

ACCOMMODATIONS & DINING

Anke's B & B
22864 Hwy #7, Sheet Harbour, NS
902-885-2172
service@ankesbb.com
booking@ankesbb.com
www.ankesbb.com

Black Duck Seaside Country Inn
Gloria Walsh
25245 Hwy #7, Port Dufferin, NS
902-654-2237
gloriav@ns.sympatico.ca

Brigitte's Holiday Apartments B
Brigitte Gasser
159 Gammon Road, West Quoddy, NS
902-654-2849
gasser.brigitte@aon.at

Liscombe Lodge Resort and
Conference Centre
Liscomb Mills
902-779-5000 Fax: 902-779-2700
kwenaus@liscombelodge.ca

Dufferin Variety & Pizza
25528 Hwy #7
Port Dufferin, NS
902-654-2425

East River Lodge Campground & Trailer
Park
200 Pool Road
Sheet Harbour, NS
902-885-2057, 902-885-5572
es.wildlifeassoc@gmail.com
eastrivercampground@gmail.com

Fairwinds Motel & Restaurant
Ralph or Vera LeBlanc
22522 Hwy #7
Sheet Harbour, NS
902-885-2502 Fax: 902-885-2158
www.fairwindsmotelsheetharbour.ca
fairwinds@ns.sympatico.ca

Il Porto Pasta & Pizza
Dan Creelman & Kim Burgess
22808 Hwy #7, Sheet Harbour, NS
902-885-3111

Murphy's Camping on the Ocean
Brian & Marilyn Murphy
308 Murphy Road
Murphy Cove, NS
902-772-2700
brian.murphy@ns.sympatico.ca
www.murphyscamping.ca

Sheet Harbour Motel & Restaurant
Wallace Spears
22715 Hwy #7, Sheet Harbour, NS
902-885-2293
sheetharbourmotel@bellaliant.com

Spry Bay Campground & Cabins
Avelene Osmond
19867 Hwy #7, Spry Bay, NS
902-772-2554 Fax: 902-772-2556
sprybaycampground@msn.com
www.sprybaycampground.ca/drupal

The Henley House Pub & Restaurant
Meryl Atkinson
22478 Hwy #7
Sheet Harbour, NS
902-885-3335 Fax: 902-885-2996
merylatkin@ns.sympatico.ca
www.thehenleyhousepub.ca

Sober Island Brewing Company Ltd.
Rebecca@soberbrewing.ca
[\(902\)719-9463](tel:9027199463)

Welcome Home B & B - Maureen Glover
972 Mushaboom Road
Mushaboom, NS
902-885-2337
maureeng972@gmail.com

ARTS, PAINTING & PHOTOGRAPHY

Barry Colpitts Folk Art
15359 Hwy #7, East Ship Harbour
902-772-2090

Dabbling Duo Handcrafts
Sheet Harbour
902-885-3347
Ivan & Myrna Walsh
ivan.walsh@ns.sympatico.ca

Moser's Photography - Robert Moser
Nature & Wildlife Photography
20 Harbour Crescent, Sheet Harbour
902-885-2395
rmoser@ns.sympatico.ca

Sandy Moser Art - Sandy Moser
Nature & Wildlife Paintings
20 Harbour Crescent
Sheet Harbour
902-885-2395
s.moser@ns.sympatico.ca
www.sandymoserart.com/

Seacoast Trail Art Association
Sandy Moser
Sheet Harbour
902-885-2395
s.moser@ns.sympatico.ca

Snapdrops Photography - Connie Publicover
902-654-2736
www.betterphotos.com

Southwind Gallery & Gardens -
Sara Sheffield
Spry Bay
902-772-2623

CONTRACTORS

B&P Enterprises - Brice or Jared Kennedy
16353 Hwy #7
East Ship Harbour
902-772-2985
Jared@bpexcavation.ca
Brice@bpexcavation.ca
www.bpexcavation.ca

David Keating
Interior / Exterior Painting
16201 Hwy 7
Murphy Cove
902-772-2475

Down to Earth Excavations
Randel Rutledge
Watt Section
902-885-5431

George Josey Construction.
19289 Hwy #7
Spry Harbour
902-772-2542, 902-772-2542

Jacko Contracting - David MacDonald
24224 Hwy #7
Port Dufferin
902-885-2690

Munroe Foundations Ltd
Keith or Ricky Munroe
84 Mozier Cove Road
Sheet Harbour
902-885-2490

