Aboriginal Student Success Guide
Scan to locate a building and find your way around campus!
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Welcome! Pjilas’si!
Welcome to Dalhousie’s Aboriginal Student Success Guide.

On behalf of Dalhousie University Student Services and the Native Education Counselling Unit, we’re pleased to offer this guide to all Aboriginal students at Dalhousie.

This guide features information on a variety of services and resources available both on and off campus including study tips, bursary, and scholarship information, and lots more. It’s a wealth of information to support and enhance your educational journey and your student experience here at Dalhousie.

On behalf of the Aboriginal Student Success Team, we look forward to meeting you!
The Native Education Counselling Unit (NECU) is a division of the Confederacy of Mainland Mi’kmaq Education Department. We’re a safe and welcoming home, open Monday to Friday from 8:30 a.m. to 4 p.m. for all Aboriginal students in the Halifax Regional Municipality. We provide both personal and academic support services, and an opportunity for you to form support networks on and off campus.

Our space has Wi-Fi, three computers, a photocopier, and a fax machine for school-related needs. There’s a small kitchen with tea and coffee available and a comfortable lounge for studying, networking, or taking a rest from your busy day.

Throughout the year the NECU hosts and assists in various activities such as potlucks, Mawi’omi, information sessions, and other cultural and social events. We also host representatives from the Writing Centre, Study Skills, Student Awards, and Academic Advising to support and enhance your academic experience.

Some of the additional services we offer are:
- assistance in dealing with various personal and academic issues
- information on employment and scholarship opportunities
- help with the completion of financial aid and scholarship applications
- community-building activities
Native Post-Secondary Liaison

Sara Swasson is from Listuguj Mi’gmaq First Nation and has been working as the Native Post-Secondary Liaison since October 2012. She graduated from Saint Mary’s University in 2005 with a Bachelor of Arts degree, honours, in Psychology. She is currently pursuing a Master of Arts degree in Health Promotion here at Dalhousie University. Sara has held positions at the Mi’kmaq Native Friendship Centre, Health Canada in the First Nations Inuit Health Branch, and the Alagsite’w Gitpu School. She is bilingual in French and English and is taking Mi’kmaq language classes. Some of her duties at the NECU include:

- Providing support and referral services for Aboriginal students
- Posting and emailing job postings and scholarship and bursary opportunities to students
- Providing orientation sessions and tours to new students
- Assisting and advising students with the completion of financial forms and applications for their band, or for scholarships and bursaries
- Organizing and implementing educational workshops
Student Support Coaches

As part of the newly defined Aboriginal Student Support Program at Dalhousie, two upper-year students were hired as Aboriginal Student Support Peer Coaches. The two coaches provide drop-in hours at the NECU and support your transition from high school to university and through to graduation. They connect you with the abundance of resources available on campus—academic, financial, and personal—and support and advocate on your behalf throughout your academic journey. They work to build relationships and create a sense of community in a welcoming and safe environment; they provide peer coaching and mentorship one-on-one or in small groups; and they coordinate and implement activities and programming inside and outside of the NECU on a variety of academic and student-friendly topics.

Drop by to meet your support team and find out what they can do for you!
The **Dalhousie Native Student Association (DNSA)** is a student society that aims to create a sense of Aboriginal community on campus and to provide a support network for all Dalhousie Aboriginal students. We celebrate Aboriginal life by hosting cultural and social events such as Mawiomis, potlucks, Aboriginal cooking, beading, and drumming workshops, plus lots more fun activities such as bowling and movie nights. Come join the Dalhousie Native Student Association to meet other Aboriginal students on campus. Find out more about us and how to get in touch with us by searching “Dalhousie Native Student Association” on [www.dsu.ca/tigersociety](http://www.dsu.ca/tigersociety).
Aboriginal PROGRAMS at Dalhousie

Aboriginal Health Sciences Initiative (AHSI)
kara.paul@dal.ca
494-2117
1458 LeMarchant Street, Suite 3201

AHSI aims to provide a friendly and supportive environment that encourages Aboriginal students to pursue a career in health in order to increase the number of Aboriginal health practitioners in our region. Further, AHSI aims to build relationships between Aboriginal communities and universities in the Atlantic region with a goal to improving the quality of health services Aboriginal people receive.

Schulich School of Law
Indigenous Blacks and Mi’kmaq (IB&M) Initiative
www.dal.ca/ibandm
ibandm@dal.ca
494-1639
6061 University Avenue

The main goal of the Indigenous Blacks & Mi’kmaq (IB&M) Initiative is to increase the representation of Indigenous Blacks & Mi’kmaq in the legal professions. Students who are recruited to the Schulich School of Law through the IB&M Initiative join the regular first-year class, write the same exams, complete the same work, and earn the same JD degree as all other students. Since the inception of the IB&M Initiative, more than 130 Black and Aboriginal law graduates have gone on to successful careers.
RESOURCES
on campus
In this section of the guide you’ll find plenty of services, programs, and resources to help you achieve academic success and manage the challenges of university life. You’ll also find information about connecting with your Dalhousie community for invaluable academic and emotional support.

