Your Community Welcome Guide

EAST HANTS

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Cover: Burntcoat Head Park, Burntcoat; Left: East Hants Aquatic Centre, Elmsdale

Welcome to East Hants

Location

The Municipality of East Hants is centrally located on mainland Nova Scotia and is home to the world's highest recorded tides. East Hants has three unofficial regions: the Corridor, Central and Fundy Shore, and Uniacke and Rawdon.

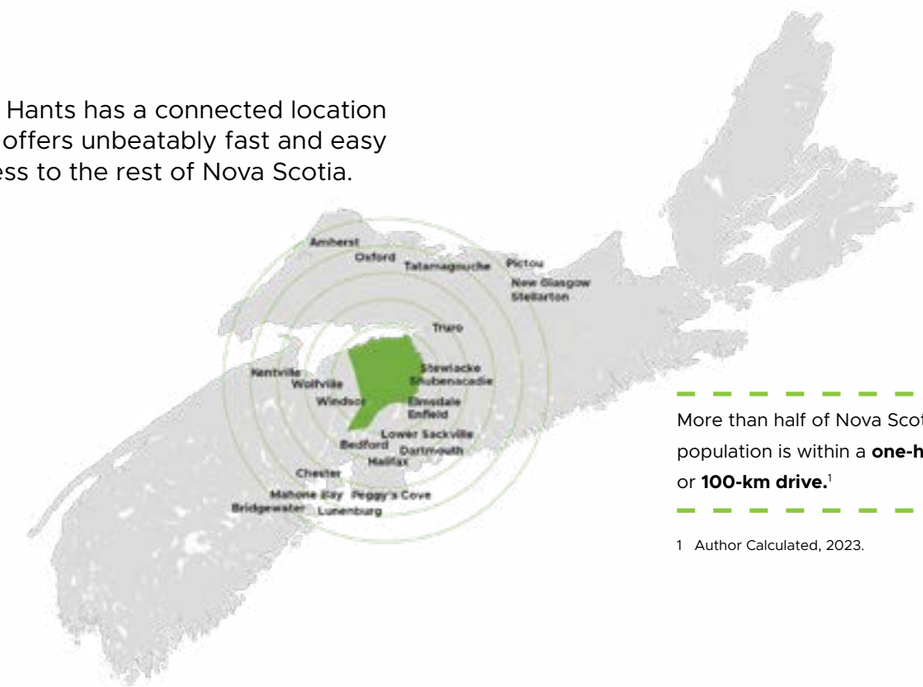
The Corridor is located in the south-eastern portion of the Municipality. This region includes the communities of Enfield, Elmsdale, Lantz, Milford and Shubenacadie, and is the most urbanized part of the Municipality.

The Fundy Shore and Central region is driven by tides, tourism and breath-taking views, making it the heart of adventure and relaxation in Nova Scotia.

Agriculture is prevalent along both the scenic Minas shore and Kennetcook River in this region. Communities in this area include Walton, Noel, Maitland, Kennetcook, Stanley and Gore.

Uniacke and Rawdon are home to many hiking trails and recreation opportunities along lakes, rivers and through towering forests. Uniacke is located between Halifax and the Annapolis Valley and is the second most densely populated community located between these centres. Rawdon is an increasingly popular destination for agri-business and residential growth, due to the desirable rural lifestyle with proximity to urban amenities.

East Hants has a connected location that offers unbeatably fast and easy access to the rest of Nova Scotia.



More than half of Nova Scotia's population is within a **one-hour** or **100-km drive.**[1]

1 Author Calculated, 2023.

Shubenacadie, East Hants

Highway 102, Elmsdale

Shubenacadie River, Maitland

Getting Here

By Car

Regions across Nova Scotia are linked by an arterial 100-series highway system. Highway 101 and Highway 102 connect East Hants to Halifax, Windsor, Truro and beyond. An extensive network of secondary highways, trunks and routes connects communities throughout the Municipality.

By Plane

Halifax Stanfield International Airport (airport code YHZ) is next door to the Corridor region of East Hants and a short drive from other communities.

By Train

Via Rail Canada offers passenger rail service throughout Canada including stops in nearby Halifax and Truro, Nova Scotia.

Community and Lifestyle

The connected location, friendly population and authentic way of life are a few of the reasons why East Hants is one of the province's fastest-growing communities. Residents enjoy the perfect blend of rural and urban lifestyles with a mix of housing to meet every family's needs. Nearly 50% of East Hants commuters spend less than 30 minutes travelling to work.

East Hants is also a vibrant place to live because of the strong local business community. There are numerous pharmacies and grocery stores to meet your everyday needs, as well as many local restaurants, coffee shops and spas to enjoy. You can also find city amenities just a short drive away in the province's capital of Halifax and its surrounding area.

Bitar's Restaurant, Elmsdale

Seasons

Nova Scotia has four seasons: winter, spring, summer and fall. Each season brings a shift in temperatures, precipitation and opportunity for seasonal outdoor activities.