Nailed It Construction - Doug Haynes
Home Renovations
Sheet Harbour
902-885-3449

Prest Enterprises Ltd - Barry Prest
Trucking, Dozing, Excavating & Dev.
3832 Mooseland Road
Mooseland
902-772-2078 902-772-2925
902-772-2438

R J Fleet's Construction - Robert Fleet
General Renovations
23976 Hwy #7
Watt Section
902-885-2715, 902-885-3320, 885-5792

Tattio Construction
154 Tattio Lane
Sheet Harbour
902-885-3155
Wade Rutledge

Element Electrical Services
Electrical Contractor
Garett Boutilier
902-237-3392
boutilier@me.com

SHB General Contracting
Shaun Boutilier
902-885-2238, 902-229-6833

Purcell's Roofing and Renovation
4 Lake Road, Sheet Harbour
George Purcell
purcellgeorge@gmail.com
902-885-5735

Joey MacCarthy Painting
311 Malay Falls Road
[Sheet Harbour](#)
902-818-1399

CRAFTS, FLOWERS & GIFTS

Country at Heart Antiques
Consignments, Gifts & Antiques
20751 Hwy #7
Mushaboom
902-885-3107
Bernice MacKinnon
bmack@ns.sympatico.ca

Cove Creations
Handmade Crafts
27448 Hwy #7
Harrigan Cove
902-654-2609

Sheet Harbour Discount & Gifts
22808 Hwy #7, Sheet Harbour
902-885-2225

Three Ladies Craft & Gift Shop
(also Wine Making Kits
22462 Hwy #7
Sheet Harbour
902-885-2991, 902-885-2767
Angie or Terry Havlik

FINANCIAL SERVICES

East Coast Credit Union
22553 Hwy #7
Sheet Harbour
902-885-2021
902-885-2582
Helen Asprey

Scotiabank
22540 Hwy #7
Sheet Harbour
902-885-2310
902-885-3222
Jason Muis

FORESTRY CONTRACTORS

Forestex Limited
Mooseland
902-772-2352
902-772-2208
Wade Prest

J. L. Forestry/ Silviculture
481 Sheet Harbour Passage Road
Sheet Harbour
902-885-2837, 902-885-3827
Jimmy Holman
jholman@ns.sympatico.ca

FUEL & AUTOMOBILE REPAIR

Sheet Harbour Wilsons
22677 Hwy #7,
Sheet Harbour
902-885-2760
902-885-2910
Roy & Penny Mayo

Sheet Harbour Fuels & Mainway
Convenience
Irving Service Station
22512 Hwy #7, Sheet Harbour
902-885-2214
Darrell Lowe

Church Point Variety
Convenience Store & Gas Pumps
55 Church Point Road
902-885-2159

Marinette Custom Cars & Repairs
David Holmes & Shannon Harding
2191 Hwy#224,
Marinette, NS
902-885-3268

FUNERAL HOMES & MONUMENTS

D.S. Crowell & Son Funeral Home
22558 Hwy #7
Sheet Harbour
902-885-2411, 902-885-2757
Bruce Crowell, Elicia Crowell
crowells.fh@ns.aliantzinc.ca

Classic Memorials
138 East River Road, Sheet Harbour
902-885-2492
Charlotte Fisher

GROCERIES & PRODUCE

Church Point Variety Store
Convenience Store
55 Church Point Road
Sheet Harbour
902-885-2159

Dufferin Variety & Pizza
Convenience Store & Take-out
25528 Hwy #7, Port Dufferin
902-654-2425, 902-654-2425

Foodland Grocery Store
22579 Hwy #7
Sheet Harbour
902-885-2528, 902-885-2369
Vernon Best

Gizmo Variety Convenience Store
28995 Hwy #7, Moser River
902-347-2008
Debbie & Carl Naugler

JP's Mini Store Convenience Store
Spry Bay
902-885-5516
Jason Parks

Spry Bay Campground & Cabins
Convenience Store
19867 Hwy #7
Spry Bay
902-772-2554, 902-772-2556
Avelene Osmond
sprybaycampground@msn.com
www.sprybaycampground.ca/drupal

HARDWARE

Gammon Brothers Home Hardware
22536 Hwy #7
Sheet Harbour
902-885-2827
902-885-2927
Trevor Gammon
gammonbros@ns.sympatico.ca