**Advising and Access Services**
www.dal.ca/advising
www.dal.ca/access
advising.studentservices@dal.ca
access@dal.ca
494-3077

*Bissett Centre for Academic Success (Killam Library Atrium)*

*Mark A. Hill Accessibility Centre*
6225 University Avenue

- Academic advising
- Degree planning
- Help with academic difficulty
- Accessibility/Accommodation needs
- Academic Program Fair
- Career Exploration
- Transition support from secondary to post-secondary
- Intentional advising
- Training on assistive technologies

**Black Student Advising Centre**
www.dal.ca/bsac
bsac@dal.ca
494-6648

*Student Union Building (Room 418)*
6136 University Avenue

- Academic encouragement
- Advocacy and mediation services
- Student centre/lounge area

**Student Careers & Leadership Development**
www.dal.ca/cldc
cldc@dal.ca
494-3537

*Student Union Building (4th Floor)*
6136 University Avenue

- Finding a part-time job while you study
- Career decision-making
- Career Development 101
- How to get lucky in your career
- Help with resumes and interviews
- What can I do with a degree in ___?
College of Continuing Education
www.dal.ca/cce
continuing@dal.ca
494-2526
Mona Campbell Building (Suite 2201)
1459 LeMarchant Street
- Continuing management education
- Continuing technical education
- International training programs
- Summer institute programs
- English as a Second Language (ESL)
- Transition Year Program
- University preparation courses
- Refining your learning skills

Counselling & Psychological Services
www.dal.ca/counselling
victor.day@dal.ca
494-3337
Student Union Building (4th Floor)
6136 University Avenue
- Personal counselling
- Group counselling
- Learning disability services
- Gaining social confidence group
- Living with a loss: a grief support group
- Managing anxiety group
- Sleep and relaxation workshop
- Overcoming procrastination program
- Speak easy program

Dal Allies/LGBTQ Support
www.dal.ca/dalally
dalally@dal.ca
- Support rainbow (LGTBQ) students, staff and faculty
- Safe spaces
- Programs, services, training, support, referral and resources

Dalhousie Bookstore
www.dal.ca/bookstore
bookstore@dal.ca
494-2460
Studley Campus (Student Union Building)
Carleton Campus (Dentistry Building)
Sexton Campus (Building B)
6136 University Avenue
- Books and supplies
- Dal gear
- Books delivered to your residence

DalCard Office
www.dal.ca/dalcard
dalcard@dal.ca
494-2334
1443 Seymour Street
- Metro Transit UPass
- Cafeteria access
- 5% Cash back on purchases
Dalhousie Libraries
www.dal.ca/library
killam.circulation@dal.ca
494-3617
Killam Memorial Library
W.K Kellogg Health Sciences Library
Sexton Design & Technology Library
Sir James Dunn Library
• Books, printing, computer access
• Research resources
• Staff to assist you with finding articles
• Study spaces

Dalplex
www.dalplex.ca
494-3372
6260 South Street
• Free membership for full-time students
• Cardio, climbing, fitness classes, swimming pool, track
• Student health promotion office
• Intramurals and sport clubs

Dalhousie Student Union
www.dsu.ca
dsvuipi@dal.ca
494-1106
Student Union Building
6136 University Avenue
• Student societies
• Orientation Week
• Health and Dental Plan

Health Services
www.dal.ca/healthservices
494-2171 / thenurse@dal.ca
6230 Coburg Road (in Howe Hall)
If you’re feeling under the weather or are in need of a medical exam or check-up, Dalhousie Health Services is here to help!
• Medical exams and consultations
• Immunizations
• Sexual health counselling
• General health counselling
• Minor surgery

Please call to book an appointment or email if you have a question for the nurse. If you have an urgent medical problem, please call first and every effort will be made to fit you in with the on-call doctor.
International Centre
www.dal.ca/international
international.centre@dal.ca
494-1566
1321 Edward Street (2nd Floor)
- Study abroad and international exchange opportunities
- Advising for international students
- Help with study permits and visas

Multifaith Centre
www.dal.ca/dmc
multifaith@dal.ca
494-2287
1321 Edward Street
- Quiet room
- Reflection, meditation, prayer
- Chaplains from various faiths
- Connects students with places of worship

Native Post-Secondary Education Counselling Unit
www.dal.ca/native
nativeed@dal.ca
494-8863
6286 South Street (2nd Floor)
- Support networks
- Social activities, cultural events, information sessions
- Advising

Office of Human Rights, Equity & Harassment Prevention
hrehp@dal.ca
494-6672
Henry Hicks Building
6299 South Street, Room 2
- Sexual harassment
- Workshops

PCPC
www.dal.ca/pcpc
pcpc@dal.ca
494-2626
1459 LeMarchant Street
- Retail outlet for: Notebooks, desktops, printers, software
- Special educational prices

