

As of April 22, 2020:

UTILITY INFORMATION

NS Power

Due to the issues many customers may be experiencing at this time related to COVID-19, Nova Scotia Power has decided to implement some changes to their collections processes to help reduce the impact.

Below are some of the changes that are effective immediately:

- All final notices will cease
- Manual, computer generated, and E-bill disconnection notices will not be issued
- All settlement agreement removals will be put on hold
- Automated collection calls on active accounts will be suspended
- Future interest charges (late payment charges) on customer accounts will be paused
- No disconnections for non-payment will occur

NS Power is accommodating those as well if a customer cannot pay their bill because of work due to self-isolation or illness. Contact 1-800-428-6230 to discuss options.

Halifax Water

We recognize that access to a clean, safe water supply and reliable wastewater service is important to maintain individual health, ensure proper hygiene, and sanitation of businesses and households. Some customers may face economic impacts due to the COVID-19 situation that will cause them to struggle with paying their accounts. If during this period your account falls into arrears, please contact Halifax Water to discuss payment arrangements.

Disconnections for non-payment of service will be suspended during the next 30 days; and customers that are currently disconnected will be reconnected based on agreement to a repayment arrangement. Any questions may be directed to our Customer Care Center customercare@halifaxwater.ca or 902-420-9287. Please visit www.halifaxwater.ca for the latest updates.

INTERNET/PHONE PROVIDER INFORMATION

<https://www.theglobeandmail.com/business/article-banks-telecoms-offer-help-for-customers-facing-financial-hardship-as/>

Telecommunications companies are lifting internet data-coverage fees to assist the millions of Canadians who will soon be working from home, while also cutting roaming charges for customers stuck overseas.

Rogers

March 16-June 14, accounts will not be suspended or disconnected for customers experiencing financial difficulties. Additionally, we will support customers facing financial uncertainty due to Covid-19 with more flexible payment options. Waiving long-distance fees, waiving roaming fees.

Eastlink

No data limits on internet plans. Making flexible payment arrangements to prevent service interruption. Waiving international roaming fees. Free mobile long distance. New TV options, added a large collection of new free TV channels to explore including news, lifestyle, movie, and children's programming options.

Koodo

Waiving roaming charges. Providing flexible payment options for customers facing financial challenges because of Covid-19.

Virgin Mobile

Waiving roaming fees between March 18-April 30. Waived extra usage fees for home internet members until April 30, which is applied automatically, no action required for members. Essential service, will be able to access services.

Bell Aliant

Service rate adjustments – some customers recently received notification of service rate adjustments for home phone and TV services effective May 1. We understand this may have been surprising given current events. Communications for service rate adjustments are based on billing dates and take several weeks to reach all customers and, in this case, started before the Covid-19 situation. To be clear, we are not implementing these service rate adjustments at the moment.

Starting March 19 providing consumers and small business customers with Turbo Hubs, Turbo Sticks and MiFi devices an extra 10GB of domestic usage and a \$10 credit on their existing plan for each of their current and next billing cycles.

Waived roaming fees, extended return policy (from 15 days to 30 days), waived extra usage fees for residential Internet customers until April 30, TV channel free preview to help Canadians stay informed. Selection of news, entertainment, family and lifestyle channels including CTV News, Hollywood Suite, Disney Channel and HGTV Canada will be available for free over the next few weeks.

Fido

Waiving long distance and roaming fees from March 16-April 30. Providing flexible payment options from March 16-June 14 accounts will not be suspended or disconnected for customers experiencing financial difficulties.

TRANSPORTATION

Halifax Transit has provided free service for the public. Enter the rear of the bus. All ferries will be running 30-minute service with a maximum of 50 passengers. Access-A-Bus is still running (although there are mixed messages) for clients to access their services. Currently their website states:

Access-a-Bus service will continue on its regular schedule, however Access-A-Bus passengers are asked to limit requests to essential trips only, including physician appointments, grocery needs, medical services and dialysis, and prescription retrieval. Fare collection on bus and ferry services has been suspended until further notice as a result of the municipality's collective commitment to safe social distancing.

Cabs

Yellow-Cab required to wear face masks and gloves. Required to wipe down and clean inside and outside of vehicles as frequently as possible. Services continue to be available at this time. Yellow-Cab asking passengers to not sit in front seat.