HEATING & PLUMBING SERVICES

Dufferin Mechanical Ltd
Plumbing, Water Heating, Mech. Contractor
25595 Hwy #7, Port Dufferin
902-654-2920, 902-654-2926
Hugh Schofield
dufferin.mechanical@ns.sympatico.ca

Home Heating Fuel & Equipment
Sheet Harbour
902-885-2718, 902-885-3254

Randall Holman Burner Technician
Licensed Oil Burner Tech
Sheet Harbour
902-885-5177
Randall Holman
randallholman@hotmail.com
www.burnerservice.ca

Pioneer Fuels/Esso
1-855-554-0554

Irving Home Heating
1-888-310-1924

INSURANCE SERVICES

MacDonald Chisholm Trask
22615 Hwy #7
Sheet Harbour
902-885-2504, 902-885-2333
robin.kenney@mcti.ca

LAUNDROMATS & LAUNDRY SERVICES

Sears Canada
Dry-cleaning – Roops Agent
22462 Hwy #7
Sheet Harbour
902-885-2991
902-885-2767
Angie or Terry Havlik

Sheet Harbour Discount & Gifts
Laundromat
22808 Hwy #7
Sheet Harbour
902-885-2225

Spry Bay Campground & Cabins
Laundromat
19867 Hwy #7, Spry Bay
902-772-2554, 902-772-2556
Avelene Osmond
sprybaycampground@msn.com
www.sprybaycampground.ca/drupal

LEGAL SERVICES

Cassidy Nearing Berryman
22615 Hwy #7
Sheet Harbour
902-885-2251, 800-792-1770
902-423-2485
Craig Berryman
craig@cnb.ca

OTHER SERVICES

BlueWater Stevedoring
Sheet Harbour
902-885-2824
902-885-7468
Jason Josey

Charlotte's Sewing & Alterations
138 East River Road
Sheet Harbour
902-885-2492
Charlotte Fisher

D.T. Alarms & Security Systems
17 Shore Loop Road
Pleasant Harbour
902-772-2730, 866-890-6221
902-772-2041
Daniel Turner
dtalarms@ns.sympatico.ca

Earthtones Therapeutic Massage
Catherine McNeil
22808 Hwy#7, Sheet Harbour
902-885-2803

Eastern Shore Denture Clinic
16 School House Road, Moser River
902-347-2992
Rod Horne

Hutt's Critter Catchers & Fur
Harvesting Supply
Wildlife Control & Supply
406 Beaver Harbour Road
Beaver Harbour
902-654-2050
Brian Hutt

Port of Sheet Harbour
117 McInnis Drive
Sheet Harbour
902-885-2969, 902-885-2962
Craig Gerrard

Northern Fibre Terminal Incorporated
Sheet Harbour Industrial Port
603 Marine Gateway Dr.
Sheet Harbour
902-885-2051 902-885-2052
Andy Wright

Smiley's Point Seamstress
93 Smiley's Point Road
Port Dufferin
902-654-2292
Ann Hedges
annhedges@ns.sympatico.ca

Paper Knights Publishing Inc.
Printing, flyers, & business cards
22807 Hwy #7, Sheet Harbour
902-885-5037
Heather MacLean

Lily Pond Farms
Chris & Rhea Snow
26831 Hwy#7, East Quoddy
902-654-2066

R. Edward Empringham DVM
Consulting and Project Management
902 654-2529
eempringham@xplornet.com

The Sign Guy Signs &
Seniors Pride Car Wash and Auto Detailing
405 Malay Falls Rd
Mickey Shaw
902-885-2598
signguysns@outlook.com

Net-Impact Media
Independent Consultant
Website Development & Digital Marketing
Marilyn Munroe
902-885-2862
marilyn@net-impact.ca
www.net-impact.ca

PERSONAL CARE SERVICES

Joy's Hairworks - Unisex Hairstyling
88 Twin Bridges Loop
Spry Harbour
902-772-2040
Joy Josey

Joann's Hair FX
2 Gardenview Dr., Sheet Harbour
902-210-9817
Joann Asprey

Main Street Hairstyling
16149 Hwy #7
Murphy Cove
902-772-2442
Patti Leslie

Ticker's Tanning Salon
Schooner Place Mall
22807 Hwy #7, Sheet Harbour
902-885-3003
Heather MacLean

