and job training. Most of the programs and workshops do come at a fee, but funding may be available for those unable to afford them. The funding for this Society comes primarily from personal and corporate donations, the Law Foundation of Nova Scotia, the United Way, the Nova Scotia Department of Community Services and Service Canada.

Frontier College

Frontier College offers a variety of free literacy-related programming for children, youth and adults in the Halifax Regional Municipality. The services offered for youth include homework clubs, reading circles and one-on-one tutoring with youth in coordination with other youth organizations, such as Leave Out Violence and the Youth Advocate Program. Frontier College is funded by the federal government, as well as through donations from individuals, corporations, and foundations.

Girl Guides

While this organization does not necessarily target “at-risk” girls, it does however, offer positive development opportunities for all girls from age 5 to 17, with opportunities to stay involved with the foundation beyond the age of 17. There are four divisions of Girl Guides that are based on age: Sparks, Brownies, Pathfinders, and Rangers. The mission of Girl Guides is to “...prepare girls to meet the challenges that they face in their lives head on” (Girl Guides of Canada, n.d.). This includes trying new roles, learning new skills, and providing mentorship to other females. There is an annual registration fee of \$90 for Girl Guides, and there may be additional costs for activities and outings, though it is possible to apply for financial assistance. Girl Guides of Canada is funded in part by the federal government, and also has regional government, corporate, and community sponsors.

Pathways to Education

Pathways to Education is a national, community based program that provides young people with support as they complete high school and continue their education. The support is academic, social, financial, and advocacy-based. The Pathways to Education program was established in Spryfield, Halifax, in 2010. It was launched in partnership with Chebucto Connections, a local community group, situated in Spryfield. Pathways Spryfield is open to students within a particular geographic area between grades 9 and 12, regardless of academic or financial standing. Pathways Spryfield is partnered with many agencies and organizations in the Halifax community. It receives its funding from the federal government, donations, and corporate sponsorships.

Public Libraries, Nova Scotia

Many public libraries in Nova Scotia offer literary programs and support lifelong learning. However, the type of programming offered differs depending on the community. The Halifax Public Library has 14 branches in the Halifax Regional Municipality, and a Mobile Library that travels to communities without public libraries. The Halifax Public Library offers supportive programs for youth and children of all ages, such as Homework Clubs, Teen Drop-ins and Teen Zones. “Community youth engagement as a protector against criminal behaviour is become an increasingly important component of the Library’s programming” (Halifax Public Libraries, 2011). These services are often free and are delivered in partnerships with community organizations. The Halifax Public Libraries are run by the Halifax Regional Municipality. They are part of the Nova Scotia Regional Library system which is run by the Nova Scotia Department of Communities, Culture and Heritage. Funding for the Nova Scotia Public Libraries is shared between municipal and provincial councils and supplemented by individual donations and corporate sponsorships.

Scouts Canada

Scouts Canada offers programs for youth, aged five to 26, through five different programs that are divided by age (Beavers, Cubs, Scouts, Venturers, and Rovers). These programs are offered in many communities across Nova Scotia. Scouts programs are designed to encourage social and life skills and to develop spirituality in youth while building self-confidence through activities. Scouts programs place an emphasis on outdoor activities and adventures. There is a joining fee, and participants must also purchase uniforms and may have to pay extra costs for different activities. There are local and national funds allocated to provide financial aid to those who may need it to participate. Scouts Canada is a non-profit charitable organization and most Scouts groups are sponsored by community groups such as religious institutions, clubs, associations, military bases and schools.

Sport Nova Scotia

Sport Nova Scotia works through member organizations to provide opportunities to Nova Scotians of all ages and backgrounds to participate in sporting activities, through which they can gain better health and sense of achievement. *KidSport Nova Scotia* helps children and youth to participate in organized sports when cost is a barrier. Another program that they offer is the *Sport Nova Scotia Youth Leadership Program*, which helps youth to find employment or to further their education and is open to youth 18-30 who have barriers preventing them from becoming employed. The KidSport program is put on in partnership with the Nova Scotia Department of Community Services and the Skills and Learning Branch, Adult Education Division.