INCOME ASSISTANCE INFORMATION

Income Assistance & Employment Support

Recently extended their hours on their toll-free line for income assistance support. To speak to someone call:

1-877-424-1177 (Monday to Friday 8:30am-4:30pm)

1-833-722-1417 (Monday to Friday 4:30pm-7pm, Saturday 8:30 am-4:40pm, Sunday 10am-2pm)

INTERIM POLICIES:

- 1) Annual Reviews are Suspended for 3-months
- 2) All cases without income moved to periodic reporting
- 3) Periodic Reporting Cases Extended for 3 months
- 4) Recurring Special Needs with a 12-month expiry date extended
- 5) Delay in medical documentation requirements at intake and for special needs
- 6) 20% Reduction Due to Refusal to Meet Employment Participation Requirements not applied for next 3 months
- 7) Direct payment of rent and/or recurring with special needs with an expiry date less than 12 months that is due to end in April, May or June 2020 will require an assessment by a caseworker to extend to June 30, 2020
- 8) Recipient is not required to participate in an employability assessment, employment services and an employment action plan for the months April, May, and June 2020, with the possibility of further extension on a month by month basis
- 9) Temporary suspension of monthly overpayment recovery for the months May, June, and July 2020. May be extended on a month by month basis

Received information from IA Specialist that IA is still providing full service to folks. The folks who have to provide income reporting can do so over the phone instead of going to the office and filling out an income statement.

SHELTER & SHELTER FOOD DELIVERY INFORMATION

E-Fry

Prisoners are starting to be released, per advocacy from E-Fry and WWW. E Fry is caring for and supporting them around issues such as housing, safety, food etc.

E-Fry has had to postpone their major March fundraiser and are at the end of their fiscal. They are also not receiving ANYTHING from Dept of Justice to help support the women they serve. WWW sent \$1000 from their already limited budgets. Please send funds individually as well - efrymns.ca/home/donate/

Eric – Street Navigator

“Business as usual”- just keeping more space between folks, advising folks to wash their hands, etc. Still trying to find housing wherever possible- so they can hopefully self isolate. Please be in touch if there is anyone you want him to check in on.

Brunswick Street Mission

Brunswick Street Mission is putting together a team to prepare and deliver ALL meals to Metro Turning Point. This can reduce the number of guests who must pick up takeout meals every day. Also takes some pressure off the shelter staff “as things evolve”.

Offer to all the emergency shelters- may be able to extend to transitional housing etc. but starting with emergency shelters: send BSM any willing volunteers, suppliers and your food budget. Their kitchen will have the combined resources and coordination responsibilities. They would prepare and deliver breakfasts, lunches, and suppers. Depending on your resources (fridge or stove space), they could deliver once a day or for several days at a time.

If you are a shelter and think this might be helpful, contact BSM at this email to discuss further: bsm.director@eastlink.ca

Margaret's House

No admittance to the house except for 2 staff and 2-3 volunteers to ensure maintenance of the 6-foot rule. Additional sanitization of the environment while cooking and providing a takeout meal plus any extras they can. Will continue as long as possible. 11AM-12:30PM for lunch, Monday, Tuesday & Wednesday 3PM-5PM for supper. Those who access the lunchtime meal are asked not to return for supper time, and vice versa- the goal is to limit crowd size.

Only food donations can be accepted at this time- there is a trolley cart on their porch for donors to leave donations on. Please call ahead if possible. A list of items needed now is on their Facebook page: www.facebook.com/FeedingOthersOfDartmouth/

Metro Turning Point Men's Shelter

They have restricted all donations, volunteers and external service providers from entering the building- with exceptions of EHS, Police and MOSH. No non-guests in the shelter- they have installed three portable restrooms outside of the shelter for the use of non-guests. For the

foreseeable future, guests will not be given transition/exit letters or exit dates. They are at capacity and expect to remain so.

Adsum House

The shelter Adsum House remains open and staffed 24/7, as is Adsum Centre. All housing programs are staffed and supported as needed. The shelter cannot accept any donations of clothing and household items. The Deja-Vu clothing room is closed until further notice, in keeping with social distancing recommendations. However, the shelter is gladly accepting all donations of hand sanitizer.