Kimmie's Body Works
902-237-7693

REAL ESTATE

Deanna Parks
Century 21 Realty Ltd
796 Main Street
Dartmouth
902-434-9090, 902-471-2118
deanna.parks@century21.ca
dparks@bellaliant.net

RECREATIONAL SERVICES

Coastal Adventures
Kayaking
84 Mason Point Road
Tangier
902-772-2774
Gayle Wilson

Sheet Harbour Snowmobile & ATV Club
Hwy #224
Sheet Harbour
902-8852637
902-885-2324
Michael Buttler

Sheet Harbour Rockets Ball Association
Little League, Women's & Men's League
Sheet Harbour
902-885-2546
Tanya Malay

Lily's Hill Recreation Association
471 Hwy374
Sheet Harbour
jasona.muis@scotiabank.com
902-885-3529
Jason Muis

REFUSE, RECYCLING & SEPTIC

Eastern Shore Cartage
23555 Hwy #7
Sheet Harbour
902-885-2382
902-885-2390
Tanya Taylor

Eastern Shore Haulage
Brian Smith
23571 Highway 7
Watt Section
902-885-5011

RETAIL SERVICES

Nova Scotia Liquor Commission
22597 Hwy #7
Sheet Harbour
902-885-2614
902-885-2090

Sears Catalogue Agent
22462 Hwy #7
Sheet Harbour
902-885-2991
902-885-2767
Angie or Terry Havlik

Sheet Harbour Discount & Gifts
22808 Hwy #7
Sheet Harbour
902-885-2225

Lawton's Drug Store
22624 Hwy# 7, Sheet Harbour
902-885-2463

SEAFOOD & AQUACULTURE

Abriel Fisheries Ltd
Fish Processing Plant
368 Coopers Road, Tangier
902-772-2565, 902-772-2511
John Abriel
jabriel@ns.sympatico.ca

AquaPrime Mussel Ranch Ltd.
14108 Hwy #7
Ship Harbour
902-845-2993, 902-845-2659
info@aquaprimemusselranch.ca

Sober Island Oysters Ltd
104 Moziers Cove Road
Sober Island
902-885-3040
Trevor & Michelle Munroe
siol@bellaliant.net

Tangier Lobster
Stewart Lamont
172 Lawlor's Point Road
PO Box 8, Tangier
902.772.2130
stewart@tangierlobster.com

Nature's Catch
60 Lofty Pine Road
Popes Harbour, NS
Barry Gerrard
902-772-2049

Maritime Rockweed
Jeremy Boudreau
Jeremy@maritimerockweed.ca
(902) 307 4030
Matt Dugas
Mattdugas@Maritimerockweed.ca
(780) 678 7794

TAXATION SERVICES

Claire Williams
120 East River Road
Sheet Harbour
902-885-2786
claire.williams@ns.sympatico.ca

Susan Boutilier
19948 Hwy #7
Spry Bay
902-772-2557, 902-772-2081
susanboutilier@ns.sympatico.ca

Volunteer Income Tax Program
Job Search Centre
Jack Marshall
22756 Hwy #7
Sheet Harbour
902-885-2810

TRUCKING SERVICES

Gerald Turner & Son Trucking Company
29086 Hwy #7
Moser River
902347-2580
902-347-2922
Anthony Turner
andyturner@ns.sympatico.ca

Hawes Trucking Excavation Ltd
19041 Hwy #7
Spry Harbour
902-772-2421
902-772-2011
Jerry Hawes

Randy Asprey Excavating & Trucking
22163 Hwy #7
Sheet Harbour
902-885-2559
Randy Asprey

Shore Thing Excavation & Landscaping
19373 Hwy #7
Spry Harbour
902-772-2024
David Josey

A.Farris Transport
22799 Hwy #7, Sheet Harbour
afarris@ns.sympatico.ca
Weldon Logan
Trucking & Excavation, Topsoil,
Gravel & Mulch, Sales and delivery
902-885-7284

UTILITIES

Bell Aliant	800-665-6000
Nova Scotia Power	
Customer Service	800-428-6230
Permits	800-464-1520
Outages	877-428-6004

CAP SITE / INTERNET ACCESS

Cap Site - Moser River - Seasonal
28879 Hwy #7, Moser River
902-347-2223
Dennis Sharpe
dwsharpe60@hotmail.com