Security Services
www.dal.ca/security
security@dal.ca
494-6400
6136 University Avenue
- Parking services
- Tiger Patrol shuttle
- Dal Alert
South House Sexual & Gender Resource Centre
www.southhousehalifax.ca
outreach@southhousehalifax.ca
494-2432
6286 South Street
Halifax’s only full-time women’s centre
• Gender-inclusive safe space for all members of the Dalhousie community
• Trans and queer-positive
• Wheelchair-accessible
• Resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering
• Volunteer-driven, student-funded DSU service

Student Advocacy Service
www.dsu.ca
494-2205
Student Union Building (Room 310)
• Help with academic appeals and discipline matters
• Advice about cases
• Drafting and editing of submissions
• Preparation for hearings and formal appeals

Student Health Promotion
www.dal.ca/studenthealth
livewell@dal.ca
494-6830
Dalplex, 6260 South Street
• Quitting smoking
• Rethinking your alcohol and substance use
• Managing stress
• Increasing personal fitness
• Managing choices about gambling
• Learning about healthy eating
• Developing a healthy body image
• Coping with eating disorders
• Protecting yourself from sexually transmitted infections
• Getting a good night’s sleep

Student Dispute Resolution
www.dal.ca/think
494-4140
• Help resolve disputes
• Restore relationships
• Find satisfactory resolutions
• Restorative Justice Program

Studying for Success Services
www.dal.ca/sfs
sfs@dal.ca
494-3077
Killam Memorial Library (3rd Floor)
• Study skills, personal coaching
• Critical reading
• Taking essay exams
• Learning from lectures
• Learning styles
• Multiple choice exams
• Oral presentations
• Surviving the term
• Time management
• Memorization and concentration
• Working as a team
Writing Centre
www.dal.ca/writingcentre
writingcentre@dal.ca
494-1963
Killam Memorial Library (Room G25, G40C)
Weldon Law Library (Room 114F)
Sexton Campus (Room A108)
Black Student Advising Centre (SUB, Room 418)

- Assistance with research papers and course assignments
- Sourcing and citing research material
- Grammar, punctuation, and mechanics of writing
- In-class presentations
- Business writing
- Applications/letters of intent for admission and scholarships
- Collaborative/joint writing practices
- Interdisciplinary writing
- Technical writing: Science and Engineering
- English as Another Language (ESL/EAL) support

Faculty of Agriculture

Academic Support
dal.ca/learnwell
(902)893-6672
Dairy Building (main floor)
- Academic advising
- Help with academic difficulty
- Accessibility/Accommodation needs
- Math and Physics (MAP) Help Centre
- Tutoring support
- Transition support from secondary to post-secondary
- Intentional advising
- Student Success programming
* Access to the Glooscap Heritage Centre

Health Services
dal.ca/livewell
lugene.young@dal.ca
(902)893.6300 or 893.6369
Dairy Building
- Assessments
- Immunizations
- Sexual health counselling
- General health counselling
- Stress management
BURSARIES & scholarships
BURSARIES

Dalhousie University’s bursary program provides funds to assist students in financial need. First and second-year students are considered for up to $600, third- and fourth-year students are considered for up to $800, and students with children are considered for up to $1,200. Bursaries are intended to supplement other funding sources. They won’t make up a major part of your funding, but they can fill in the gaps.

When can I apply for a bursary?
You may apply for a bursary once per academic term. Check updated deadlines for each term at www.dal.ca/moneymatters.

For more information, and to apply, visit www.dal.ca/moneymatters.
Constance Teak McKibbin Memorial Bursary
A $16,000 ($4,000 per year) renewable bursary is awarded each year to a student entering Dalhousie with demonstrated financial need. Preference is given to students from Atlantic Canada who are the first in their family to attend a post-secondary institution.

Evelyn Negus Scholarship in Nursing
This scholarship is awarded annually to students entering the Bachelor of Science (Nursing). First preference will be given to mature students and to Aboriginal peoples (specifically members of the Mi’kmaq community).

First Nations & Indigenous Black Students Scholarship
Ten renewable entrance scholarships of $12,000 ($3,000 per year) each are available to First Nations and Indigenous Black students who are residents of Nova Scotia, New Brunswick, or Prince Edward Island, and are entering Dalhousie for the first time. Scholarships are available to students who are applying directly from high school as well as those who have attended another post-secondary institution. Scholarships will be awarded on the basis of a student’s financial need and academic standing.

Harry and Kaye Bernstein Bursary
This bursary goes to an undergraduate student born and living in Halifax from a low-income family, who shows financial need.

Helen and Earl Atkins Memorial Bursary
This bursary goes to first- or second-year undergraduate students, with preference given to students from rural Nova Scotia.

John David and Ellen Matheson Allen Endowment Fund
These bursaries are for students in the Arts and Science faculties, with priority given to First Nations students.

Kostman Family Bursary
These bursaries are for undergraduate students of First Nations or African-Canadian descent who are graduates of the Transition Year Program and entering full-time studies.
Supertemp Bursary
This $1,000 bursary is awarded to a mature undergraduate student who has demonstrated financial need.