MOSH

The clinic is closed until further notice. Outreach services are extremely limited as our goal is to curb exposure to both MOSH staff, agency partners, and the vulnerable individuals we serve. Clients can reach out to the nurse on-call per the schedule (see below). Staff and clients can also call **902-429-5290, extension 1 - option 1** to reach Katie for support or direction any time. All voicemails will be returned ASAP. Emails can be sent to krennie@nehc.com.

Booked appointments will continue, however they are now being done by **phone only** (for patients with access to a phone line). All other appointments will be rebooked once the clinic reopens, and medications will be bridged so no one goes without. Updates and contact information are available on the website: <http://moshhalifax.ca/> **MOSH NURSE ON-CALL – Schedule:**

	Rick 902-802-3332	Jac 902-802-0222	Trish 902-802-2378
Monday	8AM-8PM		
Tuesday	8AM-8PM	8AM-8PM	9:30AM-2:30PM
Wednesday	8AM-8PM	8AM-6PM	9:30AM-2:30PM
Thursday		8AM-6PM	9:30AM-2:30PM
Friday		8AM-8PM	9:30AM-2:30PM

Mainline

Mainline has reduced their hours to Monday-Friday, 9AM-12PM, for both Dartmouth and Halifax. Their doors remained locked and are only offering service from the window. They have implemented a buddy system where there are only 2 staff on at a time, and those two staff are always on shift together with no contact between other staff. There is no HRM outreach being offered at this time. Their provincial outreach is now every 2nd Saturday, and the weekends between are bucket pick ups and pharmacy drop offs only.

D180

Direction 180 is not completing urine drug screens at this time. Their dispensary is operating at reduced hours 8:30AM-11AM. The clinic is open, however clients are met and triaged at the door. Clients are only permitted in the D180 space if absolutely necessary. These measures will continue until further notice.

FOOD BANK INFORMATION

Feed Nova Scotia

As you know, the Province of Nova Scotia has declared a state of emergency to help contain the spread of COVID-19. As part of this, social gatherings of more than 5 people are prohibited.

What this means for Feed Nova Scotia and our network

Last night we received confirmation from the Province that Feed Nova Scotia and food banks are considered an essential service and, as such, are exempt from the 5-person gathering rule. We applaud the creative measures that member agencies are already taking to maintain a 6-foot distance between individuals--from placing food hampers in the trunks of cars rather than having people come inside the food banks, to introducing an appointment system to limit the number of people onsite at one time.

Changes to our deliveries

Our food distributors interact with many different agencies and donors in the courage of a day. In order to maintain the physical distancing that keeps you, them, and our community safe, going forward we've introduced new delivery procedures:

- All food bank deliveries will be dropped outside the food bank on their pallets. If requested, distributors will remove the pallet wrap for agencies. Distributors will not carry boxes into the food banks, and have been instructed to not enter food banks at all.

Saint Matthews Church (1479 Barrington Street 902-423-9209)

Offering Sunday hot breakfast

Souls Harbour (5568 Cunard Street 902-405-4663)

Drop-in closed but they will be handing out sack lunches at the door

Hopes Cottage (2435 Brunswick Street 902-429-7968)

Starting Wednesday takeout only from 12-1

Salvation Army (Gottingen Street 902-422-2363)

Offering snacks and sandwiches on the go

Society of St. Vincent de Paul Outreach Office (902-422-2049)

Contact mainline to see if there is outreach near you or www.ssvphalifax.ca to find something close to you.

Dartmouth North Community Food Centre (6 Primrose St 902-407-4610)

Personal outreach:

We are contacting as many community members and volunteers as possible, where we have phone numbers and other contact information, and have offered to stay in touch. We have also provided an emergency contact phone number for community members to use to get in touch with Family or Community Food Centre staff.

Take out meals:

This week we are providing take out meals to community members on two separate dates. Details are being shared via our program calendar e-list and on social media. The meals will be prepared in accordance with current food safety protocols and will be distributed outdoors for community members to pick up. A range of measures are being put in place to support social distancing during this time. We will reassess this approach at the end of the week.

Other online programming:

Our staff is exploring a variety of ways to offer programming and support online. Our home visitors are in touch with families via telephone, a private Facebook group for our prenatal parents is already up and running and we're exploring online options for our prenatal meetings.