Cap Site - Sheet Harbour
Job Search Services
22756 Hwy #7, Sheet Harbour
902-885-3593
902-885-2976

CHILDREN'S PROGRAMMING

HRM Parks & Recreation
22756 Hwy #7
Sheet Harbour
902-885-2988, 902-885-3554
Jody Taker

LEA Place Women's Resource Center
22709 Hwy #7
Sheet Harbour
902-885-2668, 902-885-2629
leaplace@ns.sympatico.ca

Sheet Harbour Public Library
22756 Hwy #7
Sheet Harbour
902-885-2391, 902-885-2749
halifaxpubliclibraries.ca

CHURCHES & CHURCH HALLS

Anglican Church Rectory, Ecum Secum
761 Hwy #7
Ecum Secum
902-347-2428
Phyllis Morris / Margaret Jewers

Anglican Church Rectory, Port Dufferin
25515 Hwy #7
Port Dufferin
902-654-2881

Anglican Church Rectory, Tangier
17322 Hwy # 7, Tangier
902-772-2799

St. Andrew's Anglican Church
18935 Hwy #7, Spry Harbour
902-772-2042
Kathleen MacCarthy

St. Andrew's Anglican Church
155 St. Andrew's Loop
Watt Section
902-885-2685
Floris Scott

St. Barnabas Anglican Church
675 Hwy #7
Ecum Secum
902-347-2428
Phyllis Morris

St. Barnabas Anglican Church Hall
605 Hwy #7
Ecum Secum
902-347-2428
Phyllis Morris

St. James Anglican Church
Smiley Point Road
Port Dufferin
Lawrence MacQueen
902-654-2528

St. James Anglican Church
9 Old Taylor Head Road
Spry Bay
902-772-2557
Kenneth Boutilier

St. John's Anglican Church
40 Necum Teuch Loop
Necum Teuch

St. John's Anglican Church Hall
8 Necum Teuch Loop
Necum Teuch

St. Margaret's Anglican Church
28 Shortcut Road
Sober Island
902-885-2699
Murray Munroe

St. Mary's Anglican Church
116 Shiers Road
Harrigan Cove
902-654-2426
Gordon Gammon

St. Michael's Anglican Church
22305 Hwy #7
Sheet Harbour
902-885-2395
Robert Moser

St. Paul's Anglican Church
1115 South Shore Road
Mitchell Bay

St. Paul's Anglican Church
860 Mushaboom Road
Mushaboom
902-885-2853
Sherry Boutilier

St. Peter's Anglican Church
16013 Hwy #7, Murphy Cove
902-772-2518
Duncan Kennedy

St. Peter's Anglican Church Hall
15935 Hwy #7
Murphy Cove

St. Thomas Anglican Church
3875 Mooseland Road
Mooseland
902-772-2332
Barry Prest

Living Water Baptist Church
35 Barkhouse Road
Sheet Harbour
Pastor Steve Brunt

Moser River Independent Baptist Church
28824 Hwy #7, Moser River

St. Denis Catholic Church
15059 Hwy #7
East Ship Harbour
902-772-2338
Maxine Thibault

St. Denis Catholic Church Hall
15473 Hwy #7
East Ship Harbour

St. Martin's Catholic Church
17560 Hwy #7, Tangier
902-772-2170
Winnie Hawes

St. Michael's Catholic Church
26555 Hwy #7
East Quoddy
902-654-2211
Joyce McNair

St. Peter's Catholic Church
43 St. Peter's Loop
Sheet Harbour
902-885-2312
902-885-3325
st_peters@ns.sympatico.ca

St. Peter's Catholic Church Hall
22299 Hwy #7
Sheet Harbour
902-882-2312

Kingdom Hall of Jehovah's Witnesses
23844 Hwy #7
Watt Section
902-885-2047
John Sandever

St. Giles Presbyterian Church
28832 Hwy #7
Moser River

Popes Harbour United Church
28 Lofty Pine Road
Popes Harbour

St. Andrew's United Church
61 Church Loop
Moser River
902-885-2675

St. James United Church
Lewiston Road
Lochaber Mines
902-885-2675

St. James United Church
22 Sprott Lane, Sheet Harbour
902-885-2675
Denise Mac Donald
902-885-2417

COMMUNITY DEVELOPMENT

Sheet Harbour & Area Chamber of
Commerce & Civic Affairs
22404 Hwy #7
Sheet Harbour
902-885-2092
sheetharbourchamber@gmail.com