The Voice: Youth in Care Newsletter Program

The Voice Program is a 30-session program for youth between 14 and 19 who are either in care or on income assistance. The focus of the program is on writing and Halifax Regional Municipality at the end of the program. The program works to develop many other skills, such as collaboration and employability, and offers youth school credit for the work they put into the newsletter. Since its origin in 2000, over 135 youth have taken part in The Voice Program which is funded by the Nova Scotia Department of Community Services, Halifax District Office-Child Welfare division, Nova Scotia Department of Education, Halifax Region Children's Aid Foundation, the Halifax Youth Foundation, and the United Way of Halifax District.

Youth Advocate Program, YAP

The YAP program is a program offered through the Halifax Regional Municipality. It was developed to target and prevent at-risk youth, aged 9 to 14 years, from engaging in gangs and criminal behaviour. This was a pilot program that was initiated in six communities in the Halifax Regional Municipality in 2008. Youth were referred to the program from numerous sources, including: Frontier College, Public libraries, schools, family, and youth advocate workers and were invited into the program if they met the criteria of being at risk of becoming involved in gang activity. The project was originally funded by the Halifax Regional Municipality and supported by Public Safety Canada and the NCPC Youth Gang Prevention Fund. Following the four year pilot, the program was extended and the funding was approved by the Halifax Regional Municipality.

Youth Peer (EPIC)

Youth Peer is a program run by Educational Program Innovation Charity Society (EPIC) in Sydney, Nova Scotia. It is free daily after-school support and programming for at-risk youth, aged eight to 18, who are referred to the program by a partner organization. Youth in the program are provided with young volunteers who act as tutors and mentors, as well as artistic and musical instruction, games, and snacks. Youth Peer is funded by the Law Foundation of Nova Scotia and the NCPC.

Emergency & Social Welfare

Adsum for Women & Children

Adsum is a Halifax-based community organization. It provides services for women, children and female youth who are either homeless or at risk of homelessness. Through their support they seek to improve quality of life for marginalized individuals and families. Adsum provides services, housing, programs, resources, and advocates for its clients while working to eliminate poverty. In 2010 they had 25 clients between the ages of 16 and 19. Adsum operates through an emergency shelter, second-stage housing, and affordable supportive housing in the Halifax Regional Municipality. Adsum is funded by municipal, provincial and federal government grants, community support and individual donations.

ARK Outreach Halifax

ARK is a community-based outreach program in Halifax. ARK outreach runs a Halifax drop-in centre for homeless and street-involved youth between 16 and 24, and runs a weekly Sunday Supper for the homeless people. The youth drop-in centre offers meals, showers, laundry facilities, clothing and other basic needs while simultaneously offering a safe space for at-risk youth where they can find easy access to other services. ARK operates on donations from individuals, churches and community groups.

Bryony House

Bryony House is a shelter for women fleeing abusive relationships. Women who access Bryony House are allowed to bring their children to stay with them. Services at the House also include a 24 hour distress line and referrals to services and support groups for those in need. Bryony House is run by the Halifax Transition House Association and receives 75% of its funding from the Department of Community Services, the rest is obtained through fundraising and donations.

Feeding Others Of Dartmouth, FOOD

FOOD is a community-based non-profit group that provides homeless youth and adults with a nutritious noon-time meal 365 days a year, and a supper three evenings a week. It operates out of Dartmouth and feeds up to 125 people daily. They receive donations of money, food, and volunteers from local churches, organizations, and individuals.