Winter in Nova Scotia runs from mid-December to mid-March with temperatures generally ranging from 0 to -15 degrees Celsius (0 to 32 degrees Fahrenheit). Periodic cold fronts can cause lower temperatures. Snow typically falls about 50 days a season, with occasional snowstorms. Winter clothing such as insulated jackets, boots, hats and gloves are recommended during this time. Many residents embrace winter with outdoor activities such as ice skating, snowmobiling, tobogganing, snowshoeing and cross-country skiing. Downhill skiing is available just a short drive away at Ski Martock (martock.com) and Ski Wentworth (skiwentworth.ca).

Spring in Nova Scotia is from mid-March to mid-June. Temperatures range from 0 to 10 degrees Celsius (32 to 50 degrees Fahrenheit) from mid-March to late April and from 10 to 20 degrees Celsius (50 to 70 degrees Fahrenheit) from late April to mid-June. In this season, nature transforms from snow covered to green grass and blooming flowers. A waterproof jacket is needed, as rainy days are common. Despite some rainy days, late spring is also a great time of year for outdoor activities, as sunny afternoons can feel like summer temperatures.

Summer in Nova Scotia starts in mid-June and wraps up in mid-September. Temperatures generally range from 20 to 25 degrees Celsius (70 to 80 degrees Fahrenheit) in June and September with peak temperatures above 30 degrees Celsius (86 degrees Fahrenheit) occurring in July and August. Students are on summer vacation from school during July and August and popular summer activities include kayaking, swimming and outdoor sports. Sandals, shorts and short sleeve shirts will help you stay cool in the summer heat. Nova Scotia is known as Canada's ocean playground. It's only a short drive in any direction to incredible beaches.

Fall in Nova Scotia runs from mid-September to mid-December. From mid-September to mid-November, temperatures range from 10 to 20 degrees Celsius (50 to 70 degrees Fahrenheit). This part of the season has been dubbed "sweater weather", as it is cool enough for a sweater in the mornings and evenings. However, sunny afternoons can bring summer like days. As trees change colour from green to bright yellows, oranges and reds, fall is the perfect season for hiking, apple picking and enjoying scenic drives. From mid-November to mid-December, temperatures range from 0 to 10 degrees Celsius range (30 to 50 degrees Fahrenheit). Light snowfall can occur during this time, but the snow typically melts in daylight temperatures and does not accumulate until winter.

Hottest month
August

Coldest month
January

Find local weather at
weather.gc.ca

Fundy Tidal Interpretive Centre, Maitland

Shubenacadie River Park, Shubenacadie

Live Here

Nova Scotia is one of Canada's most affordable provinces to live in. According to the Canadian Real Estate Association (CREA) January 2024 statistics, the average price of a Nova Scotian home was $389,000 compared to the national average of $659,395. The average sale price of a home in East Hants in 2023 was $442,757.[1] There are also housing programs and supports to assist with affordability. Check out available programs with Housing Nova Scotia at housing.novascotia.ca or Nova Scotia Provincial Housing Agency at nspha.ca or by calling 1-833-776-0585.

Home Ownership

It is common for sellers and purchasers to use a licensed real estate professional when selling or buying a home in Nova Scotia. To trade real estate in Nova Scotia, the person must be licensed in accordance with the Nova Scotia Real Estate Commission. You can search for a licensed realtor at Realtor.ca. Once you find your home, you will need to retain a lawyer to complete the purchase. You can find a lawyer licensed with the Nova Scotia Barrister's Society at nsbs.org.

Renting a Home

In Nova Scotia, it is typical for tenants to contact landlords directly to secure a rental without the use of a realtor. The Nova Scotia Tenancies Act governs residential rentals. You can learn about your rights and responsibilities as a tenant under the Residential Tenancies Program available online at novascotia.ca or by calling 1-800-670-4357.