The Birks Family Foundation Bursaries
Recipients must be full-time undergraduate students pursuing a degree and have demonstrated financial need. The number and amount of such awards may vary annually, depending upon the funds available for the purpose from the Foundation.

The First Nations and Indigenous Black Scholarship
This scholarship is for new and transfer students from Nova Scotia, New Brunswick, and Prince Edward Island.

The Lt.(E) Harry J. Brewer, MBE, CD, RCN (Ret.), Memorial Bursary
This is for full-time students who are enrolled in a degree or diploma program and have demonstrated financial need and satisfactory academic standing.

The Rebecca Cohn Bursary Fund
A gift of $4,000 by the executors of the estate of the late Rebecca Cohn provides an endowed bursary fund for students demonstrating financial need.

Women’s Division Bursaries
A number of bursaries, based on financial need, will be offered directly from the Women’s Division of the Dalhousie Alumni Association.
Scholarships Outside Dalhousie

Donald Marshall Sr. Memorial Scholarship Fund
www.kinu.ns.ca
There are two $1,000 scholarships to assist Mi’kmaq post-secondary students at the certificate, diploma, bachelor, and graduate level. Applicants must be registered Mi’kmaq from Nova Scotia or on the Nova Scotia General Band Registry.
Deadline: late August

Nova Scotia Power Inc. Employment Equity Scholarship
www.nspower.ca/en/home/community/scholarships/employmentequityscholarship
Four $1,500 entrance scholarships are available to students graduating from a Nova Scotia high school, who are living with a disability, are persons of visible minorities, or are Aboriginal. Decisions are based on academic record (minimum 80%), leadership and service to the community, involvement in extra-curricular activities, and a written essay.
Deadline: late March

Nova Scotia Power Inc. Aboriginal Scholarship
www.nspower.ca/en/home/community/scholarships/Aboriginal
The Aboriginal Scholarship offers a $1,500 entrance scholarship to a graduating Aboriginal high school student. (Students electing a one year gap will be considered). Recipients are also eligible to participate in a work term with Nova Scotia Power Inc. Decisions are based on academic record, leadership and service to the community, involvement in extra-curricular activities, and a written essay.
Deadline: beginning of April
RBC Financial Group Aboriginal Student Awards

Email: aboriginalstudentawards@rbc.com
www.rbc.com/careers/aboriginal_student_awards.html

Awards of up to $4,000 each academic year for two to four years to use towards tuition, textbooks, supplies, and living expenses. RBC awards 10 scholarships to Status Indian, Non-Status Indian, Inuit, or Metis students in two categories: a) students majoring in disciplines related to the financial services industry; and b) students majoring in disciplines unrelated to the financial services industry.

Deadline: between December 1 and February 28

Rose Nolan Scholarship Fund

www.tednolanfoundation.com/rose-nolan

The Rose Nolan Memorial Scholarship Fund was established to recognize Aboriginal First Nation women who are achieving their educational and training goals while maintaining strong community involvement. Applicants must be members of First Nation communities, and must have completed one full year of full-time post-secondary study.

Deadline: late June

Aboriginal Affairs and Northern Development Canada website (www.aadnc-aandc.gc.ca) has a searchable listing of all post-secondary scholarships and bursaries available to Aboriginal students.
Letter of Intent Tips

Many scholarships and bursaries require writing a letter of intent or personal statement. This type of letter is also usually required for admission to graduate or professional programs. It’s your opportunity to tell the selection committee something important and unique about yourself. It also demonstrates that you’re able to express yourself effectively in writing. Dalhousie’s Writing Centre has put together some tips on how to write a successful letter of intent:

Top 10 Tips for Writing a Successful Letter of Intent

1. **Start early.** Give yourself time to revise your letter based on feedback from trusted sources. Also give yourself time to gather other required documents like transcripts and letters of recommendation.

2. **Read the application requirements carefully.** Be sure to provide everything that’s requested and adhere to the stated guidelines.

3. **Use formal business language.** Avoid the use of contractions, slang expressions, and technical jargon. Be sure to thank the person for reading the letter and include your contact information.

4. **Use positive, active language.** Talk about what you did, learned, and accomplished, but avoid the use of complicated words or flowery adjectives.
5. **Pay close attention to grammar and spelling.** The committee is evaluating your ability to write effectively as much as it's looking at the content of the letter. Be sure to proofread and revise your letter several times and seek outside opinions from people you trust.

6. **Customize your letter to the organization and its requirements.** Avoid the temptation to use one generic letter for all applications.

7. **Be honest.** Present yourself in a positive light, but don’t embellish.

8. **Highlight your uniqueness.** Use the letter of intent to showcase something that will make you stand out against the other candidates, and something the selection committee doesn’t already know from reading your application.

9. **Focus on no more than one or two themes.** Don’t attempt to represent all aspects of yourself. Pick one or two areas and describe them in detail. Examples of potential themes are: a challenge that you overcame, an accomplishment that you are proud of, or a project that made a significant impact. Examples can come from school, work, community, or extracurricular and volunteer activities.