Out of the Cold Emergency Winter Shelter

The Out of the Cold shelter is a volunteer-run shelter that is open to anyone aged 16 or older. It operates from November to April out of Saint Matthew's United Church in downtown Halifax. There are 15 beds available that operate on a first-come first-served basis. It provides an alternative shelter to the homeless who have been turned away from other shelters in the city. In the 2009-2010 season, 38.9% of those who used the shelter were between the ages of 16 and 24 (Clamp, Larsen, & Roberts, 2010). This shelter is funded by the Nova Scotia Department of Community Services, however, most of its expenses are covered through donations and small community grants.

Saint Leonard's Society of Nova Scotia, SLSNS

SLSNS is a non-profit charitable organization in Halifax that operates homeless shelters and community residential facilities (also known as halfway houses). The SLSNS is partially funded by Correctional Services of Canada and the Nova Scotia Department of Community Services, with additional funding coming from donations and community support.

Barry House is a 20 bed shelter in the Halifax North End community for homeless women who are ages 16 and over.

Metro Turning Point is a homeless shelter for men of all ages.

Sir Sanford Fleming House is a community-based residential facility that serves men, aged 18 and older, who are being reintegrated into the general community after being discharged from prison.

Nehiley House is a community-based residential facility for female offenders aged 18 and older.

Street Connection Mobile Soup Kitchen

Street Connection distributes food and clothing four nights a week in one of four neighbourhoods within the Halifax Regional Municipality (Herring Cove, Bayers/Westwood, Mulgrave Park, and Spryfield). This mobile soup kitchen is based in Halifax and operates under the Bread of Life Ministries Association, a non-profit, non-denominational, Christian charitable organization that relies on donations from individuals, companies, foundations, organizations, and churches.

St. George's YouthNet

St. George's YouthNet offers free after-school programs during the summer to children age between the ages of six and 12 in the North End of Halifax. St. George's YouthNet is offered by the St. George Church in Halifax and is a non-profit organization. YouthNet operates from St. George's Round Church and the programs are facilitated by volunteers. YouthNet is funded from many sources, including: St. George's Round Church, Nova Scotia Department of Community Services, Nova Scotia Department of Heritage and Culture, United Way, Government of Canada and many other diverse organizations and individual donors

Employment

Nova Scotia Youth Conservation Corps, NSYCC

This is an initiative by the Nova Scotia Department of Environment to provide youth between the ages of 17 to 30 with environmental work experience. The Conservation Corps accomplish this by offering a summer program for students and *En-Vision* (a program that allows youth to develop their own environmental improvement projects). These programs are funded by the Government of Nova Scotia.

Service Canada Centres for Youth

These centres were first established in 1968 by the federal government. They were created to help coordinate summer employment between students and employers. The services are free of charge and funded by the federal government.

The Centre for Entrepreneurship Education & Development, CEED

CEED is dedicated to encouraging people to use entrepreneurial skills to become self-reliant. The Centre is a non-profit organization which receives funding and support from the Nova Scotia Department of Economic and Rural Development,

the Nova Scotia Department of Community Services, the Nova Scotia Department of Labour and Workforce Development, Service Canada and the Atlantic Canada Opportunities Agency. It offers two programs for at-risk youth in Halifax, using entrepreneurship as a means to achieve self-sufficiency.

The Youth Employability Project created by CEED, with the assistance of Department of Community Services, provides employment support for youth who have used social assistance and child welfare services within the Halifax Regional Municipality. The goals of the project are to enable youth to attain self-sufficiency. CEED's Second Chance Program was set up to encourage youth who are on probation or parole to provide them with skills and confidence to put towards continuing education, finding employment or starting small businesses.

Youth LIVE

Youth LIVE provides youth between 16 and 30 facing barriers to employment with job experience and opportunities. It is a 28-week program in which youth earn money working for a Youth LIVE business initiative. Youth LIVE operates in Halifax and is an initiative of the Halifax Regional Police.