Senior Living

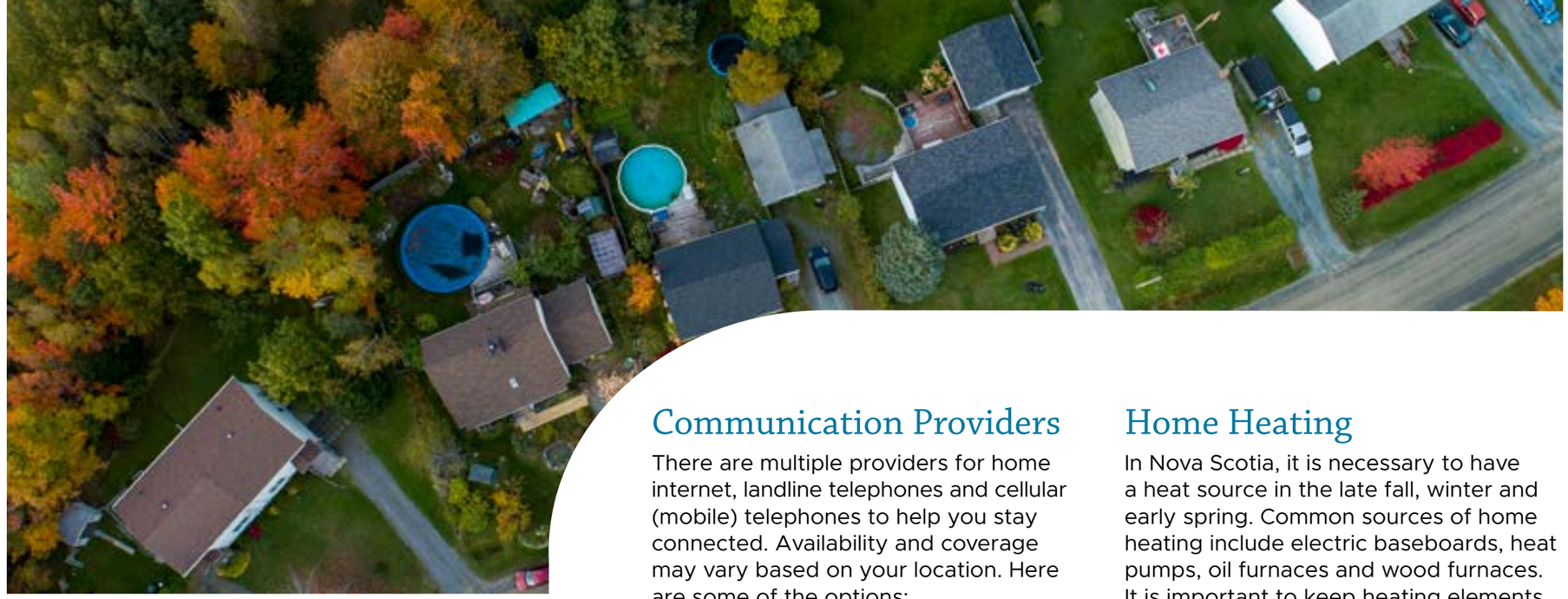
The East Hants region has home-care providers who will visit your home and help with personal care, medication, cleaning and other day-to-day activities. East Hants is also home to independent living complexes, seniors' apartment complexes, residential care facilities and nursing homes for those who need specific levels of care. Visit caregiversns.org or call 1-877-488-7390 to learn more about senior living options.

Concorde Way, Enfield

1 Author Calculated, 2024

Home Energy Provider

Nova Scotia Power, an Emera Company, is the sole provider for grid connectivity in Nova Scotia. To connect your home contact Nova Scotia Power online at nspower.ca or call 1-800-428-6230 or 1-800-565-6051 (TTY/Hearing Impaired). Alternative energy sources such as solar and wind may be an option for your home. Efficiency Nova Scotia works with over 300 partners to provide energy conservation options. To learn more about available products, contact Efficiency Nova Scotia at info@efficiencyns.ca or 1-877-999-6035.



Brook Court, Elmsdale

Concorde Way, Enfield

Communication Providers

There are multiple providers for home internet, landline telephones and cellular (mobile) telephones to help you stay connected. Availability and coverage may vary based on your location. Here are some of the options:

Home Services:

Bell Aliant
aliant.bell.ca

Eastlink
eastlink.ca

Starlink
starlink.com

Purple Cow
purplecowinternet.com

Xplore
xplore.ca

Mobility Services:

Bell Mobility
bell.ca/Mobility

Eastlink
eastlink.ca

Rogers
rogers.com

Telus
telus.com

Koodo
koodomobile.com

Home Heating

In Nova Scotia, it is necessary to have a heat source in the late fall, winter and early spring. Common sources of home heating include electric baseboards, heat pumps, oil furnaces and wood furnaces. It is important to keep heating elements free and clear to prevent fires. It is also important to service your heat source regularly to maintain efficiency and reduce operational risks. There are many local providers for each heat source and you should connect with your provider to discuss the particulars of your home's heating system.

For more information on heating safety and efficiency contact:

Efficiency Nova Scotia
info@efficiencyns.ca
1-877-999-6035

Nova Scotia Power
1-800-428-6230
1-800-565-6051
(TTY/Hearing Impaired)

Learn Here

East Hants has an excellent publicly funded education system. Local schools focus on student well-being, literacy, mathematics and lifelong learning. Public school is offered free of charge from primary (pre-primary where available) to graduation year, which is Grade 12 in Nova Scotia. Daycares, private schools and post-secondary schools in Nova Scotia typically require tuition or fees to be paid privately.

