

Various Options for Self-Help Services and Community Resources

(Current as of July 2021)

Directory of Self-Help Services	5
Adoption Council of Canada	5
Asthma Canada	5
ALS Society of PEI	5
Alzheimer Society of Canada	5
Breast Cancer Society of Canada	5
Canadian Association for Suicide Prevention	6
Canadian Deafblind Association	6
CNIB (Blind and Visually Impaired)	6
Heart and Stroke Foundation of PEI	6
Huntington Society of Canada	6
Intellectually Disabled, Parents and Friends.....	7
Learning Disabilities Association of PEI (LDAPEI).....	7
Lupus Canada	7
Make-A-Wish Canada.....	7
Marfan’s Association.....	7
Multiple Sclerosis Society of Canada	7
Osteoporosis Canada	8
Parkinson’s Society of Canada	8
P.E.E.R.S. Alliance	8
People First	8
Prostate Cancer Canada.....	8
Psoriasis Society of Canada.....	9
Spina Bifida and Hydrocephalus Association of Canada.....	9
Spinal Cord Injury Inc of PEI.....	9
United Ostomy Association.....	9
Directory of Community Resources	9
Abegweit First Nations Mi’kmaq Wellness Center	9
Adventure Group PEI.....	10
APSEA (Atlantic Provinces Special Education Authority).....	10

Autism Society of PEI.....	10
Big Brothers-Big Sisters of PEI.....	10
Birthright of Charlottetown.....	10
Boys and Girls Club of Charlottetown.....	11
Brain Injury Association of PEI.....	11
Camp Gencheff.....	11
Canadian Cancer Society.....	11
Canadian Celiac Association of Charlottetown.....	11
Canadian Hemophilia Society.....	12
Canadian Mental Health Association of PEI.....	12
Canadian Red Cross.....	12
C.H.A.N.C.E.S (Caring, Helping, and Nurturing Children Every Step)	12
Chief Mary Bernard Memorial Women’s Center.....	12
Child Find PEI Inc.....	13
Community Inclusions and Mental Health of PEI.....	13
Community Legal Information Association of PEI Inc (CLIA PEI)	13
Community Mental Health and Addictions.....	13
Consumer and Family Support Program (Canadian Mental Health Association)	14
Council for a Smoke-Free PEI	14
Crohn’s and Colitis Foundation Centre of Canada	14
Cystic Fibrosis Canada	14
Diabetes Canada	14
East Prince Women’s Information Centre	14
East Prince Youth Development Centre.....	15
Families First (family resource center).....	15
The Family Place.....	15
Family Service PEI	15
Farmer Assistance Program	15
Farmers Talk.....	16
Fitzroy Centre Clubhouse (Canadian Mental Health Association).....	16
Four Neighborhoods Community Health Centre	16
Harvest House Ministries.....	16
Health PEI.....	16-17
Health Equipment Loan Program of PEI (Canadian Red Cross)	17
Hope Centre Clubhouse (Canadian Mental Health Association)	17
Hospice Palliative Care Association of PEI	17
The Island Helpline.....	17
Island Pregnancy Center.....	17-18
IWK Health Centre	18
John Howard Society.....	18
The Joyriders.....	18

Kidney Foundation of Canada.....	18
KidSport.....	19
Kids West Family Resource Center	19
Kingswood Centre	19
K&K Quality Care.....	19
Lennox Island: First Nation	19
Meals on Wheels.....	20
Mik'maq Family Resource Centre	20
Murphy's Community Centre	20
Muscular Dystrophy Association	20
Notre Dame Place Clubhouse (Canadian Mental Health Association)	20
OXFAM Canada, PEI Committee	21
Parasport and Recreation PEI	21
Parent Help Line PEI (Web Service)	21
PEI Association for Community Living (ACL of PEI)	21
PEI Association for Newcomers to Canada	21
PEI Cerebral Palsy Association	21
PEI Citizen Advocacy	22
PEI Council of People with Disabilities Inc	22
PEI Family Violence Prevention Services Inc.....	22-23
PEI Literacy Alliance	23
PEI Lung Association	23
PEI Senior Citizen's Federation Inc.....	24
Prince Edward Reach Foundation	24
Private Practice Health Service Providers	24
Queens County Residential Services Inc (QCRS)	24
The Salvation Army	25
Southern Kings Hospice Association.....	25
Special Olympics PEI	25
Stan Cassidy Centre for Rehabilitation	25
Stars for Life: Foundation for Autism.....	25
Sylvan Learning Centre Charlottetown	26
Tremploy Ltd	26
Voluntary Resource Center	26
West Prince Caring Cupboard	26
Women's Network PEI	26

Help and Information Lines	27
Addiction Services.....	27
AIDS Hotline.....	27
Andersen House	27
Arthritis Society.....	27
Birthright 24h Hotline	27
Child Abuse	27
Child Find PEI.....	27
Crime Stoppers.....	27
Health Line/Telehealth	27
Island Help Line	27
Kid’s Help Phone	27
Lifeline.....	27
PEI Rape and Sexual Assault	27
Poison Control.....	27
Self Help Line.....	27
Transition House Association / Second Stage Housing.....	28

Directory of Self-Help Services

Adoption Council of Canada

Post Adoption Services

Program that assists adoptive parents in the adjustments and transitions of family life post adoption process. Offers free adoption toolkits and information guides online.