Taking care of our team:

At this time, most of our team members are working from home and doing outreach on the phone, email or online meeting. Daily conversations are taking place to continually assess the situation and consider ways to help community members who are extremely vulnerable at a time like this.

Freedom Kitchen (Sackville Library/The Den parking lot)

Will continue to keep serving meals on Monday evenings from 5-7 pm. They are taking steps to minimize contact.

Kings County: Open Arms

Open Arms' team have been busy preparing and planning around COVID-19. On March 7th, the decision was made to cease all regular operations at each of our locations and our main Outreach Centre was cleaned and converted for significant food preparation. Wellness checks (by phone) were initiated along with supporting several food banks with a delivery system in adherence with healthy distancing practices. Many exceptional community volunteers have had to step back to self-isolate while the demand on all such services is likely to grow. Many of our existing volunteers and those newly signing up are eager to facilitate a safe and efficient means of continuing these important supports. We hope this influx of volunteers enables and encourages those who are at risk to stay safe at home. Requests throughout much of Kings County are now being addressed daily and recipients are increasingly not people normally impacted by food insecurity.

We have partnered with health and food related professionals in the development of a 'Central Registry' for people in need throughout Kings County (<http://helps.openarms.ca>). Response to those requests is ongoing along with mapping out where services, supports and contingency planning are in place throughout Kings County. Our hope is that we can encourage and support efforts in communities of all sizes as we refer people to supports closest to their home.

Chebucto Connections

Offices closed to the public.

Free Food Care Packages for those in need. Available for residents of Spryfield and Around the Loop by appointment only. Please call Tara at 902-456-2792 or 902-477-0964 ext. 25

Emmanuel Food Bank (322 Herring Cove Road 902-477-1954)

Open for pickup on Thursdays 9:30-10:30 AM. Please call on Tuesday or Wednesday to register.

St. Paul's Family Resources Institute 173 Old Sambro Rd 902-477-5090)

Soup on Tuesdays at 12:00-1:30 PM. Take out only.

St. Paul's Food Bank open Wednesday 10:00-12:00 PM

Greystone Food Bank open Wednesday 1:30 PM

Call to register for either Food Bank on Tuesday. Wait for a call back.

Salvation Army – Spryfield Family Resources Centre (328 Herring Cove Rd 902-477-5393)

Breakfast to go bags only. Monday to Friday 9:30-10:30 AM

Street Connections – Bread of Life Ministries

The Mobile Soup Kitchen bus will not be operating until further notice

MENTAL HEALTH SERVICES INFORMATION

Nova Scotia Health Authority

Online Mental Health tools

NSHA Mental Health and Addictions Program is continuing to work on a series of online resources and tools to support people and families. **Mindwell U** is now available across Nova Scotia. Mindwell U is a free online program that takes just five minutes a day, and can be accessed anywhere and on any device.

This self-guided program challenges you to take five minutes out of your day to learn the basics in mindfulness; the practice of paying attention to thoughts, feelings and bodily sensations in the present moment through a gentle and nurturing lens. Each day you will complete a “Take 5” session during which you learn new mindfulness skills to improve your mental health.

This practice lowers stress and increases resilience. The Challenge also teaches ‘mindfulness-in-action’ so you don’t have to stop what you are doing to become calmer, present and more focused.

To access this program please visit: <https://app.mindwellu.com/novascotia>

Therapy Assistance Online (TAO): This program is a free, private online resource for people having mental health challenges. Through video and interactive exercises, you will improve your knowledge and self-awareness while developing stress management skills, mindfulness techniques, problem solving, and more helpful thinking patterns.

Community Health Teams

Due to Covid-19 all group programs are cancelled until further notice. Wellness navigation being offered over the phone. Call the agency in your local area for more information.