Health-Related

Avalon Sexual Assault Centre

Avalon Sexual Assault Centre operates out of Halifax and provides services for women 16 years and older. They provide free programs and services to women who have experienced sexual violence and their families. They provide counselling, support groups, information sessions, workshops, information, referrals, and advocacy for individual rights. Avalon Centre is funded by the Nova Scotia Department of Community Services, the Nova Scotia Department of Health, the Law Foundation of Nova Scotia as well as individual donations. Avalon operates a *Sexual Assault Nurse Examiner Program (SANE)* which is funded by the Nova Scotia Department of Health. Through SANE, they run a 24-hour response line and provide care and forensic examinations to sexual assault victims of all genders and ages.

Halifax Sexual Health Centre

The Halifax Sexual Health Centre is a non-profit Centre that promotes sexual and reproductive health within a non-judgemental environment. The Centre is unique in its efforts to be accessible to youth. Youth do not require parental consent in order to access the services available at the Centre. The services that are offered include: Sexually transmitted infection testing, access to different types of contraception, anonymous HIV testing, pregnancy counselling, sexual health counselling, therapeutic abortions, and other sexual health tests and exams. The Centre was formerly known as Planned Parenthood Metro Clinic. It has a number of provincial and federal government funding sources and also receives funding from a variety of community sponsors and private donors.

Youth Health Centres, YHCs

YHCs were started by the Halifax Regional School Board and Capital Health (Nova Scotia's largest health authority) and mostly operate out of high schools and junior high schools in Nova Scotia. YHCs (or Teen Health Centres) provide health information on topics important to youth health, such as STI's and nutrition. They may also run health promotion programs in schools. A 2009 evaluation of YHCs found that school youth deal with many issues, such as alcohol and drug use, sexual assault, stress, and anxiety, and that YHCs provide much needed support to these youth to deal with these challenges (Nova Scotia Department of Health Promotion and Protection, & Research Power, 2009).

Recreational

Community Recreation Services (CRS) & Recreational Centres

CRS provides recreation programs and services to more than 196 communities within Nova Scotia. Recreation centres that operate in the Halifax Regional Municipality are part of CRS. This Department focuses on the development of services at individual and community levels. They provide services to all ages but they do provide specialized programming for children and youth. These services include: athletic programs, youth leadership programs, general interest courses, babysitter training, and youth social events as a means for youth development and engagement. Their mandate is to provide inclusive services, facilities and programs throughout the Halifax Regional Municipality that enrich individual lives and communities and ensure access to recreation for children from all backgrounds. CRS programs often operate out of Recreational Centres.

There are 25 community operated Recreational Centres and 24 Recreational centres operated by Community Recreation Services. Recreational Centres offer different services depending on their facilities, which may include fitness centres and swimming pools. Recreational centres often offer youth activities and programs, such as extra-curricular interest courses, skills training, summer camps, after-school programs, general sports and recreation and leadership programs as well as youth drop-in programs, sporting or otherwise. The cost of participation would depend on the centre in question, but recreation centre programs are usually free or of minimal cost.

Leave Out Violence, LOVE

LOVE provides violence prevention and intervention services to youth and those who work with youth. LOVE is for youth, ages 13 to 18, who have been involved as victims, perpetrators, or witnesses of violence. It uses multi-media, leadership training, outreach and peer mediation for violence-prevention. LOVE is free to youth and is sponsored by community partners and supported by volunteers.

Youth Running for Fun

Doctors Nova Scotia is a professional association that runs Youth Running for Fun. This is a free running program that is offered in schools across Nova Scotia. Doctors Nova Scotia provides the group with information and resources to facilitate a weekly running group. The sponsors of the program are the Canadian Medical Association, the Government of Nova Scotia and corporate funders.

Organizations Offering Diverse Programming

Chisholm Youth Services

Chisholm Youth Services provides residential care and supportive programming to youth in need of care under the Child and Family Services Act of the Nova Scotia Department of Community Services. They operate *Barnett House*, a long-term care facility for females between the ages of 15 and 19. *Chisholm Treatment Centre* is a long term treatment program for females between the ages of 12 and 16 and provides the youth with healthy programming as well as behavioural intervention. Chisholm Youth Services receive the bulk of their funding from the Nova Scotia Department of Community Services but also receive support from the Sisters of the Good Shepherd, fundraising efforts and grants.