10. **Be future oriented.** Highlight how you will use this opportunity to achieve your goals.
Student success TIPS
Common Transitional Issues

These are some of the common transitional issues that first-year students face:

• Loneliness; lack of connection, social life, or friends
• Roommate conflicts or relationship issues
• Depression and anxiety
• Using unhealthy coping behaviors such as binge drinking
• Inappropriate study/academic skills
• Uncertainty about your purpose or major direction in university
• Feeling like you don’t belong

As a first-year student you should focus on the following tasks:

• Adjusting to living away from home while transitioning to being on one’s own
• Developing and/or discovering one’s likes, interests, and preferences, apart from past “labels” or definitions of self, given by others
• Adjusting to new academic expectations
• Balancing social and academic demands and pressures
• Reminding yourself that you do belong!
Being Successful in School

Academic success involves a desire to learn and a willingness to take manageable steps that can make your experience in university easier and fulfilling. Here are six easy steps to help you achieve success in university:

1. **Go to every class.** Attending class is the No. 1 step in being successful in school. It keeps you focused and engaged, and helps you to understand the material and class responsibilities. Many details are provided in class regarding test reviews, tips on how to be successful in the class, and sometimes even extra credit opportunities.

2. **Go to class prepared.** Examine the class material and schedule each week, review your syllabus, preview assignment guidelines, know your tasks and deadlines, read and highlight material before a lecture or completing your lab assignments, review the notes you took during the previous class, organize your week, and ensure you have a good understanding of what’s required of you.

3. **Be an active learner.** Participate in class by asking questions or at the very least by staying alert. Being mentally prepared can be difficult, but staying focused and enthusiastic can be the difference between learning the material and “daydreaming” about the weekend. While in class, take advantage of the learning environment. Students who take good notes and stay engaged will not only get better grades, but will learn more comprehensively about the topic.

4. **Know your instructors and other students.** Talk with your professors and TAs about grades and your success in the class, and communicate with them about a sincere interest in the content or a desire to be successful in the class. Talk to your professors and TAs to clarify their expectations. Ask for clearer instructions or guidelines for assignments if you don’t understand. Instructors can provide feedback on your assignments, exams, or participation in class as well. Your professors and TAs can become references for future educational or employment opportunities, so developing these relationships sooner rather than later can have long-term benefits.

Getting to know other students in your classes also opens up opportunities to learn more comprehensively. Create study groups or develop a relationship with someone you can rely on for notes if you’re sick or miss a class. These relationships can also make your experience in class more enjoyable: your classmates and peers can provide you with insight, encouragement, and support.
5. **Develop good study habits.** You may have responsibilities outside of school such as jobs, volunteer work, and family that require time and energy. This involves a high degree of time management and may require you to take advantage of every opportunity to study. Find a quiet place to study with limited distractions and give yourself fully to the task at hand. It’s also good practice to study in small increments, as opposed to cramming for three hours. If you can’t find quiet study time, take advantage of any free time that can be used (make note cards and read while on the bus or on the treadmill or while cooking meals).

6. **Get help early.** Get feedback and assistance with difficult classes or class content as early as possible. This will make it much easier to overcome those challenges and may prevent you from falling behind. Take advantage of the support services and the resources available on campus. Find a tutor if necessary or meet your professor during office hours. Don’t hide from the problem—approach it head on.
Overcoming Procrastination
Procrastination is a problem that many students encounter that can have a negative effect on academic performance. The following tips can help you stop putting things off:

1. **Positive self-talk.** Write down the excuses that you often use to justify procrastination and replace these excuses with realistic thought. For example: Excuse: “I’m not in the mood right now.” Realistic thought: “Mood doesn’t do the work, actions do. If I wait until I’m in the right mood, the work may never get done.”

2. **Motivate yourself with positive statements.** For example: “The sooner I get the work done, the sooner I can do what I want.”

3. **Set clear, specific goals and stick to them.** If you’re working on a large project, set goals for each step and include the time you want to have them accomplished.

4. **Make a list and prioritize what needs to be done.** Start with the most important task, and work down the list. Divide large tasks into smaller sub-tasks. This helps make the work more manageable.

5. **Commit yourself to the task.** For example: write a contract, and have a friend or parent hold you accountable for it.

6. **Reward yourself for completing required tasks.** What better way to motivate yourself than having a reward at the end!

Why not sign-up to the free “Overcoming procrastination” workshop, offered by Counselling Services. For more information visit [www.dal.ca/counselling](http://www.dal.ca/counselling).