Bedford / Sackville Community Health Team

1658 Bedford Highway (Bedford Place Mall), Bedford, B4A 2X9

ph: 902-460-4560

Email: cht@nshealth.ca

Chebucto Community Health Team

16 Dentith Road Halifax, NS B3R 2H9

ph: 902-460-4560

Email: cht@nshealth.ca

Dartmouth Community Health Team

[Tacoma Plaza](#)

58 Tacoma Drive

Dartmouth, NS B2W 3E5

ph: 902-460-4560

Email: cht@nshealth.ca

Halifax Peninsula Community Health Team

[Young Tower](#)

6080 Young Street, Suite 105 Halifax, NS B3K 5L2

902-460-4560 (Option 4)

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1 MENTAL HEALTH MOBILE CRISIS TEAM
902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1am to most Halifax area communities.



2 KIDS HELP PHONE
1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE
1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4 CMHA NOVA SCOTIA
1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.



5 HEALTHY MINDS PATIENT NAVIGATOR
902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM
1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com.



7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca

Mental & Health
Foundation
of Nova Scotia

The Gambling support Network

Available 24/7 by calling 1-888-347-8888, or by going to the website <https://gamblingsupportnetwork.ca/>

- a. They are connected with a clinical therapist either immediately or they are connected within 30 minutes.

The Schizophrenia Society

Recently launched a Navigator service for community-based MHA supports across the province. It can be found on their website here: <https://www.ssns.ca/cgi/page.cgi/navigator-find-a-resource-provider.html>

The Schizophrenia Society, according to their website, is moving to online supports right now during the pandemic.

NOTE: many organizations, including the NSHA and IWK mental health and addictions supports are moving away from face to face service provision right now. But they are still accepting clients.

AA Meetings

Many meeting sites are offering meetings vis ZOOM....check their website for details: <https://www.area82aa.org/meetinglistcurrent>

Canadian Mental Health Association

On their website, they have provided an extensive list/brochure of resources that folks can utilize surround mental health and Covid-19. Information can be found here <https://novascotia.cmha.ca/community-capacity/coping-covid-19/>

North End Community Health Centre (HRM)

Pause: Mental Health Walk-In Program will be moving to a call in model as of March 31st. Information will be found on NECHC web page and Pause facebook page.

Will also be hosting a provincial mental health call in program for African Nova Scotians and people of African Descent in the coming week. Information will be posted on the NECHC website and facebook account.

BANKING INFORMATION

<https://www.cbc.ca/news/canada/nova-scotia/worried-about-your-bills-here-s-what-utilities-banks-and-others-are-saying-1.5501483>

The country's six largest banks also announced plans to provide financial relief to those impacted by COVID-19.

- Bank of Montreal, CIBC, National Bank of Canada, RBC Royal Bank, Scotiabank and TD Bank have all said they will work with customers on a case-by-case basis. The banks say the support will include up to a six-month payment deferral for mortgages and some relief on loans or credit cards.
- HSBC has also pledged to work with customers facing financial challenges.
- Credit unions in Nova Scotia are asking customers to contact their local branches if they are experiencing financial hardship as a result of the COVID-19 outbreak.

EMERGENCY DENTAL INFORMATION

Emergency Dental Clinic Locations

The numbers below are for use by dentists only and no calls will be accepted from the public.

If the public has questions about Emergency Dental Clinics in Nova Scotia they can find information on the Provincial Dental Board website: www.pdbns.ca/covid19

After making referral you must follow up with a phone call. If you do not, your referral may not be triaged

Dalhousie GPR 5981 University Ave. Halifax, NS Fax 902-494-7803 Tel: 902-494-4863 Email: dalgpr@dal.ca

VG OMFS 1276 South Park St. Halifax, NS Fax: 902-473-6855 Tel: 902-473-2222 Email: OMFSbooking@nshealth.ca

IWK 5850-5980 University Ave. Halifax, NS Tel: 902-470-8888

Citadel Oral Surgery 301-3480 Joseph Howe Drive Halifax, NS Dr. Joel Powell Dr. Marco Chiarot Fax: 902-468-2306 Tel: 902-442-9720 Email: referrals@citadelsurgery.ca

The Lakes Oral Maxillofacial Surgery 3440 Hy. 2 Fall River, NS Dr. Lee Chamberlain Fax: 902-576-5890 Tel: 902-576-5253 Email: drc@thelakesoralsurgery.ca

Riverside Dental 1290 Kings Road Sydney River, NS Dr. Ray MacGillivray Fax: 902-562-9888 Tel: 902-562-9876 Email: macgillivrayf@gmail.com

TAX CLINIC INFORMATION

All tax clinics are shut down with one exception:

St. Paul's Church (902-479-1015, 173 Old Sambro Road)

There is a group of retired veterans group doing pick-up from client's homes and dropping off to St. Paul's Church if needed due to barriers (i.e., mobility barriers). The organizer is Ben Broom, who can be contacted at 902-579-4540.