Website: www.adoption.ca

Phone: (613)680-2999

Email: info@adoption.ca

Asthma Canada

National organization that is dedicated to helping individuals affected by asthma. Their goal is to help adults and children affected by asthma live an active and symptom-free life.

Website: www.asthma.ca

Phone: (866)787-4050

Email: info@asthma.ca

ALS Society of PEI

Organization offering support in the form of service clubs and public as well as private healthcare providers for individuals affected by ALS.

Website: www.alspei.ca

Phone: (902)439-1600

Email: als_society_pei@hotmail.com

Alzheimer Society of Canada

Non-profit organization focused on improving the quality of life of individuals affected by various types of dementia. Provides education, support programs, as well as support services.

Website: www.alzheimer.ca

Phone: (416)488-8772; Toll Free: (800)616-8816

Email: info@alzheimer.ca

Breast Cancer Society of Canada

Family-oriented organization dedicated to putting an end to Breast cancer. Promotes awareness and education by hosting fundraiser events. Proceeds fund Breast cancer research.

Website: www.bcsc.ca

Phone: (519)336-0746; Toll-Free: (800)567-8767

Email: bcsc@bcsc.ca

Canadian Association for Suicide Prevention

Association that provides education and resources in order to reduce suicide and to minimize the consequences of suicidal behaviors.

Website: www.crisisservicescanada.ca

Phone: (833)456-4566; Available 24/7

Text: Send a text to 45645; Available 4pm-12am ET

Canadian Deafblind Association

Association promoting the well-being of people who are deaf, blind, or deafblind by providing education, and support throughout Canadian communities.

Website: www.cdba-nb.ca

Phone: (506)452-1544

Email: office@cdba-nb.ca

CNIB (Blind and Visually Impaired)

Organization providing community support for individuals with vision impairment. Focused on facilitating the reclamation of life skills and confidence through varying activities.

Website: www.cnib.ca

Phone: (800)563-2642

Email: info@cnib.ca

Heart and Stroke Foundation of PEI

Organization that provides education, training, and varying support programs in order to aid recovering individuals. Includes support groups.

Website: www.heartandstroke.ca

Phone: (902)892-7441; Toll-Free: (888)473-4636

Huntington Society of Canada

Non-profit organization that offers counseling services as support for individuals and families affected by Huntington's disease.

Website: www.huntingtonsociety.ca

Phone: (800)998-7398

Email: info@huntingtonsociety.ca

Intellectually Disabled, Parents and Friends

A family-based association that aids individuals with intellectual disabilities and their families.

Website: www.peiacl.org

Phone: (902-439-4607)

Email: familysupport@peialc.org

Learning Disabilities Association of PEI (LDAPEI)

Non-profit charity that provides services as well as a voice to islanders affected by learning disabilities.

Website: www.ldapei.ca

Phone: (902)894-5032

Email: info@ldapei.ca

Lupus Canada

Informational website for families, friends, and individuals affected by lupus, with the goal to educate the population about Lupus.

Website: www.lupuscanada.org

Phone: (905)235-1714 [Ext: 1]; Toll-Free: (800)661-1468

Email: info@lupuscanada.org

Make-A-Wish Canada

Wish granting charity dedicated to granting the wishes of children between the ages of 3 and 17 diagnosed with life-threatening illnesses.

Website: www.childrenswish.ca

Phone: (902)566-5526; Toll-Free: (800)267-9474

Email: PEI@childrenswish.ca

Marfan's Association

Website focused on educating the population on Marfan's Syndrome, its signs, and its treatment. Encourages self-help support groups and funds medical research for advancements in the treatment of the Syndrome.

Website: www.marfan.org

Phone: (800)862-7326 [Ext: 126]

Multiple Sclerosis Society of Canada

Website offers support by providing contacts for self-help groups, education, conferences, activities, and events, as well as equipment and special assistance to individuals and families affected by MS.

Website: www.mssociety.ca

Phone: (800)268-7582

Email: info@mssociety.ca

Osteoporosis Canada

Charity focused on providing education, empowerment, and support for individuals and families affected by osteoporosis.

Website: www.osteoporosis.ca

Phone: (800)463-6842

Parkinson's Society of Canada

Organization providing support services and education to individuals and families affected by Parkinson's disease.