8 Elementary schools
Grades PP-5/6

2 Middle schools
Grades 6-8/9

2 High schools
Grades 7/9-12

Maple Ridge Elementary School, Lantz

Daycares and Preschools

Elementary schools across Nova Scotia offer a pre-primary program. This optional program allows families to access free, universal pre-primary education for one year before they enroll in primary. Children must be at least four years of age on or before December 31 of the year they enroll. Other child care options include licensed facilities and privatized daycares. An up-to-date list of licensed childcare facilities and more information on child care programming can be found online at childcarenovascotia.ca.

Primary Class, Maple Ridge Elementary School

Riverside Education Centre, Milford

Public Schools

In East Hants, public schools are managed by the Chignecto-Central Regional Centre for Education. Elementary schools start at pre-primary and go to Grades 6/7, middle schools can start at Grade 6 up to Grade 8/9, and high schools can start as early as Grade 7 and finish with Grade 12. Optional French programs, such as French Immersion and Integrated French, are offered at select schools. You can learn more about your school's programming, catchment area and busing criteria at ccrce.ca.

Private Schools

In addition to free public schools, Atlantic Canada has private education opportunities with day and boarding options. Private schools, like post-secondary education, require payment of tuition fees, which range based on school, programs and grade level. Private schools can offer a wide range of options such as faith-based, special needs, athletic and specialized academic opportunities.

Post-Secondary Education

There is a reason Nova Scotia is considered the education destination of Canada. With 10 universities and an extensive community college system, you can find diverse post-secondary options in all corners of the province. Here are some options near East Hants:

Dalhousie University
dal.ca

Mount Saint Vincent University
msvu.ca

Acadia University
acadiau.ca

Saint Mary's University
smu.ca

Nova Scotia Community College
nscc.ca

Adult and Family Learning

The East Hants Community Learning Association offers a range of educational services to residents to encourage individual growth and help families reach their learning potential. Services include workplace education, educational programs and community programs such as family literacy, technology classes and senior safety. The East Hants Community Learning Association can also help you achieve high school equivalency though the General Educational Development (GED) program, upgrade employment-ready skills and improve literacy including learning English as a second language.

Dalhousie University, Halifax

84 occupations across **20** trades are regulated in Nova Scotia.

Work Here

Finding Employment

East Hants has employment opportunities in many sectors. The dominant occupational categories for residents in the labour force are: 1) trades, transport and equipment operators and related occupations, 2) sales and service, and 3) business, finance and administration. Salaries vary based on the industry, education, experience and responsibilities. Nova Scotia Works, located at 15 Commerce Court in Elmsdale, assists job seekers with free job search support and career counselling. Connect with Nova Scotia Works by emailing nsworks@futureworx.ca or calling 902-883-7010. There are also numerous websites that post job vacancies. Here are some that may help in your search for work:

Career Beacon
careerbeacon.com

Eluta
eluta.ca

Indeed
indeed.com

Government of Canada Job Bank
jobbank.gc.ca

Monster
monster.ca

Nova Scotia Government
jobs.novascotia.ca

Workopolis
workopolis.com

Regulated Occupations

Many jobs in Nova Scotia require a license or certificate of qualification. These professions are regulated to protect the public. To work in a regulated profession or trade, the worker must obtain a licence or a certificate of qualification from the appropriate regulatory (licensing) body. Regulatory bodies may have an overarching national association, but licensing requirements are usually provincially based. As of 2023, 84 occupations across 20 trades are regulated in Nova Scotia. Visit Nova Scotia Labour, Skills and Immigration at novascotia.ca/lae/fair-registration-practices for a full list of regulatory bodies.

Statutory Holidays

In Nova Scotia, the Labour Standards Code gives employees who qualify six holidays with pay. The statutory holidays are:

New Year's Day
Nova Scotia Heritage Day
Good Friday
Canada Day
Labour Day
Christmas Day

Please visit Nova Scotia's Labour Standards online at novascotia.ca/lae/employmentrights or call 1-888-315-0110 for more information on pay eligibility and exemptions to labour standards.

Healthcare services offered within the East Hants area include:

Mental Health & Addictions Services
Electrocardiograms
Blood/Specimen Collection
Public Health Services
Continuing Care
Diabetes Centre and Clinics
Pedorthic Clinic
Psychologist
Massage Therapy
Physiotherapy Clinic
Well Woman Clinic
Seniors Clinic
Palliative Care

Healthcare Recruitment

There is a growing demand for qualified healthcare workers, especially family physicians, in Nova Scotia. Through Nova Scotia Health, the province is actively working on a recruitment strategy. Physician and nurse recruitment is important to all Nova Scotians, and we look forward to welcoming new health-care workers to our communities. The majority of East Hants falls within Nova Scotia Health's Northern Zone. However, some East Hants communities, like Mount Uniacke and parts of Enfield, are in the Nova Scotia Health's Central Zone. Locally, we have medical clinics located in Elmsdale, Kennetcook and Shubenacadie. Some of these clinics have collaborative family-practice teams, which are becoming popular throughout the province. For more information on practising medicine in East Hants, visit easthants.ca/practice-medicine to download our Physician Recruitment Guide.