LEGAL AID INFORMATION

Legal Information Society (902-455-3135)

They have provided information on the government's ruling around rental evictions due to loss of income from Covid-19.

“The Nova Scotia government has said the following:

There will be no rental evictions due to rental arrears for three months for people whose income has been affected by COVID-19.

During this time all tenants are expected to pay their rent. If a tenant has had their income affected by COVID-19, we encourage landlords and tenants to discuss circumstances to see if an arrangement can be worked out. This change will give tenants time to benefit from recently announced federal and provincial financial aid.

If an arrangement cannot be made, landlords may file for non-payment of rent once the Access Centres counter services reopen. If the tenant or landlord identifies that the tenant's income has been affected by the COVID-19 pandemic, the hearing will not be scheduled until after June 22, 2020 (three months from the provincial government's announcement).

At the hearing, the tenant will be asked to provide proof that their income has been affected by the COVID-19 pandemic. When the hearing is held and if the eviction is granted, the order will reflect all outstanding rent owing.

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For other legal information (they do not provide legal advice) can contact them.

STAYING UP TO DATE ON COVID-19 RESOURCES

World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

HALIFAX

Information and Municipal Updates

<https://www.halifax.ca/fire-police/fire/emergency-management/corona-virus-disease-covid-19>

Halifax Partnership Links

https://halifaxpartnership.com/covid-19-resources/?utm_source=Investor+Newsletter+List+-+2019&utm_campaign=8019ed9651-EMAIL_CAMPAIGN_2017_12_14_COPY_01&utm_medium=email&utm_term=0_0ca1a450e2-8019ed9651-373325505

NOVA SCOTIA

811 Screening Tool

https://811.novascotia.ca/health_topics/covid-19-when-to-call-811/

Novel Coronavirus

<https://novascotia.ca/coronavirus/>

CANADA

Government of Canada

<https://www.canada.ca/en.html>

ONLINE SHOPPING & DELIVERY INFORMATION

Grocery delivery

<https://delivery.atlanticsuperstore.ca/>

<https://dartmouth.mrsgrocery.com/>

<http://grocerydeliveryhrm.com/>

<https://roomservicehfx.com/>

<https://www.walmart.ca/en/grocery/N-117>

<https://www.costco.ca/>

<https://ww4.fields.ca/>

<https://couryah.com/>

<https://www.bulkbarn.ca/> (pick up)

<https://www.freshcutsmarket.ca/> (call in & pick up)

Online groceries

<https://www.dollarama.com/> (bulk)

Well.ca

Amazon.ca

<https://www.cartly.ca/>

<https://www.healthyplanetcanada.com/>

<https://www.vitamart.ca/>

<https://www.nationalnutrition.ca/>

<https://www.vitacost.com/>

Food subscription services

<https://www.hellofresh.com/>

<https://www.makegoodfood.ca/>

<https://www.chefsplate.com/>

<https://revivesuperfoods.com/>

<https://munchiecase.com/>

<https://www.hoodratsnacks.com/>

Restaurant delivery

<https://www.skipthedishes.com/>

<https://www.doordash.com/>

<https://www.ubereats.com/>

Pharmacy/Medical

<https://pans.ns.ca/pharmacy-services/home-delivery-0>

<https://www.ampltd.ca/>

<https://www1.shoppersdrugmart.ca/>

<https://lawtons.ca/>

<https://www.canmeddirect.ca/>
<https://www.lifesupply.ca/>
<https://healthcaresolutions.ca/>
<https://www.valuemed.ca/>
<https://stevens.ca/>

Raw materials

<https://www.newdirectionsaromatics.ca/>

Razor's

<https://ca.dollarshaveclub.com/>
<https://joyshave.ca/>

Alcohol delivery

<https://www.saltboxbrewingcompany.ca/#/>
<http://www.harvestwines.ca/>
<https://roofhound.ca/>
<https://ninelocksbrewing.ca/>
<http://www.westsidebeerwinespirits.com/>
<https://www.skipthedishes.com/>
<https://www.mynslc.com/> (pick up in store)
<http://www.drinkpropeller.ca/>
<https://www.petitervierevineyards.ca> (call in & pick up)