Website: www.parkinson.ca

Phone: 416-227-9700; Toll-Free: (800)565-3000

P.E.E.R.S. Alliance

Organization focused on providing, and improving, support, health, and the overall well-being of individuals affected by HIV, Hepatitis C, and all sexually transmitted and blood borne infections (STBBIs).

Website: www.peersalliance.ca

Phone: (902)566-2437

Email: info@peersalliance.ca

P.E.E.R.S. Alliance PEI Queer Youth Collective:

Youth Support group offered for individuals under the age of 19 years old. This collective is open to two-spirit, lesbian, gay, bisexual, trans, queer, bisexual, questioning, and allies of 2SLGBTQ+. The youth collective is offered in Charlottetown, Summerside and Tignish.

Charlottetown: second and last Tuesday of each month, from 6-8pm at Murphy's Community Centre (200 Richmond St.)

Summerside: first and third Tuesday of each month, from 6-8pm, at Youth Engagement Centre (381 Notre Dame St.)

Tignish: third Tuesday of each month, from 6-8pm, at the Alberton Employment Resource Centre (479 Church St.)

People First

Organization focused on voicing the rights of freedom, choice, and equality of individuals affected by learning disabilities in Canada.

Website: www.peoplefirstofcanada.ca

Phone: 204-784-7362

Prostate Cancer Canada

Organization fighting against Prostate cancer by funding research and providing education, support services, and awareness campaigns.

Website: www.prostatecancer.ca

Phone: (888)939-3333

Email: connect@cancer.ca

Psoriasis Society of Canada

Organization dedicated to research, education, and support for individuals affected by psoriasis.

Website: www.psoriasisociety.org

Phone: (800)656-4494

Email: connect@cancer.ca

Spina Bifida and Hydrocephalus Association of Canada

Support group meetings are held every so often in different venues and different times.

If interested in joining please contact Lurlean Palmer:

Website: www.sbhac.ca

Phone: (902) 436-9579

Email: lurleanpalmer@eastlink.ca

Spinal Cord Injury Inc of PEI

Website providing mentorship programs and events focused on facilitating the acceptance of a spinal disability.

Website: www.sci-pe.ca

Phone: (902)393-0017

United Ostomy Association

Non-profit volunteer organization providing support, education, and advocacy to individuals with an ostomy.

Website: www.ostomycanada.ca

Phone: (905)212-7111; Toll-Free: (888)969-9698

Email: info1@ostomycanada.ca

Directory of Community Resources

Abegweit First Nations Mi'kmaq Wellness Center

Wellness center offering traditional healing methods alongside western medicines.

Website: www.abegweit.ca/health-wellness-centre

Phone: (902)676-2353

Email: maryellen@abegweit.ca

Adventure Group PEI

Organization for youth that provides programs that help develop and discover talents as well as passions, and build a sense of community.

Website: www.adventuregroupei.ca

Phone: (902)628-8668

Email: adventuregroupei@gmail.com

APSEA (Atlantic Provinces Special Education Authority)

Co-operative agency providing educational services, programs, and opportunities for children and youth who are blind, visually impaired, and/or deaf or hard of hearing.

Website: www.apsea.ca

Phone: (902)424-8500

Autism Society of PEI

Society focused on providing education and support to individuals, professionals, families, and friends that are affected by autism.

Website: www.autismsociety.pe.ca

Phone (902)566-4844; Toll-Free: (888)360-4844

Email: nathalie@autismsociety.pe.ca or jenna@autismsociety.pe.ca

Big Brothers-Big Sisters of PEI

Organization which pairs adult volunteers with children and youth in need of mentorship. Provides opportunities for children and youth to build meaningful relationships and to reach their potentials.

Website: www.pei.bigbrothersbigsisters.ca

Charlottetown Office:

Phone: (902)569-5437

Summerside Office:

Phone: (902)436-8122

Toll-Free: (877)411-3729

Birthright of Charlottetown

Support organization for women facing unplanned pregnancies. Services are free and non-judgmental, and are offered as long and as often as required.

Website: www.birthright.org/charlottetown

Phone: (902)628-6028; Toll-Free Helpline: (800)550-4900

Boys and Girls Club of Charlottetown

Community-based organization for children that provides structured educational and recreational programs with the help of staff and volunteer supervision.

Website: www.charlottetownbg.com

Phone: (902)892-2223

Email: programs@bgcharlottetown.com

(Callen Cudmore- Programs Director)

Brain Injury Association of PEI

Non-profit organization dedicated to promoting and contributing to a supportive environment for the brain injury community, and to awareness and prevention of brain injury in PEI.

Website: www.braininjurypei.info

Phone: (902)314-4228

Camp Gencheff

Summer camp experience designed for children, youth, and adults with special needs. Helps individuals to build independence, as well as physical and mental development.