COMMUNITY HALLS / SERVICE CLUBS

Sheet Harbour Lions Club
183 Pool Road, Sheet Harbour
902-885-2280

Moser River Community Hall
28975 Hwy #7, Moser River
902-347-2114

Royal Canadian Legion #58
23566 Hwy #7, Sheet Harbour
902-885-3381
Vance Thompson,
902-654-2597
vance.ruth@ns.sympatico.ca

Royal Canadian Legion #120
15463 Hwy #7
East Ship Harbour
902-772-2959

2610 Royal Canadian Army Cadets
23566 Hwy #7, Sheet Harbour
Gary Scrivens
902-654-2886

Eastern Shore New Horizon Seniors Club
23566 Hwy #7, Sheet Harbour
Lena Lowe
902-885-2922

Eastern Shore Wildlife Association
202 Pool Road
Sheet Harbour
902-885-2057, 902-885-5572

Masonic Lodge Eureka #42
42 Sprott Lane
Sheet Harbour
Douglas I. Stein
902-809-7584

EDUCATIONAL SERVICES

Duncan MacMillan High School
Junior & Senior High School
481 Church Point Road
Sheet Harbour
902-885-2777

DMHS - Parent Teacher Assn
481 Church Point Road
Sheet Harbour
902-885-2777

Lakefront Consolidated School
P - Grade 6
17286 Hwy #7
Tangier
902-772-2195

Sheet Harbour Consolidated School
P - Grade 6
479 Church Point Road
Sheet Harbour, 902-885-2236

SHC- Parent Teacher Assn
479 Church Point Road
Sheet Harbour
902-885-2236

Halifax Regional School Board
Representative
Sheet Harbour
902-885-3301
Bridget Boutilier

**VOLUNTEER FIRE DEPARTMENTS
(NON-EMERGENCY)**

Ecum Secum Fire Department
24 Wharf Road, Ecum Secum
902-347-2266

Moser River Fire Department
28975 Hwy #7, Moser River
902-347-2114

Mushaboom Fire Department
22 Power Road
Mushaboom
902-885-3100

Sheet Harbour Fire Department
22835 Hwy #7
Sheet Harbour
902-885-2553
902-885-3570

Tangier Fire Department
17559 Hwy #7
Tangier
902-772-2039

Three Harbours Fire Department
26291 Hwy #7
West Quoddy
902-654-2512
902-654-2068

Sheet Harbour Ground Search & Rescue
PO Box 171, Sheet Harbour
Neil Parnell
902-885-3079
parnell.neil@gmail.com

HEALTH SERVICES

Dr. Bradley Atkinson
Family Physician
22637 Hwy #7
Sheet Harbour
902-885-2298

Dr. Savarimuthosai Antony
Family Physician
22637 Hwy #7
Sheet Harbour
902-885-2216

Dr. Donald MacDonald
Family Physician
22637 Hwy #7
Sheet Harbour
902-885-2200

Harbourview Lodge
Nursing Home
22651 Hwy #7
Sheet Harbour
902-885-3630
www.harbourviewlodge.ca

Sheet Harbour Dental Services
Dr. Gordon Rudolph
22709 Hwy #7
Sheet Harbour
902-885-2535

Sheet Harbour Sexual Health Centre
Women's Health Clinic, Youth Sexual
Health
22637 Hwy #7
Sheet Harbour
902-885-2789
sheetharbourshc@hotmail.com
www.sheetharboursexualhealth.com

**EASTERN SHORE MEMORIAL
HOSPITAL SERVICES**

Switchboard
22637 Hwy #7
902-885-2554
902-885-3200

Patient Switchboard
902-885-2115

Adult Day Clinic
902-885-3602

Addictions Services
902-885-2611

Diabetic Clinic
902-885-3606

Foot Clinic
902-885-2769

Cafeteria Menu
902-885-3636

Hearing & Speech Clinic
902-885-3628

Home Care
902-885-3657

Nutrition Services
902-885-3618

Occupational Therapy
902-885-3619

Outreach Mental Health
902-434-3263

Palliative Care Services
902-384-4126
888-388-4555

Physiotherapy
902-885-3621

Public Health
902-885-3623

Respiratory Clinic
902-885-3641

Social Services
902-885-3627

Diana Rossong, RN MN-NP
Nurse Practitioner, ESMH
902-885-3608

LIBRARIES

Sheet Harbour Public Library
22756 Hwy #7, Sheet Harbour
902-885-2391
902-885-2749
www.halifaxpubliclibraries.ca