Colchester East Hants Health Centre, Truro

The Municipality of East Hants and Nova Scotia Health are here to answer your questions and help you make connections.

Reach out to learn more:

East Hants and Economic Business Development Team
business@easthants.ca

Nova Scotia Health Physician Recruitment Team
physicianrecruit@nshealth.ca

Colchester East Hants Health Centre, Truro

Health Services

Emergency Care

Call **9-1-1** for medical emergencies, fire, or urgent police matters

Call **1-888-429-8167** to reach Nova Scotia's mental health crisis line

Call **1-800-668-6868** to reach the Kids Help Phone

Healthcare in Canada is publicly funded and coverage for medically necessary healthcare services is provided on an as-needed basis. Each province and territory offers free health insurance to eligible residents. Health cards must be presented to healthcare providers before receiving insured health services. To learn more about eligibility and how to register for a health card, contact the MSI Registration and Inquiry Department at 1-800-563-8880.

Hospitals

The Colchester East Hants Health Centre, located in Truro, is a modern facility with a 24-hour emergency room, blood collection clinic with online appointment booking, private and semi-private patient rooms and a wide range of medical services and surgical procedures.

A short drive away in Halifax, our residents have access to the IWK Health Centre and the Queen Elizabeth II Health Services Centre, known locally as the QEII. The Queen Elizabeth II Health Sciences Centre provides the most advanced health care available in the region to patients aged 16 years and older. This facility serves as a teaching and community hospital with a trauma centre, stroke centre, burn unit, specialized surgical services, 24-hour emergency room and more. The IWK Health Centre is a women and children's hospital that provides quality care to babies, children and teens. Women can also receive care related to pregnancy, delivery, gynecology and breast health. The IWK Health Centre has a 24-hour pediatric emergency room for patients under 16 years old.

Virtual Care

A virtual appointment allows a patient to access a healthcare provider using a smartphone, computer or tablet from a location of their choice. You may be eligible for a virtual appointment if:

- Your healthcare provider offers virtual appointments and considers your case to be appropriate for a virtual appointment, OR
- You do not currently have a primary healthcare provider and are on the Need a Family Practice Registry.

You can find more information on virtual care at nshealth.ca.

Community Pharmacy Primary Care Clinics

Pharmacist-led clinics are available at select pharmacy locations across Nova Scotia and offer assessment and prescribing services for strep throat, pink eye, urinary tract infections, chronic disease management, prescription renewals and more. Find a participating pharmacy in East Hants by visiting Pharmacy Association of Nova Scotia at pans.ns.ca/cppc.

Family Practice Registry

The Nova Scotia Health Authority maintains a provincial list for people without a family doctor or nurse practitioner. Once you are added to the registry, you will be contacted when a primary care provider in your area is accepting new patients. If you need a family doctor or nurse practitioner, visit needafamilypractice.nshealth.ca or call 8-1-1 to be added to the registry.

Daily Life

Banking

East Hants has five chartered Canadian bank branches for your banking needs.

Credit Union
345 NS-214 B,
Elmsdale, NS B2S 2L1

6206 Highway 354,
Kennetcook, NS B0N 1P0

Scotiabank
269 NS-214 #170,
Elmsdale, NS B2S 1K1

Royal Bank
178 NS-214,
Elmsdale, NS B2S 1H7

2824 Main Street West,
Shubenacadie, NS B0N 2H0

Automated banking machines are also located throughout the community and provide 24-hour banking services such as cash withdrawals and deposits.

Public Library

The Colchester East Hants Public Library offers free borrowing of books, games and more, as well as e-services for digital resources and virtual events. All library branches offer free Wi-Fi as well as printing, scanning and photocopying services for a small fee.

The Colchester East Hants Public Library has two locations within East Hants.

Elmsdale Library
Suite 100, 15 Commerce Court,
Elmsdale, NS B2S 3K5

Mount Uniacke Library
551 Highway 1,
Mount Uniacke, NS B0N 1Z0.

Both of these locations also offer 3D printing services for the creation of 3D objects such toys, jewelry, phone cases, home appliances and much more.

Fundy Tidal Interpretive Centre, Maitland

Enfield, East Hants

Pet Services

East Hants has options for medical, boarding and training services for your pet.