Website: www.campgencheff.com

Phone: (902)569-2669

Email: admin@campgencheff.com

Canadian Cancer Society

Organization providing education, support services, and empowerment for the cancer community. Focuses on prevention, and influencing government legislation concerning important cancer issues.

Website: www.cancer.ca

Phone: (888)939-3333

Canadian Celiac Association of Charlottetown

Organization dedicated to improving the diagnosis process and quality of life of individuals affected by Celiac disease. Provides education on signs and symptoms, as well as diagnosis and treatment.

Website: www.celiacpei.com

Email: info@celiacpei.com

Canadian Hemophilia Society

Voluntary health charity focused on improving the quality of life for individuals affected by inherited bleeding disorders, and to finding a cure to these diseases.

Website: www.hemophilia.ca/en

PEI Chapter- Cathy Wright

Email: cathy_wright_3@hotmail.com

General Office

Phone: (514)848-0503

Toll Free: (866)668-2686

Email: chs@hemophilia.ca

Canadian Mental Health Association of PEI

Organization that promotes mental health by providing programs, services, education, and research for the mental health community.

Website: www.pei.cmha.ca

Phone: (902)566-3034;

Mental Health Resource Line: (800)682-1648 (Monday to Friday, 8:30am-4:30pm)

Canadian Red Cross

Humanitarian organization dedicated to improving the lives of vulnerable persons through worldwide volunteerism.

Website: www.redcross.ca

Phone: (902)628-6262

C.H.A.N.C.E.S (Caring, Helping, and Nurturing Children Every Step)

Non-profit organization providing development and parent support to families with children aged 0 to 11 years old. Builds sustainable changes to parenting styles and child development, as well as a community relationship.

Website: www.chancesfamily.ca

Phone: (902)892-8744

Chief Mary Bernard Memorial Women's Center

Shelter for women in distress where they have access to housing and various life aiding programs in a safe and supportive environment.

Website: www.cmbmws.ca

Phone: (902)831-2332; 24 Hour Crisis Helpline: (855)297-2332

Child Find PEI Inc.

Non-profit organization working with other Child Finds across Canada to find missing and exploited children and return them to their lawful guardian(s).

Website: www.childfind.com

Phone: (902)566-5935; Toll-Free: (800)387-7962

Email: chldfindpei@gmail.com

Community Inclusions and Mental Health of PEI

Non-profit organization providing support for adults aged 18 to 65 living with intellectual disabilities. Varying services are offered, including residential, employment, recreational aid, and the Tignish Workshop (employment training facility).

Website: www.communityinclusions.com

Phone: (902)726-3144

Email: info@communityinclusions.com

Community Legal Information Association of PEI Inc (CLIA PEI)

Registered charity that provides islanders with free legal information and help with the law and justice system. Also provides lawyer referrals to islanders who wish to speak with one.

Website: www.legalinfopei.ca

Phone: (902)892-0853; Toll-Free: (800)240-9798

Email: info@legalinfopei.ca

Community Mental Health and AddictionsCommunity Mental Health and Addiction Services (East)

Montague – 126 Douses Road, Montague, PE

(902)838-0960

Souris – Souris Hospital, 17 Knights Avenue, PE

(902)687-7119

Community Mental Health and Addiction Services (West)

Prince County Hospital – 65 Roy Boates Avenue, Summerside, PE.

(902)888-8380

Community Mental Health and Addictions (Counseling; West)

Allan Shaw Building – 347 Church Street, Alberton, PE

(902)853-8670

Provincial Addictions Treatment Facility

Charlottetown - 2814 Rte 215, Mount Herbert

(902)368-4120; Toll-Free: (888)299-8399

Consumer and Family Support Program (Canadian Mental Health Association)

Program providing resources for self-help, including aid in finding and hosting support groups, as well as education and awareness of mental health issues.

Website: www.pei.cmha.ca

Phone: (902)566-3034

Email: division@cmha.pe.ca

Crohn's and Colitis Foundation Centre of Canada

Volunteer-based charity focused on finding the cures for Crohn's disease and colitis, as well as to improve the quality of life for individuals affected by them.

Website: www.crohnsandcolitis.ca

Phone: (416)920-5035; Toll Free: (800)387-1479

Email: support@crohnsandcolitis.ca

Cystic Fibrosis Canada

Non-profit organization focused on finding a cure for cystic fibrosis and providing clinical care to individuals affected by it.

Website: www.cysticfibrosis.ca

Phone: (800)378-2233 [Ext: 403]

Email: advocacy@cysticfibrosis.ca

Diabetes Canada

Organization focused on spreading awareness in order to improve the quality of life of individuals affected by diabetes, as well as prevent the development of the illness in pre-diabetic individuals.