Characteristics of a Successful Student

- Accepts personal responsibility for creating one’s outcomes
- Discovers a motivating purpose characterized by personally meaningful goals
- Consistently plans and takes effective action in pursuing goals
- Gains a heightened self-awareness, developing empowering beliefs, attitudes, and behaviours to stay on the right path
- Becomes a life-long learner, finding valuable lessons in nearly every experience, personally and academically
- Develops emotional maturity, characterized by optimism, happiness, and peace of mind
- Believes in a positive and realistic sense of self—feels capable, connected, and worthwhile
COMMUNITY resources
Aboriginal Organizations and Resources in Nova Scotia

Atlantic Policy Congress of First Nations Chiefs
www.apcfnc.ca/en/
153 Willowdale Drive
Dartmouth, NS B2V 0A5
T: (902) 435-8021
F: (902) 435-8027
Toll free: 1-877-667-4007

Confederacy of Mainland Mi’kmaq (CMM)
www.cmmns.com
57 Martin Crescent
Truro, NS B2N 5V3
T: (902) 895-6385
F: (902) 893-1520
Toll free: 1-877-892-2424

CMM Native Hospital Interpreter’s Liaison Program
T: (902) 453-9358
Pager: (902) 458-9871

Connections Career Centre
www.connectionscareercentre.ca
2158 Gottingen St.
Halifax, NS B3K 3B4
T: (902) 406-4392
F: (902) 407-3330

Halifax Aboriginal People’s Network
www.hapn.ca/home.php
2158 Gottingen Street
Halifax, NS B3K 3B4
T: (902) 420-1576
F: (902) 423-6130

Healing Our Nations
www.hon93.ca
31 Gloster Ct.
Dartmouth, NS B3B 1X9
T: (902) 492-4255
F: (902) 492-0500
Toll free: 1-800-565-4255

Kwilmu’kw Maw-klusaqn Mi’kmaq Rights Initiative (KMK)
www.mikmaqrights.com
851 Willow Street
Truro, NS B2N 6N8
T: (902) 843-3880
F: (902) 843-3882
Toll free: 1-888-803-3880

Mi’kmaq Child Development Centre
www.mymnfc.com/mi-kmaq-child-development-centre
2161 Gottingen St.
Halifax, NS B3K 5Y2
T: (902) 422-7850
F: (902) 422-6642
Mi’kmaq Family & Children Services of Nova Scotia  
www.mikmaq.ca  
111 Membertou Street  
Shubenacadie, NS B0N 2H0  
T: (902) 758-3553  
F: (902) 758-2390  
Toll free: 1-800-263-8686

Mi’kmaw Family Healing Centre  
www.thans.ca  
Millbrook First Nation  
P.O. Box 665  
Truro, NS B2N 5E5  
T: (902) 893-8483  
F: 902-893-2987  
Toll free: 1-800-565-4741

Mi’kmaq Legal Support Network  
www.cmmns.com/Legal.php  
Dartmouth, NS B2Y 2N2  
T: (902) 468-9230  
F: (902) 468-0384  
Toll free: 1-877-379-2042

Mi’kmaq Native Friendship Centre  
www.mynfnc.com  
2158 Gottingen St.  
Halifax, NS B3K 3B4  
T: (902) 420-1576  
F: (902) 423-6130

Native Alcohol and Drug Abuse Counselling Association (NADACA)  
www.nadaca.ca  
70 Gabriel Street  
Eskasoni, NS B1W 1B4  
T: (902) 379-2262  
F: (902) 379-2412

Native Council of Nova Scotia  
http://ncns.ca  
Truro, NS  
T: (902) 895-1523  
F: (902) 895-0024  
Dartmouth, NS  
T: (902) 405-4730  
F: (902) 405-4731

Non-Insured Health C/O First Nation & Inuit Health Branch  
Maritime Centre, 18th Floor  
Halifax, NS B3J 3Y6  
T: (902) 426-3608  
F: (902) 426-9492  
Toll free: 1-800-565-3294

Nova Scotia Native Women’s Association  
www.facebook.com/nsnwa  
Truro, NS B2N 5E8  
T: (902) 893-7402

Tawaak Housing Association  
tawaakahousing.org  
6175 Lady Hammond Road  
Halifax, NS B3K 2R9  
T: (902) 455-2900  
F: (902) 455-6074
Aboriginal Affairs and Northern Development Canada  
www.aadnc-aandc.gc.ca  
This government site also has an Aboriginal Bursaries Search tool.

Association of Universities and Colleges of Canada  
www.aucc.ca  
This website contains an Aboriginal Student Resource database of programs and services to help aboriginal students find the right program and succeed in their studies.

Atlantic Canada’s First Nation Help Desk  
www.firstnationhelp.com  
Their mission is to deliver support, connectivity, and technology to First Nations schools in Atlantic Canada. The website is filled with information for learning the Mi’kmaq language, songs, and stories from Elders.

Dalhousie University  
www.dal.ca  
Access to all Dalhousie resources, including your email, OWL/BLS class boards, Dal Online, and more.
First Nations Child & Family Caring Society of Canada  
www.fncaringsociety.com  
The Caring Society provides resources to support First Nations communities to empower children, youth, and families.

Honouring Life Network  
www.honouringlife.ca  
This site offers culturally relevant information and resources on suicide prevention to help Aboriginal youth and their support networks.