Cannabis delivery (local)

<https://www.coastalhfx.ca/home>
<https://cannacareexpress.ca/>
<https://buddrivers.ca/>
<https://budkingz.ca/>
<https://naturesgreenhfx.com/>
<https://weedmaps.com/>

Cannabis delivery (Online)

<https://cannabis.mynslc.com/>
<https://headz.ca/>
<https://www.cannaking.net/>
<https://i420.club/>
<https://www.sabrinaworld.ca/>

Art supplies

<https://www.currys.com/>
<https://www.deserres.ca/en/>
<https://jandjcrafts.ca/>
<https://www.stockade.ca/>
<https://studio-six.com/>
<https://www.jacksonsart.com/en-ca/>

<https://canada.michaels.com/>

Organizing

<https://www.ikea.com/ca/en/>

<https://www.wayfair.ca/>

And more subscription options

<https://www.cratejoy.com/>

<https://www.cratejoy.com/box-insider/the-top-9-canadian-subscription-boxes/>

Babies

<https://www.fluffybottombabies.ca/>

<https://www.nurtured.ca/>

<https://royaldiaperer.com/>

<https://littlecanadian.ca/>

<https://www.snugglebugz.ca/>

<https://www.babiesrus.ca/en/home>

<https://www.westcoastkids.ca/>

<https://www.bestbuy.ca/>

Kids

<https://dillydallykids.ca/>

<https://www.chapters.indigo.ca/>

<https://www.etsy.com/ca>

<https://www.scholarschoice.ca/sc-toys.html>

<https://schoolstart.ca/>

<https://store.schoolspecialty.com/>

<https://www.jrtoycanada.ca/>

<https://treasureislandtoys.ca/>

<https://castletoys.ca/>

<https://www.toysrus.ca/>

<https://www.carrmclean.ca/>

<https://www.mastermindtoys.com/>

<https://www.sonsuh.com/>

Subscription boxes for kids

<https://www.kiwico.com/>

<https://forpurposekids.com/>

<https://melscience.com/CA->

<https://www.greenkidcrafts.com/>

<https://www.groovylabinabox.com/>

<https://www.girlscancrate.com/>

<https://curiosityboxkids.com/>

<https://bitsbox.com/>

<https://www.sensorytheraplaybox.com/>

<https://www.raddishkids.com/>

<https://www.littlepassports.com/>

Pets

<https://kabo.co/>

<https://luckydogcuisine.ca/>

<https://openfarmpet.ca/>

<https://bigcountryraw.ca/>

<https://www.petsmart.ca/>

<https://www.petland.ca/>

<https://www.petmax.ca/>

<https://www.petonly.ca/>

<https://www.homesalive.ca/>

<https://www.canadianpetconnection.ca/>

Pet Subscriptions

<https://www.pettreater.com/>

<https://www.catnipporium.com/>

<https://bullybunches.com/>

<https://www.beawhisktaker.com/>

<https://www.zivassurprisepack.com/>

<https://gusspawtastic treats.com/>

<https://poochperks.com/>

Cat Litter

<https://kittypooclub.com/>

<https://prettylitter.com/>

<https://boxiecat.com/>

Gardening

<https://www.canadiangardensupply.com/>

<https://www.goldenacre.ca/>

<https://mygardyn.com/>

Seeds

<https://halifaxseed.ca/>

<https://mckenzieseeds.com/>

<https://www.rainbowseeds.ca/>

<https://www.incredibleseeds.ca/>

<https://www.seed-bank.ca/>

Plants

<https://www.audreysplantshop.com/>

<https://www.houseplantbox.com/>

<https://plantcollective.co/>

<http://www.plantdecor.ca/>

<https://interiorplants.ca/>

<https://sagegarden.ca/>

<https://www.canadaflowers.ca/>

<https://www.veseys.com/>

Plant Subscription boxes

<https://www.seedbankbox.com/>

<https://www.houseplantbox.com/>