Website: www.diabetes.ca

Phone: (800)226-8464

Email: info@diabetes.ca

East Prince Women's Information Centre

Center that offers support for women facing difficulties, including unemployment, wife-battering, addictions, legal rights, and sexual harassment.

Website: www.epwic.ca

Phone: (902)436-9856

Email: epwic@eastlink.ca

East Prince Youth Development Centre

Youth center that is dedicated to creating a healthier future for youth and their families by encouraging youth to discover new skills, become employment-ready, gain self-confidence, and become productive members of the community.

Website: www.epydc.org

Phone: (902)436-2815

Families First (family resource center)

Organization offering family support in the form of activities, groups, clothing exchanges, and other varying programs focused on the raising of children between the ages of 0 and 6.

Website: www.familiesfirstpei.com

Phone: (902)838-4600

The Family Place

Non-profit community organization offering play groups, parenting sessions, prenatal and postnatal programs, clothing swaps, breastfeeding support, and other varying services for families who are expecting, or have children aged 0 to 12 years old.

Website: www.familyplacepei.com

Phone: (902)436-1348

Email: familyplace@eastlink.ca

Family Service PEI

Family wellness center offering financial, individual, family, and couples counseling, as well as intervention options and access to available services and programs.

Website: www.fspei.ca

Phone: Charlottetown – (902)892-2441; Toll Free: (866)892-2441

Summerside – (902)436-9171; Toll Free: (866)892-2441

Farmer Assistance Program

Program offering confidential professional counseling services to farmers and their families in order to improve the quality of their professional and personal lives.

Website: www.peifa.ca/farmer-assistance-program-2/

Phone: 902-368-7289

Farmers Talk

According to the website; “FarmersTalk.ca is a call to action to the Prince Edward Island farming community and beyond to start talking about mental health and mental illness to reduce stigma and save lives.”

Website: www.Farmerstalk.ca

Phone: (902)368-4880

Email: DeptArgLand@gov.pe.ca

Fitzroy Centre Clubhouse (Canadian Mental Health Association)

Community program offering services for individuals over the age of 18 affected by mental health challenges focused on providing confidence as well as the tools to living satisfying lives.

Website: www.pei.cmha.ca/home/our-programs/clubhouse-programs/

Phone: (902)566-5111

Email: director@fitzroycentre.pe.ca

Four Neighborhoods Community Health Centre

Business directory of Prince Edward Island’s medical clinics. Contact directly for more information.

Phone: (902)569-7772

Harvest House Ministries

According to their following mission statement: “Harvest House Ministries PEI provides faith-based programs aimed at helping marginalized and at risk individuals with holistic training, including life skills, education and spiritual well-being. We envision a caring not-for-profit organization dedicated to restoring addicted persons to productive, contributing, and independent lifestyles.”

Website: www.harvesthousepei.org/welcome

Phone: (902)894-5350

Email: harvesthouse@eastlink.ca

Health PEI

Public Health Nursing

Association offering programs that promote, protect, and preserve the health of islanders, from infants to seniors. Includes pregnancy planning, prenatal care, infant and children programs, screenings and assessments, family life education, needle exchanges, and more.

Website: www.princeedwardisland.ca/en/topic/health-pe

Phone : Charlottetown – (902)368-4530

Summerside – (902)888-8160

Souris – (902)687-7049

Montague – (902)838-0762

O’Leary – (902) 859-8720

Kensington – (902)888-8160 [Satellite office]

Wellington – (902)854-7259

Alberton – (902)853-8601

Tignish – (902)882-7366 [Satellite office]

Tyne Valley – (902)854-7259 [Satellite office]

Email: healthpei@gov.pe.ca

Health Equipment Loan Program of PEI (Canadian Red Cross)

Program that loans health equipment on a donation basis through the Canadian Red Cross to individuals in need of short-term aids.

Website: www.redcross.ca/in-your-community/prince-edward-island/health-equipment-loans

Phone: (902)628-6262

Hope Centre Clubhouse (Canadian Mental Health Association)

Centre for individuals with mental illness(es) offering access to residential, employment, education, and social recreational programs.

Website:

<http://pei.cmha.ca/home/our-programs/clubhouse-programs/>

Phone: (902)853-3871

Email: Contact Julia Ramsay (j.ramsay@cmha.pe.ca)

Hospice Palliative Care Association of PEI

Volunteer organization that assists individuals and families by preparing, supporting, and caring for those affected by life-limiting illnesses, before and after death.

Website: www.hospicepei.ca

Phone: (902)368-4498

Email: hpca@hospicepei.ca

The Island Helpline

Calling service that provides confidential emotional support and crisis intervention to islanders.

Website: www.theislandhelpline.com

Phone: (800)218-2885

Island Pregnancy Center

Confidential wellness center offering services to individuals facing pregnancy, or familial struggles. Offers free pregnancy tests, counseling, support groups, clothing/item swaps and drives, family friendly events, and more.