MUSEUMS & HISTORICAL SOCIETIES

MacPhee House Community Museum and
Visitor Information Center
22404 Hwy #7, Sheet Harbour
902-885-2092

Sheet Harbour & Area
Heritage Society
Judy Smiley 902-654-2068
judysmiley@ns.sympatico.ca

Tangier Gold Mines
Historical Society

212 Jennings Settlement Rd
Tangier
Wayne Gottlieb 902-772-2466

McMann House Museum
28961 Hwy #7
Moser River
902-347-2491

POSTAL OUTLETS

Canada Post - Mooseland
4122 Mooseland Rd
Mooseland
902-772-2659

Canada Post - Moser River
28879 Hwy #7
Moser River
902-347-2692

Canada Post - Sheet Harbour
22546 Hwy #7
Sheet Harbour
902-885-2729

Canada Post - Tangier
17276 Hwy #7
Tangier
902-772-2447

RECREATIONAL SERVICES

Department of Parks & Recreation
22756 Hwy #7
Sheet Harbour
902-885-2988

Seaside Fitness Centre
22756 Hwy #7
Sheet Harbour
902-885-2654

RESOURCES & SUPPORTS

Commissioner of Oaths
902-885-2411
Bruce Crowell

Commissioner of Oaths
902-885-2430
Wanda Purcell

Commissioner of Oaths
Dawn Howe-Power
902-885-2810
902-885-2843

Justice of the Peace
Oath & Civil Marriage
902-654-2068
Judy Smiley

Neighbourhood Watch
902-885-2510
Sheet Harbour RCMP

RCMP Sheet Harbour
Emergency - 911
22552 Hwy #7
Sheet Harbour
902-885-2510

Crime Stoppers
800-222-8477

Alcoholics Anonymous
22835 Hwy #7 Sheet Harbour
902-461-1119

RESOURCE CENTERS

Eastern Shore Literacy
Adult Education
23659 Hwy #7, Sheet Harbour
902-885-3473
902-885-2713
Tina Boutilier
btboutilier@seasidehighspeed.com

Gerald Hardy Memorial Society
Cascades Thrift Store
Rainbow Food Bank
For Adults with Challenges
22657 Hwy #7, Sheet Harbour
902-885-2300
902-885-2054
Deanna Currie
ghms@ns.sympatico.ca
geraldhardymemorialsociety.webs.com

LEA Place
Women's Resource Center
22709 Hwy #7, Sheet Harbour
902-885-2668
902-885-2629
Myrene Keating-Owen
leaplace@ns.sympatico.ca
www.leaplace.com/

Job Search Services
Employment Nova Scotia
CaP Site
22756 Hwy #7
Sheet Harbour
902-885-3593, 902-885-2976
Dawn or Judy
www.jobsearchservice.ca

SUPPORT GROUPS

Stroke of Luck
Support for Stroke Survivors
902-885-2242
Karen Holman
cougar.cougar@ns.sympatico.ca

GOVERNMENT SERVICES

FEDERAL

Service Canada
Thursday 10:30 am-2:30 pm
22756 Hwy #7
Sheet Harbour
800-206-7218

PROVINCIAL

Community Services
Cole Harbour
1-844-435-470

Department of Environment
877-936-8476

Department of Transportation &
Infrastructure
20411 Hwy #7, Spry Bay
902-885-2821
John Asprey

Department of Natural Resources
22835 Hwy #7, Sheet Harbour
902-885-2377
Tanya Malay
malaytp@gov.ns.ca

Registry of Motor Vehicles-Renewals
Thursdays 10:00 am-2:00 pm
22756 Hwy #7
Sheet Harbour

Registry of Motor Vehicles
Driver Examinations - by Appointment
42 Sprott Lane, Sheet Harbour
800-898-7668

MUNICIPAL

Animal Control (HRM)
800-835-6428

Metropolitan Regional Housing Authority
Affordable Housing for Seniors
2131 Gottingen Street
Halifax
800-565-8859

Planning & Development
Building permits & inspections
902-490-4472

ELECTED OFFICIALS

Bridget Boutilier
School Board Representative
902-885-3301
baboutilier@hrsb.ca

David Hendsbee
Councilor - District 1
7895 Hwy #7
Musquodoboit Harbour
902-889-3553
902-829-3620
david@hendsbee.ns.ca