Churches and Church Groups

Some churches in Halifax offer meals to those in need, including at-risk youth, from dinner one day a week to breakfast Monday through Friday. They may also offer clothing, food bank services and support. The services and funders vary depending on the church and its partners. An example is the *Brunswick Street United Church* in Halifax, which operates a mission offering breakfast on weekdays, operates a clothing and food bank and distributes financial support.

Family Resource Centres

Family Resource Centres offer services to families with children 6 years old or younger which can include resources like food and clothing, parental education, information, referrals and programs for the young children and their families. Resource Centre programs are free and are aimed at families who are in need of resources, which can include young parents. They are operated in many communities in the Halifax Regional Municipality by the Nova Scotia Department of Community Services, and funders and supporters vary between the centres. Some resource centres receive funding through the Community Action Program for Children.

HeartWood Centre for Community Youth Development

HeartWood is a registered charitable organization which seeks to engage youth and bring about positive community changes. Heartwood programs focus on youth development while encouraging community building as well inter-generational mentoring and collaboration. The ages of youth involved vary by program but most are between 13 and 19 years old. Their services include wilderness and outdoor program, youth leadership programs, peer support and mentoring, participatory research and community service. Their programs require payment, but they have subsidies available for youth who could not otherwise participate. They also offer programs to engage and train adults in community youth development. Heartwood is partnered with many community organizations and business and also municipal and provincial governments.

Laing House

Laing House is an organization in Halifax that provides peer support to youth with mental illness between the ages of 16 and 30. It offers programs that focus on employment, healthy living, creative arts, hospital outreach, and peer and family support. Laing House is funded by the Department of Health, United Way, and donations from corporations, foundations, and grants.

Phoenix Youth Programs

Phoenix offers programs and services to at-risk and homeless youth, between 12 and 24, in Halifax. Phoenix offers ten programs and services to provide youth with prevention, crisis assistance, emergency shelter, long-term supportive and structured living, independent living, personal skill development, education, health services, and after care services. Phoenix programs are developed to provide an entire spectrum of care to better meet individual needs. It also has partnered with other groups, such as the Art Gallery of Nova Scotia, in offering programs for at-risk youth. Phoenix is a non-profit community-based charitable organization and also receives funding from the government on a municipal, provincial, and federal level. Some of the programs and services offered by Phoenix are:

Follow Up Program provides a ongoing supportive relationship for people over the age 25 who have accessed programs at Phoenix.

Parent Support provides young parents with access to parenting workshops, counselling, and necessary items for their baby (i.e. food, etc.)

Phoenix Centre for Youth is a walk-in centre for youth. It offers counselling, referrals to other community resources, health services, food, showers, and laundry facilities.

Phoenix House is a 10-bed long-term residential facility where males and females can find safe supportive housing. It also helps these youth develop independent living skills.

Phoenix Learning and Employment Centre provides youth with opportunities for employment, learning life skills, and academic development.

Phoenix Prevention Program offers community education and early intervention for youth who are at-risk of homelessness.

Phoenix Youth Shelter is a 20-bed emergency youth shelter where youth can find accommodations, daily living essentials, counselling, and support.

Special Initiatives (SPIN) offers programs that help to develop the talents, skills, and interests of youth.

Supervised Apartment Program provides youth with long-term supportive housing with increased independence.

ReachAbility

reachAbility is a community-based program working to build stronger communities for those who live with different-abilities. reachAbility runs programs and offers services in employment, education, legal and recreational areas. For example, reachAbility runs 4-Youth, an employability and life-skills program for youth with a disability between the ages of 18 and 30. 4-Youth provides participants with employment preparation in the form of workshops and a community project. The services that are offered through reachAbility are provided by volunteers and partnering with other organizations. They are funded through provincial funding, sponsors, and donations.