Boarding and training services are offered at:

Paw-some Adventures Inc.
36 Venture Crescent,
Elmsdale, NS B2S 0B2
paw-someadventuresinc.ca

Pampered Pets
Country-Side Kennels
470 Highway 214,
Elmsdale, NS B2S 2L7
pamperedpetskennels.ca

Dig It Dogs Canine Services
2845 NS-354,
Upper Rawdon, NS B0N 2N0
digitdogs.ca

Small-animal care is offered at:

East Hants Animal Hospital
202 Highway 214,
Elmsdale, NS B2S 1J2,
easthantsanimalhospital.ca

Fundy Vets
21089 Highway 2,
Shubenacadie, NS B0N 2H0
fundyvets.com

Elmsdale Animal Hospital
654 NS-2, Elmsdale, NS B2S 1C9
elmsdaleanimalhospital.ca

Large-animal care is offered at:

Fundy Vets
21089 Highway 2,
Shubenacadie, NS B0N 2H0
fundyvets.com

Courthouse Hill Farm, Kennetcook

Dog Registration

The Municipality of East Hants requires that your dog be licensed by January 31 each year, but licenses are available for purchase anytime. Tags are valid for the calendar year and expire on December 31. New dog owners must register within 10 days of receiving your dog. An official dog tag will be provided for your dog to wear. Registering with the Municipality ensures you can be notified in a timely manner if your pet is lost.

You can register your dog online at easthants.ca/dog-tags or by mailing your form and payment to:

The Municipality of East Hants Office
Box 230, Suite 170,
15 Commerce Court,
Elmsdale, NS B2S 3K5

You can also register at one of the following locations:

The Municipality of East Hants Office
15 Commerce Court,
Elmsdale, NS B2S 3K5

Elmsdale Animal Hospital
654 Highway 2,
Elmsdale, NS B2S 1C9

Crazy Dog Dehydrated Treats
75 Richard John Drive,
Mount Uniacke, NS B0N 1Z0

East Hants Animal Hospital
202 Highway 214,
Elmsdale, NS B2S 1J2

Noel Canada Post
4539 Highway 215,
Noel, NS B0N 2C0

SPCA Truro
408 Industrial Avenue,
Truro, NS B2N 6Z6

Driving in Nova Scotia

In Nova Scotia you require a driver's licence to operate a motor vehicle on public roads and highways. Drivers are licensed according to the types of vehicles they are qualified to drive. As a result, there are several different types of Nova Scotia Driver's licences.

Elmsdale Shopping Centre, Elmsdale

Types of driver's licences:

Class 5 (the most common) — for driving cars, pick-up trucks, sport utility vehicles and vans having a seating capacity of less than 24

Class 7 — Learner's Licence, for those learning to drive class 5 vehicles

Class 1 — for driving semi-trailers and tractor-trailer combinations

Class 2 — for driving large buses (over 24 passengers)

Class 3 — for driving vehicles or vehicle-trailer combinations weighing greater than 14,000 kilograms

Class 4 — for driving smaller buses, vans seating under 24 passengers for compensation, taxis and ambulances

Class 6 — for driving motorcycles and motor-driven cycles

Class 8 — for driving farm tractors

In Nova Scotia, all new drivers must progress through the Graduated Driver Licensing system before they can get a regular driver's licence. The Graduated Driver Licencing system helps to reduce the risks that new drivers face, especially driving in a province with winter road conditions. There are three phases to the Graduated Drive Licencing program: Learner's Licence, Newly Licenced and the Restricted Individual. You'll need to pass a vision test, knowledge test and road test. This system is designed to give novice drivers plenty of hands-on experience before they drive independently with little to no restrictions.

East Hants Community Rider, Elmsdale

If you are a visitor aged 16 years or older and have a valid driver's licence from another province or country, you can legally use it for up to 90 days while driving in Nova Scotia. After 90 days, you'll be required to apply for a Nova Scotia driver's licence. More information can be found at novascotia.ca/driving-and-road-safety.

In Nova Scotia, all drivers require auto insurance. There are four types of auto insurance, two of which are mandatory: Section A (public liability and property damage), covers you if you are at fault for an accident in which someone else is hurt or property is damaged, and Section B (No-Fault Benefits) covers you if you are hurt in an accident. Insurance must be purchased through a licenced insurance broker. More information can be found at ibans.com.

Public Transportation

East Hants Community Rider is a not-for-profit organization that offers community transportation service for everyone in East Hants and the surrounding areas. Fares are kept to a minimum to help passengers get to their destinations and appointments safely and as affordably as possible. You can check out rates by calling 902-883-4716 or book online at communityrider.ruralrides.ca.

East Hants Aquatic Centre, Elmsdale

East Hants Aquatic Centre

The East Hants Aquatic Centre, located at 14 Commerce Court in Elmsdale, is a state-of-the-art facility designed for all ages and abilities. It includes a warm leisure pool with a lazy river, 25-metre lane pool, hot tub, waterslide, climbing wall and community room. The facility is fully accessible with ramp access to the pools, wheelchair lifts, universal change room and adaptive life jackets.

Birthday pool parties are a common weekend occurrence and there are employment and leadership training opportunities. With programming for all ages from Bubbles and Babies, Aqua Fit and Gentle Functional Fitness classes, the East Hants Aquatic Centre is a staple of the community.