Website: www.islandpregnancycentre.com

Charlottetown Office:

Phone: (902)370-3700

Email: charlottetown@islandpregnancycentre.com

Summerside Office:

Phone: (902)724-5002

Email: summerside@islandpregnancycentre.com

IWK Health Centre

Centre providing quality care (including primary, secondary, and tertiary care) to women, children, youth, and families in maritime provinces and beyond. Also offers mental health and addictions care and support services.

Website: www.iwk.nshealth.ca

Phone: (902)470-8888; Toll Free: (888)470-5888

John Howard Society (Criminal Justice System Assistance)

Non-profit organization that assists islanders who are at risk or involved in the criminal justice system that are struggling to transition between institutional and community living. In recent years more emphasis has been placed on crime prevention.

Website: www.pei.johnhoward.ca

Phone: (902)566-5425

Email: johnhowardsociety@pei.aibn.com

The Joyriders

Organization dedicated to the development of the physical, emotional, and social well-being of individuals with disabilities through therapeutic horse-back riding.

Website: www.thejoyriders.ca

Phone: (902)368-4540

Email: joyridersinfo2020@gmail.com

Kidney Foundation of Canada

Organization comprised of individuals focused on alleviating and eliminating kidney diseases. Offers financial support, as well as comfort, and transplant programs.

Website: www.kidney.ca

PEI Office:

Phone: (902)892-9009; Toll Free: (877)892-9009

Email: Contact Marlene Dorey marlene.dorey@kidney.ca

National Office:

Phone: (514)369-4806; Toll Free: (800)361-7494

Email: info@kidney.ca

KidSport

Organization dedicated to removing the financial barriers limiting some children from participating in sport teams. Enables youth aged 18 and under to learn life skills, such as leadership, commitment, teamwork, and self-confidence, through physical exercise.

Website: www.kidsportcanada.ca/prince-edward-island/

Phone: (902)368-4110

Email: sports@sportpei.pe.ca

Kids West Family Resource Center

Non-profit organization dedicated to facilitating the physical and mental development of children. Offers one-on-one support to address localized struggles, parenting programs, education and checkups, as well as a second-hand smoke prevention program.

Phone: (902)853-4066

Email: kidswest@pei.aibn.com

Kingswood Centre

Centre providing employment preparation support and services, as well as residential services and community support for individuals with an intellectual disability.

Website: www.inclusionseast.com

Phone: (902)838-2516

K&K Quality Care

Community outreach program dedicated to help individuals with intellectual disabilities acquire necessary life skills through various activities. Offering a day support program that best fulfills the individual potential and individuality. Presented in a safe, clean at home environment with qualified and caring direct support professionals.

Website: www.kkqc.ca

Phone: (902)367-5496

Lennox Island: First Nation

Resource providing community services and events for the First Nation individuals of PEI.

Website: www.lennoxisland.com

Phone: (902)831-2779

Meals on Wheels PEI

Meal preparation and delivery service providing affordable and nutritious meals to food-insecure seniors and others in need in the community. Check out the website for more information on their different chapter locations across the Island.

Website: www.mealsonwheelspei.ca

Phone: (902)369-7337

Mi'kmaq Family Resource Centre

Centre providing programs and events for First Nations parents, and their children.

Website: www.mikmaqfamilyresourcecentre.wordpress.com

Phone: (902)892-0928

Email: mfrc@pei.aibn.com

Murphy's Community Centre

Non-profit facility supported by Murphy's Pharmacies. Hosts recreational events, such as sports and fitness, banquets and meetings, bowling, art, drama, music, and youth programs. Youth programs provide physical, social, and emotional development that aims to challenge and nurture children aged between 5 and 12.

Website: www.murphyscommunitycentre.com

Phone: (902)892-1719

Email: info@murphyscommunitycentre.com

Muscular Dystrophy Association

Organization dedicated to improve the quality of life of individuals affected by muscular dystrophy, ALS, and related life-threatening diseases. Offers care centers, young adult programs, support services, summer camps, and useful resources (ie. Educative sites and clinical trial data).

Website: www.mda.org

Phone: (800)572-1717

Notre Dame Place Clubhouse (Canadian Mental Health Association)

Centre where individuals with mental or emotional illnesses may thrive, discovering their strengths and talents in an encouraging, supportive, and community building environment.

Website: <https://pei.cmha.ca/home/our-programs/clubhouse-programs/>

Phone: (902)888-2237

Email: ndplace@cmha.pe.ca

OXFAM Canada

Organization that helps secure individuals' basic human rights of women and girls. Offers support, long-term development, humanitarian responses, research and campaigning.

Website: www.oxfam.ca

Phone: (800)466-9326

Email: info@oxfam.ca

Parasport and Recreation PEI

Non-profit organization governing PEI's Paralympic sport and parasport. Provides recreation and sport opportunities for islanders who have physical disabilities.