Métis National Council  
www.metisnation.ca  
The central goal of MNC is to secure a healthy space for the Métis Nation’s ongoing existence within the Canadian federation.

Mi’kmaq Native Friendship Centre  
www.mymnfc.com  
MNFC provides structured, social-based programming for urban aboriginal people while serving as a focal point for the urban aboriginal community to gather for a variety of community functions and events.

Mi’kmaq Online  
www.mikmaqonline.org  
An online talking dictionary for the Mi’kmaq language.

National Aboriginal Health Organization  
www.naho.ca  
The National Aboriginal Health Organization is a knowledge-based organization that excels in the advancement and promotion of health and well-being of all First Nations, Inuit, and Métis individuals, families, and communities.

Non-Insured Health Benefits for First Nations and Inuit  
This site contains information on the various types of non-insured health benefits, who is eligible, how to access them, options for making an appeal when a benefit is denied, as well as how they safeguard clients’ personal health information in our possession.
## First Nations Community Contacts for Post-Secondary Education

<table>
<thead>
<tr>
<th>Community</th>
<th>Website</th>
<th>Education/Post-Secondary Officer</th>
<th>Contact Information</th>
</tr>
</thead>
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<tr>
<td>Abegweit First Nation</td>
<td><a href="http://www.abegweitfirstnations.com">www.abegweitfirstnations.com</a></td>
<td>Carolyn Sark, ext. 107</td>
<td>T: (902) 676-2353  F: (902) 676-3206 P.O. Box 36, Scotchfort, PE COA 1T0</td>
</tr>
<tr>
<td>Bear River First Nation</td>
<td><a href="http://www.bearriverfirstnation.ca">www.bearriverfirstnation.ca</a></td>
<td>Tina Dixon</td>
<td>T: (902) 467-3802  F: (902) 467-4143 130 Reservation Road Bear River, NS B0S 1B0</td>
</tr>
<tr>
<td>Acadia First Nation</td>
<td><a href="http://www.acadiafirstnation.ca">www.acadiafirstnation.ca</a></td>
<td>Janice Francis</td>
<td>T: (902) 685-2956  F: (902) 742-8854 10526 Highway 3 Yarmouth, NS B5A 4A8</td>
</tr>
<tr>
<td>Bouctouche First Nation</td>
<td><a href="http://www.nsmdc.ca/bouctouche">www.nsmdc.ca/bouctouche</a></td>
<td>Ann Mary Simon</td>
<td>T: (506) 743-2520  F: (506) 743-8995 9 Reserve Road Buctouche Reserve, NB E4S 4GS</td>
</tr>
<tr>
<td>Annapolis Valley First Nation</td>
<td><a href="http://www.kinu.ns.ca/annapolis">www.kinu.ns.ca/annapolis</a></td>
<td>Tessa Kennedy, ext. 3</td>
<td>T: (902) 538-7149  F: (902) 538-7734 64 Goowlane Cambridge, NS B0P 1G0</td>
</tr>
<tr>
<td>Eel Ground First Nation</td>
<td><a href="http://www.nsmdc.ca/eel-ground">www.nsmdc.ca/eel-ground</a></td>
<td>Hazel Francis</td>
<td>T: (506) 627-4611  F: (506) 627-4602 40 Mic Mac Road Eel Ground, NB E1V 4E6</td>
</tr>
</tbody>
</table>
Eel River Bar First Nation
www.nsmdc.ca/eel-river
Education/Post-Secondary Officer:
Luke Labillois
T: (506) 684-6290  F: (506) 684-6283
11 Main Street, Unit 201
Eel River Bar, NB
E8C 1A1

Elsipogtog First Nation (Big Cove)
www.bigcoveband.com
Education/Post-Secondary Officer:
Gerald Sock
T: (506) 523-4608  F: (506) 523-8230
342 Big Cove Road
Big Cove, NB
E4W 2S6

Esgenoopetitj First Nation (Burnt Church)
Education/Post-Secondary Officer:
Samantha Somerville and Simon Dedam
T: (506) 776-1206  F: (506) 776-1214
620 Bayview Drive
Burnt Church, NB
E9G 2A8

Eskasoni First Nation
www.eskasoni.ca
Education/Post Secondary Officer:
John D. Googoo, ext. 232
T: (902) 379-2507  F: (902) 379-2172
63 Mini Mall Drive P.O. Box 7040
Eskasoni, NS
B1W 1A1

Fort Folly First Nation
www.fortfolly.nb.ca
Education/Post-Secondary Officer:
Rebecca Knockwood
T: (506) 379-3400  F: (506) 379-3408
P.O. Box 971
Dorchester, NB
E4K 3V5

Gespeg First Nation
www.gespeg.ca
Education/Post-Secondary Officer:
Sandra Dube
Tel: (418) 368-6005 Fax: (418) 368-1272
C.P. 69-Fontenelle
Gaspe QC
G0E 1H0