Kids Sports

There are many opportunities for children and youth in East Hants to stay healthy and active such as soccer, baseball, tee-ball, hockey, figure skating, gymnastics, cheerleading, swimming and more. Not sure which sport your child would enjoy? The Municipality of East Hants offers a variety of recreation programming. Many programs are available for children as young as three as well as special classes for babies and toddlers to do alongside their caregivers. Sign up for available programs at easthants.perfectmind.com or call 902-883-3387 to learn more.

East Hants Sportsplex

The East Hants Sportsplex, located at 1076 Highway 2 in Lantz, is one of the most-used ice surfaces in the region. It has two regulation-sized ice rinks, an indoor artificial sports field and walking track.

The East Hants Sportsplex also features a café and three community rooms that are available for rent. From late spring to early fall, the rinks are used for events, such as trade shows and craft fairs.

East Hants Sportsplex, Lantz

Parks and Trails

There are green spaces all over East Hants to play including parks, playgrounds, trails, skateparks, splashpads and water-access points. Many parks feature benches, picnic tables and play boxes. Check out a full list of locations at easthants.ca/explore.

Bay of Fundy

The Bay of Fundy is a world-renowned legend on Canada's fabled East Coast. Its tidal phenomenon is an awe-inspiring site for people around the globe. The natural conical shape of the bay has created something truly amazing: the tides rise and fall higher than anywhere else in the world. The excitement happens twice a day, every day. The tide schedule follows the lunar calendar and millions of tonnes of water flood in and out of the bay every day.

Burntcoat Head Park, located at 45 Faulkner Lane in Noel, is one of the best destinations to experience the highest tides on Earth. You can explore the ocean floor at low tide and witness the power of the Bay of Fundy at high tide. The Fundy Tidal Interpretive Centre, located at 9865 Highway 236 in South Maitland, is another place to see the incredible Bay of Fundy tides as they rush into the Shubenacadie River creating a tidal bore. Both sites are owned and operated by the Municipality of East Hants and are free to explore seasonally from mid-May to mid-October.

Fundy Tidal Interpretive Centre, Maitland

Multicultural Associations

Steady immigration has a postive impact on Nova Scotia's growing cultural diversity, and East Hants is no exception. A short drive away, Halifax hosts dozens of multicultural associations, which service the area's growing international community to help people maintain their distinctive identity and celebrate their language, arts and culture.

More information and a list of Nova Scotian multicultural societies and associations can be found at multiculturalcouncilofcanada.ca.

Left: Burntcoat Head Park, Burntcoat

Do Business Here

Why Choose East Hants

In East Hants, businesses have access to one of the most highly-connected locations in Atlantic Canada. East Hants is directly located along Nova Scotia's major Highways 101 and 102, only 30 minutes from Halifax and is a key part of the Halifax-Moncton corridor. With access to domestic and international markets, businesses in East Hants can easily access over 570,000 consumers within a one-hour drive[1]. East Hants also provides competitive commercial development costs and has one of the youngest and fastest growing workforces in Atlantic Canada.

1 Author Calculated, 2023.

Business Support Services

The Municipality's Economic and Business Development Team supports businesses, property investors and developers seeking to open or expand in East Hants. Free services are tailored to your business needs and can include assistance finding a location, hiring workers, making connections, navigating regulations, exporting, obtaining incentives, securing funding and more.

Contact the East Hants Economic and Business Development Team at business@easthants.ca or phone 1-888-883-4355 to learn more about available services or locating in East Hants.

Frieze and Roy General Store, Maitland

Local Business Directory

Shop East Hants is a business directory that connects you to East Hants businesses, products and services for all your needs. Business owners can also list their business for free. Search at shopeasthants.ca.

Public Safety

East Hants Emergency Management Organization

In the event of a State of Emergency or State of Local Emergency, the Municipality of East Hants works with emergency responders and other government agencies through the East Hants Emergency Management Organization. The East Hants Emergency Management Organization's purpose is to protect the lives of people, reduce the chances of damage to property and reduce the loss of essential services at the time of an emergency. Stay tuned to local radio stations and the Municipality's website for announcements and updates in the case of an emergency.

East Hants Fire Service

The East Hants Fire Service provides residents with fire and emergency response service. There are 13 mutual-aid volunteer fire departments within its boundaries and one volunteer department in Brooklyn. The fire departments are almost all volunteer based with residents from each of their communities. Emergency service is requested by calling 9-1-1. To learn more about fire service in East Hants or to join a department, please visit easthantsfireservice.ca.

Royal Canadian Mounted Police

East Hants District RCMP provides numerous policing services including general investigation, traffic enforcement, crime prevention, school liaison and a street crime enforcement unit. When required, a variety of specialized services have been leveraged including major crime, forensic identification, criminal analysis, tactical troop, underwater recovery and emergency response team. East Hants RCMP District falls under Northeast Nova and has three locations servicing East Hants: Enfield Detachment, Rawdon Detachment and Mount Uniacke satellite office. Information on non-emergency services and hours of operation can be found at rcmp-grc.gc.ca or by contacting the non-emergency number below:

Enfield Detachment
136 Highway 2, Enfield, NS B2T 1C8, T:902-883-7077

Rawdon Detachment
3945 Highway 14, Upper Rawdon, NS B0N 2N0, T:902-632-2424

Mount Uniacke Satellite Office
555 Highway 1, Mount Uniacke, NS B0N 1Z0, T:902-632-2424

In an emergency, please call 9-1-1.