Salvation Army Programs

The Salvation Army is a Christian-oriented organization that offers program with a focus on the social support of “vulnerable” people, such as young parents and street youth. They offer summer camps for marginalized children, shelter beds for the homeless, addiction programs, access to provisions, life-skills training and counselling. The Salvation Army is a non-profit charity organization. The Salvation Army receives most of its funding from ancillary operations, such as the Salvation Army Thrift Stores, but also receives funding from grants and private donations.

Stepping Stone Nova Scotia

Stepping Stone is a non-profit organization that runs a drop-in centre for sex workers (including youth) in Halifax. They provide sex workers with a safe, non-judgemental space where they can access many different services such as counselling, health and legal workshops, and access to nurses and legal aid through Stepping Stone’s community partners. Stepping Stone also provides its clients with advocacy and runs a Street Outreach Program, so they can help street-based sex workers while they are on the job. Stepping Stone is funded by the Canadian Women’s Foundation, the United Way, the Law Foundation of Nova Scotia, Service Canada, the Nova Scotia Department of Community Services, and community sponsors.

The Youth Project (formerly the Lesbian, Gay and Bisexual Youth Project)

The Youth Project is a youth-directed organization in Halifax that offers supportive and services around issues of gender and sexual orientation for youth aged 25 and younger. The programs and services offered by the Youth Project include support groups, counselling, a resource library, workshops, social activities, and a food bank. Youth from the Project may also travel to other communities in Nova Scotia to meet with youth and provide support. The major funders of the Youth Project are the United Way and the Nova Scotia Department of Health Promotion and Protection.

Youth Inclusion Program, YIP

YIP is based in North Sydney, Cape Breton. It offers skill and education-based programs to youth who have been referred to the program. It also has a drop-in centre for youth in the community and offers a variety of recreational activities

for participants. The YIP program is a three year federally funded program that began in 2010. The program is intended to be community-run and self-sufficient by the end of its federal funding.

Youth & Teen Centres and Clubs

There are youth and teen centres and clubs in Amherst, Eastern Communities, Kentville & Area, New Glasgow, Opus Palmere, Parrsboro & Area, Porter's Lake, Prometheus Place, St. Therese, Southend, Stellarton, and Captain William Spry Centre

There are a variety of community-based Youth Centres across Nova Scotia operated by different groups and organizations. Youth Centres are created to keep youth off the streets and to provide them with resources in a safe and healthy environment. These Centres usually offer a drop-in space for youth to have access to a safe and comfortable environment after-school and/or in the evenings/weekends. They may provide programming in the form of sports, fitness, games, education, and social events. The services and programs available in each Centre vary depending on the community and often change over time.

YMCA

These include: Dartmouth Family YMCA (Halifax), YMCA of Cape Breton (Sydney), YMCA of Cumberland (Amherst), YMCA of Greater Halifax & Dartmouth (Dartmouth), YMCA of Lunenburg County (Bridgewater), YMCA of Pictou County (New Glasgow), and the YMCA of Yarmouth (Yarmouth)

YMCAs are a well-established source of support for many families who participate in its programs. The programs that are offered by different YMCAs are not always the same, depending on the needs and resources of the community. The YMCAs in the Halifax/Dartmouth area, as an example, offer several programs directed towards at-risk youth, including: Youth Gambling Awareness Program (YGAP), Motivation, Opportunity, Vision, Employment Program (YMOVE), and an Alternative Suspension Program. Many of the YMCAs also offer opportunities for youth to attend camps and participate in volunteering. YMCAs are largely funded by donors, members, community partners, and corporate partners.

SUMMARY

There are a wide range of services and programs available to youth in Labrador and Nova Scotia. However, access to these services is limited for many Labrador and Nova Scotia youth through personal barriers, program limitations, and gaps in available services. There is a need for more community supports programs, funding for community-based programs, supportive and affordable housing, and better co-ordination between services offered in both provinces of Labrador of Nova Scotia. This is especially true for rural and remote communities.

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