Glooscap First Nation
www.glooscapfirstnation.com
Education/Post-Secondary Officer:
Marilyn Perkins
T: (902) 684-9788  F: (902) 684-9890
P.O. Box 449
Bishop-Ville, NS
B0P 1P0

Indian Island First Nation
www.indianisland.ca
Education/Post-Secondary Officer:
Ingrid Brooks
T: (506) 523-5575  F: (506) 523-8110
61 Island Drive
Indian Island, NB
E4W 1S9
Indian Brook First Nation
www.shubenacadieband.ca
Education/Post-Secondary Officer:
Jeanette Paul
T: (902) 758-2049  F: (902) 758-2606
522 Church Street General Delivery
Micmac Post Office, Hants Co.
Indian Brook, NS
B0N 1W0

Lennox Island First Nation
www.lennoxisland.com
Education/Post-Secondary Officer:
Neil Forbes
T: (902) 831-2779  F: (902) 831-3153
P.O. Box 134
Lennox Island, PEI
C0B 1P0

Kingsclear First Nation
www.kingsclear.ca
Education/Post-Secondary Officer:
Ken Paul
T: (506) 363-3028  F: (506) 363-4324
77 French Village Road
Kingsclear, NB
E3E 1K3

Listuguj First Nation
www.listuguj.ca
Education/Post-Secondary Officer:
Theresa Mitchell
T: (418) 788-2248  F: (418) 788-2058
17 Riverside West
P.O. Box 298
Listuguj, QC
G0C 2R0

Metepenagiag First Nation (Red Bank)
www.metepenagiag.com
Education/Post-Secondary Officer:
Patricia Ward
T: (506) 836-6111  F: (506) 836-7593
P.O. Box 293
Metepenagiag Mi’kmaq Nation, NB
E9E 2P2

Membertou First Nation
www.membertou.ca
Education/Post-Secondary Officer:
Darren Googoo
T: (902) 564-6466  F: (902) 539-6645
111 Membertou Street
Sydney, NS
B1S 2M9

Micmacs of Gesgapegiag First Nation
Education/Post-Secondary Officer:
Jacques Martin
T: (418) 759-3441  F: (418) 759-5856
100 Boul Perron Box 1280
Gesgapegiag First Nation, QC
E2A 7M3

Millbrook First Nation
www.millbrookfirstnation.net
Education/Post-Secondary Officer:
Barry Gloade
T: (902) 897-9199  F: (902) 893-4785
820 Willow Street
Truro, NS
B2N 5E5
Oromocto First Nation
www.ofnb.com
Education/Post-Secondary Officer:
Shelley Sabattis and Karen Paul
T: (506) 357-1043  F: (506) 357-2628
4 Hiawahwa
Oromocto, NB
E2V 2J2

Pabineau First Nation
www.pabineaufirstnation.ca
Education/Post-Secondary Officer:
Sandra Peter-Paul
T: (506) 548-9211  F: (506) 545-6968
1290 Pabineau Falls Road
Pabineau, NB
E2A 7M3

Paq’tnkek First Nation
www.paqtnkek.ca
Education/Post-Secondary Officer:
Tanya Francis
T: (902) 386-2781  F: (902) 386-2048
7 Dillon Street
Afton, NS
B0H 1A0

Pictou Landing First Nation
www.plfn.ca
Education/Post-Secondary Officer:
Sheila Francis
T: (902) 752-4912  F: (902) 755-4715
6537 Pictou Landing First Nation
Trenton, NS
B0X 1X0

Potlotek First Nation (Chapel Island)
www.potlotek.ca
Education/Post-Secondary Officer:
Amanda Johnson
Tel: (902) 535-3317 Fax: (902) 535-3004
12004 Highway #4
Chapel Island, NS
B0E 3B0

Saint Mary’s First Nation
www.stmarysfirstnation.com
Education/Post-Secondary Officer:
Annette Paul and Suzanne McCoy
T: (506) 458-9511  F: (506) 462-949
1150 Cliffe, Street
Fredericton, NB
E3A 2T1

Tobique First Nation
T: (506) 273-4445  F: (506) 273-4491
13156 Route 105
Tobique, NB
E7M 5M7

Wagmatcook First Nation
www.wagmatcook.com
Education/Post-Secondary Officer:
Claudine Googoo
T: (902) 295-2598  F: (902) 295-3398
P O Box 237
Baddeck, NS
B0E 1B0
Waycobah First Nation
www.waycobah.ca
Education/Post-Secondary Officer:
Gordon McIvor
T: (902) 756-2337  F: (902) 756-2393
150 Reservation Road
Whycocomagh NS
B0E 3M0

Woodstock First Nation
www.woodstockfirstnation.com
Education/Post-Secondary Officer:
Andrea Polchies
T: (506) 328-3303  F: (506) 328-2420
3 Wulastook Court
Woodstock, NB
E7M 4K6
Aboriginal Communities in Atlantic Canada

Map of the First Nation communities in Atlantic Canada from Aboriginal Affairs and Northern Development Canada (AANDC).