Sean Fraser, MP Central Nova
115 MacLean Street
New Glasgow
902-752-7995

Lloyd Hines
MLA Guysborough - Sheet Harbour
9996 Hwy #16
Guysborough 902-533-2280
902-533-3039
lphines@ns.sympatico.ca

Mike Savage
Mayor - HRM
1841 Argyle St. Halifax
mayor@halifax.ca

HOME BASED BUSINESSES

Ann Perry
Professional Numerologist &
Freedom Release Practitioner
East Jeddore, N.S.
[902-209-0821](tel:902-209-0821)
www.annperrynumerologist.com

James Bettles
Licenced Mechanic
East River Road
Sheet Harbour
902-222-6386

Julie Adamson
Adamson Design
Design Smart. Build Once.
info@AdamsonDesign.ca
www.AdamsonDesign.ca
902-430-6292

SEASONAL BUSINESSES

Michelle's Takeout
Michelle Levy

Harbour Scoops
Jena Snow

CRAFT MARKET BUSINESSES

Moser's Art & Photography

Robert & Sandy Moser

Email: rmoser@ns.sympatico.ca

Phone: [902-885-2395](tel:902-885-2395)

Jewels of the Sea - Sea Glass Jewelry

Sandy Moser

www.sandymoserart.com

Email: s.moser@ns.sympatico.ca

Phone: [902-885-2395](tel:902-885-2395)

Younique Cosmetic's

Jenna Snow

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

Email: jennasnow.93@gmail.com

Shalebrook Handcrafted Soap

Valerie and Brian Mosher

www.shalebrooksoap.com.

Email: valerimosher@ns.sympatico.ca

Salmon Cove Woodworking

Gary and Lori Levy

Phone: [902-885-2145](tel:902-885-2145)

Phone – [902-885-2270](tel:902-885-2270)

Little Luxuries Soapworks

Crystal MacLeod

Email - crystalmaclod8@gmail.com

Phone: [902-891-0757](tel:902-891-0757).

Scentsy

Stephanie Langille Reid

Website: www.stephlangille.scentsy.ca

Phone: [902-221-2206](tel:902-221-2206)

Email: psreid06@gmail.com

Miche Bag Representative & South Hill

Design Jewelry

Kim MacDermid Campbell

Phone: [902-406-0224](tel:902-406-0224)

Email: kimcampbell@hotmail.com

http://www.homepartyrep.com/kim_campbell/products

South Hill Design - Representative #512420

email: kimcampbelllockets@gmail.com

Independent Univera Associate

Debbie Dicks

Phone [902-891-0127](tel:902-891-0127)

debbiedicks@eastlink.ca

Website- www.univera.com/1356215

Email: debbiedicks@eastlink.ca

Epicure Spices

Granma Whitman's Alternative Cakes & Crafts

Lisa Whitman

Website: <https://www.epicure.com/>

Email: lisa.whitman1@gmail.com

Mary Kay Cosmetics

Rita Murphy Weagle

Phone: [902-497-5376](tel:902-497-5376)

Email: ritaweagle@icloud.com

Pebble Art Pictures

Cecilia Gray
Info: c.gray@ns.sympatico.ca

Thirty One Gifts

Tara Rutherford

Website is mythirtyone.ca/tararutherford

Email: mailto:tarajrutherford@gmail.com

JK Apparel

Sarah MacKenzie

Email address: celestialsmack@hotmail.ca

Norwex Cleaning Solutions

Jeannie McCurdy

[902-673-2601](tel:902-673-2601)

jeannie.mccurdy@outlook.com

www.JeannieMcCurdy.norwex.biz

Arbonne Int.

Lillian Cherry, Independent Consultant

[902-449-5966](tel:902-449-5966)

Email: lilliancherry22@hotmail.com

<http://www.arbonne.com>

Catherine MacNeil – Original Paintings

cmacneil@bellaliant.net

Ticker's Touch Crochet

Heather MacLean

Email: the.ticker@gmail.com

Phones: [1-902-885-3003](tel:1-902-885-3003) or [885-5037](tel:885-5037)

Steeped Tea Independent Consultant

Stephanie Spears

stephjspears@gmail.com

Website: <http://www.mysteepedtea.com/KT1008537/>