Website: www.parasportpei.ca

Phone: (902)368-4540

Email: info@parasportpei.ca

Parent HelpLine PEI (Web Service)

Website service offering educational parenting advice, tips, and 'survival' guides in order to promote a healthy development in children.

Website: www.parenthelpline.ca

PEI Association for Community Living (ACL of PEI)

Family based association that assists individuals affected by intellectual disability in order to facilitate community inclusion.

Website: www.peiacl.org

Phone: (902)439-4607

PEI Association for Newcomers to Canada

Non-profit organization dedicated to providing short term settlement and long term inclusion/integration for new immigrants of PEI.

Website: www.peianc.com/en/home

Phone: (902)628-6009

PEI Cerebral Palsy Association

Association that informs the general public of cerebral palsy, and of the abilities of individuals affected by it. Provides support to such individuals so they may develop and pursue meaningful goals in life. Main purpose is to enrich the lives of those living with cerebral palsy on the Island.

Website: www.cerebralpalsypei.com

Phone: (902)892-9694

Email: peicpassociation@gmail.com

PEI Citizen Advocacy

Non-profit organization that matches program volunteers to individuals identifying themselves as having intellectual disabilities. Promotes peer support, community and crisis advocacy, and a better quality of life for participants.

Website: www.peicitizenadvocacy.com/

Phone: (902)566-3523

Email: peica@eastlink.ca

PEI Council of People with Disabilities Inc.

Organization that promotes participation and inclusion of individuals with disabilities on PEI. Promote self-help, strategies and policies, communication, and positive self-image.

Website: www.peicod.pe.ca

Phone: (902)892-9149; Toll Free: (888)473-4263

Email: info@peicod.pe.ca

PEI Family Violence Prevention Services Inc.

Website: www.fvps.ca/services/

Andersen House

Emergency shelter for women and children facing violence.
Offers support, safety, and information.

Phone: Business Line- (902)368-8658,
Emergency Line- (902)892-0960,
Toll Free- (800)240-9894

Second Stage Housing

Housing service for women and children leaving the Andersen House who have chosen to make changes in their lives. Offers affordable renting prices for up to 1 year.

Phone: O'leary – (902)859-8849
Summerside – (902)888-3310
Charlottetown – (902)894-3354
Montague – (902)838-4600 [Ext. 2]

Outreach Program

Confidential support for abuse victims who may need education and safety planning. Includes one-on-one support, group support, referral services, safety assessment and planning, advocacy, public education, and more.

Website: www.fvps.ca/outreach-services/

Locations:

West Prince Family Violence Prevention (O'Leary):

Phone: (902)859-8849

Email: Contact Barbie McKay (coordinator) at barbie@fvps.ca

East Prince Family Violence Prevention (Summerside):

Phone: (902)888-3310

Email: Contact Lee Anne Inman (coordinator) at leeanne@fvps.ca

Queens County Outreach Services (Charlottetown):

Phone: (902)566-3354

Email: Contact Gloria Dennis (coordinator) at gloria@fvps.ca

Eastern PEI Family Prevention (Montague):

Phone: (902)213-7540

Email: Contact Rachel Hoogerbrugge (coordinator) at rachel@fvps.ca

Men's Services (Charlottetown & Summerside):

Phone: (902)314-3312

Email: Contact Nick Frid (coordinator) at nick@fvps.ca

PEI Literacy Alliance

Organization offering programs that support adult, youth, and child learning to improve their literacy and essential skills. Includes 'Ready, Set, Learn!', 'Family Literacy', 'Free Books for Kids', 'Adult Learner', and 'PEI Volunteers for literacy programs'.

Website: www.peiliteracy.ca

Phone: (902)368-3620; Toll Free: (866)827-3620

Email: info@peiliteracy.ca

PEI Lung Association

Association focused on promoting and improving lung health of islanders through education and research.

Website: www.pei.lung.ca/

Phone: (902)892-5957; Toll Free: (888)566-5864

Email: peilungassociation@gmail.com

PEI Senior Citizen's Federation Inc.

Non-profit organization made up of 50 different seniors groups that deliver programs and information to seniors island-wide. Provides events, recreation, and advocacy for PEI's senior communities.

Website: www.peiscf.com/

Phone: (902)368-9008

Email: peiscf@pei.aibn.com

Prince Edward Reach Foundation

Center offering a safe environment for youth 16-30 who are in recovery for addiction challenges or struggling with mental health. Provides opportunity to learn new life skills, work programs, and help building continued education plans.

Website: www.peireachfoundation.ca

Phone: (902)620-0000

Email: info@reachfdn.ca

Private Practice Health Service Providers

Health professionals offering services in Audiology, Speech Language Pathology, Psychology, Occupational Therapy, Physiotherapy, and Optometry throughout PEI. Establishments and professionals may be found and contacted by using these links found below or on an internet search engine.