Your Government

Levels of Government

In Canada, there are three levels of government: federal, provincial and municipal. Each level of government has its own set of responsibilities. The federal government is responsible for issues that affect Canada as a whole country, such as international relations, immigration, criminal law, taxes, national defence and foreign policy. The provincial government is responsible for issues that affect the province, such as education, health care, agriculture, housing and highways. The municipal government receives its power from the provincial government and is responsible for issues concerning their community, such as public parks, local police, fire services, waste removal and public transportation.

Contact Information:

Federal: Government of Canada
General Inquires:
1 800 O-Canada
(1-800-622-6232)
TTY: 1-800-926-9105
canada.ca

Provincial: Government of Nova Scotia
General Inquiries:
1-800-670-4357
TTY: 1-877-404-0867
novascotia.ca

Municipal: Municipality of East Hants
General Inquiries:
902-883-2299
easthants.ca

Lloyd E. Matheson Centre, Elmsdale

Municipality of East Hants Office, Lloyd E. Matheson Centre

Community Resources

Nova Scotia N11 Resources

Nova Scotia residents have access to resources by dialing the numbers below:

Dial 2-1-1 for free and confidential information and referral services where Community Resource Navigators help you find the community and social services you are looking for anywhere in Nova Scotia. The 211 service is also available 24/7 in over 100 languages.

Dial 4-1-1 for telephone directory assistance to local phones numbers for people and businesses.

Dial 5-1-1 for up to the minute traffic and transit information. The website 511.novascotia.ca has live road cameras to check weather and road conditions across the province.

Dial 6-1-1 for telephone repair service with your provider.

Dial 7-1-1 to connect with Bell TTY Relay Service for free communication support facilitators by phone between hearing people and people who are deaf, deafened, hard of hearing, or those with speech disabilities.

Dial 8-1-1 to connect with a registered nurse for non-urgent health-related issues and questions. The nurses can also provide information about services provided in your area, or general information about your healthcare concerns.

Dial 9-1-1 if your health, safety or property is threatened and you need help right away. The 911 operator will notify emergency responders, like fire, police or ambulance.

Service Providers in East Hants and Surrounding Areas

After Trauma Empowerment Network
902-758-3967
atenns.ca

Alzheimer Society
902-422-7961
alzheimer.ca/ns

Autism Nova Scotia
902-814-7150
autismnovascotia.ca

Caregivers Nova Scotia
1-877-488-7390
caregiversns.org

Caring Sharing Food Bank
902-471-4733
caringandsharingfoodbank.com

Colchester East Hants Public Library (Elmsdale)
902-883-9838
lovemylibrary.ca/branch/elmsdale

Colchester East Hants Public Library (Mount Uniacke)
902-866-0124
lovemylibrary.ca/branch/mount-uniacke

Community Links
902-897-8329
nscommunitylinks.ca

Community Offering Assistance Together (C.O.A.T)
902-233-9036

Community Rider
902-883-4716
communityrider.ruralrides.ca

Corridor Community Options for Adults
902-883-9404
corridorability.ca

Department of Community Services
902-893-5950
novascotia.ca/coms

Dorca's Thrift Shop
902-883-9274

East Hants & Districts Chamber of Commerce
902-883-1010
ehcc.ca

East Hants Community Learning
902-883-1608
easthantslearning.com

East Hants Family Resource Centre
902-883-4349

Elmsdale Community Garden
902-883-1608

Hants East Assisting Refugees Team H.E.A.R.T Society
heartsociety.ns@gmail.com

Hants North Food Bank
902-471-4277
feednovascotia.ca/location/hants-north-community-food-bank

Hospice Colchester/East Hants
902-893-3265
cehhospice.org

Nova Scotia Health – Roots of Hope
902-897-8381
rootsofhopens.com

Nova Scotia Status of Women
902-430-0689
women.novascotia.ca

NS Health Mental Health & Addictions
902-883-0295
mha.nshealth.ca/en

Public Health Early Years
902-490-4244
nshealth.ca/parenting-supports

Rick's Riches Thrift Shop
902-883-4910

Schools Plus – CCRCE
902-478-7917
ccrce.ca

Shumilack Food Bank
902-758-1701

Third Place Transition House
902-895-9740
thirdplaceth.ca

Violet Rose Gift & Thrift Shop
902-758-3967

VON
902-893-3803
von.ca/en/locations/colchester-east-hants

Colchester East Hants Public Library, Elmsdale

EAST HANTS
We are here to support you every step of the way
as you join and grow with our community.
info@easthants.ca