[Audiology and Speech Language Pathology](#)

Website: www.peispeechhearing.ca/private

[Psychology](#)

Website: www.papei.org

[Occupational Therapy](#)

Website: www.peiot.org

[Physiotherapy](#)

Website: www.peicpt.com

[Optometry](#)

Website: www.peico.ca

Queens County Residential Services Inc. (QCRS)

Non-profit organization that offers programs for adults with intellectual disabilities. Promotes self-esteem and well-being, continued development and growth, and community involvement and integration.

Website: www.qcrs.ca

Phone: (902)566-4470

Email: officeadmin@qcrs.ca

The Salvation Army

Religion-based organization offering services to Canadian communities. Services include food banks and programs, shelter options for homeless individuals, addiction rehabilitation, long term and palliative care, Christmas assistance, as well as life skills classes and thrift shops.

Website: www.salvationarmy.ca

Locations:

Charlottetown Community and Family Services:

Phone: (902)892-8870

Email: kyron.newbury@salvationarmy.ca and emily.newbury@salvationarmy.ca

Summerside Community and Family Services:

Phone: (902)436-6044

Email: willis.drover@salvationarmy.ca and priscilla.drover@salvationarmy.ca

Southern Kings Hospice Association

Association that coordinates volunteers in order to provide quality palliative care to individuals and their families.

Website: www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

Phone: (902)838-2269

Special Olympics PEI

Organization dedicated to providing sport opportunity to all individuals with intellectual disabilities to promote mental, social, and emotional health, as well as to become accepted and respected members of their communities.

Website: www.specialolympics.ca/pei

Phone: (902)368-8919; Toll-Free: (800)287-1196

Email: sopei@sopei.com

Stan Cassidy Centre for Rehabilitation

Off-island facility located in Fredericton offering on-site specialized health services to individuals (such as ACC, feeding, cleft palate surgery, etc.).

Website: www.stancassidy.ca

Phone: (506)623-5500

Email: horizon@horizonnb.ca

Stars for Life: Foundation for Autism

Foundation committed to creating a quality of life for youth with autism spectrum disorder. Offers life and job skills training, and community inclusion.

Website: www.starsforlife.com

Phone: (902)894-9286

Email: admin@starsforlife.com

Sylvan Learning Centre Charlottetown

Company offering personalized tutoring for children and youth. Offers math, reading, writing, homework, and French tutors.

Website: www.locations.sylvanlearning.com/ca/charlottetown-pe

Phone: (902)201-3555

Tremploy Ltd

Non-profit organization that provides employment training and support services to adults who have an intellectual disability. Offers opportunity to reach full potential and to participate in the community.

Website: www.dev.tremploy.com

Phone: (902)892-5338

Voluntary Resource Center

Volunteer organization dedicated to raising awareness of volunteerism benefits and values, as well as providing a voice for the voluntary community of PEI.

Website: www.vrcpei.org

Phone: (902)368-7337

Email: executivedirector@vrcpei.org (Executive Director: Keyshawn Bonamy)

West Prince Caring Cupboard

Donation-based charity that provides food and clothing for families in need. Offers services in four locations in the West of PEI (Alberton, Bloomfield, Tignish, and Tyne Valley).

Website: www.pei.bridgethegapp.ca/adult/service-directory/west-prince-caring-cupboard/

Phone: (902)853-3447

Women's Network PEI

Non-profit organization that provides support for women of PEI. Aims to improve the status of women in the society.

Website: www.wnpei.org

Phone: (902)368-5040; Toll Free: (888)362-7373

Help and Information Lines

Addiction Services

Toll Free Line.....1-888-229-8399

AIDS Hotline.....1-800-314-2437

Andersen House

(PEI Family Violence Protection Services Inc)

Toll Free.....1-800-240-9894

Local (Crisis Line).....1-902-892-0960

Arthritis Society.....1-800-321-1433

Birthright 24h Hotline.....1-800-550-4900

Child Abuse

After Hours (Crisis Line).....1-800-341-6868

During Business Hours Crisis Line.....1-877-341-3101

Child Find PEI.....902-566-5935

Crime Stoppers.....1-800-222-8477

Health Line/Telehealth.....811

Island Help Line.....1-800-218-2885

Kids Help Phone.....1-800-668-6868

PEI Rape and Sexual Assault

Toll free Crisis Line.....1-800-289-5656

Local Line.....1-902-566-1864

Poison Control.....1-800-565-8161

Self Help Line1-800-682-1648

Transition House Association / Second Stage Housing

(PEI Family Violence Protection Services Inc)

Outreach Services:

Toll Free Crisis Line.....1-800-240-9894

Primary Crisis Line.....902-892-0960

Secondary Crisis Line.....902-894-3354