

## Who are we?

The Ally Centre of Cape Breton is a non-profit, community based organization whose main objectives are to employ education/prevention strategies that prevent the spread of blood borne pathogens and sexually transmitted infections, and to create supportive environments that diminish risk.

Using a harm reduction philosophy and a community development approach, we encourage citizens to engage in healthy practices, creating healthy communities across Cape Breton Island.

“Diminishing Risks  
to Vulnerable  
Populations”



## Contact Us

### **Executive Director: Christine Porter**

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### **Peer Navigation and Education**

#### **Melanie Denny**

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#### **Regina Rose-McNeil**

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### **Naloxone Training: Natasha Rowe**

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### **SANE Coordinator: Frances Coles**

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### **Outreach Coordinators:**

#### **Shawn Murray**

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#### **Giulia Digorgio**

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### **Nurse- Street Outreach**

[Sharon.mackenzie@bellaliant.com](mailto:Sharon.mackenzie@bellaliant.com) 902-577-0140

### **Social Worker**

[Jillian.roach@ns.ca](mailto:Jillian.roach@ns.ca) 902-574-4124

### **Housing First Worker**

[Kandice.duprey@cbcha.ca](mailto:Kandice.duprey@cbcha.ca) 902-565-9187

### **Coordinated Access Coordinator**

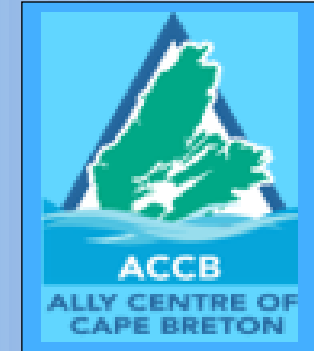
[Diane.penny@bellaliant.com](mailto:Diane.penny@bellaliant.com) 902-217-6177

### **Mobile Unit**

**Richard Carrigan and Dawn Norman**

[allycentermobileunit@gmail.com](mailto:allycentermobileunit@gmail.com) 902-217-3424

# The Ally Centre of Cape Breton



150 Bentinck Street  
Sydney. NS B1P 6H1  
902-567-1766

## Ally Centre of Cape Breton

902-567-1766

Open Monday to Friday

9:00 am to 8:00 pm

### Programs

#### **SANE**

#### **Sharp Advice Needle Exchange**

902-539-5556

FREE WALK-IN

**DELIVERY OF SAFE SUPPLIES ANYWHERE ON  
THE ISLAND!**

#### **We Provide Free:**

- Needles
- Filters
- Swabs
- Tie Offs
- Cookers
- Condoms
- Glass pipes/Screens (straight and bowl)
- Distilled Water
- Harm Reduction Education
- Referrals
- Feed Nova Scotia Food Bank
- Computer/ WIFI Access
- Snacks
- Clothing
- Household Articles

## **Ally Health Clinic**

902-567-0178

*The Ally Health Clinic offers primary health care to vulnerable populations including people living with substance use disorder, experiencing homelessness, sex workers, etc. This is not a walk in clinic for the general public. If you are without a physician, please phone 811 to be put on the physician list.*

**Practitioners Available on Monday, Tuesday  
and Thursday**

**Phone ahead 902-567-0178 or drop in to  
book an appointment.**

**Social Worker, Jill Roach Available Monday  
to Friday**

**Phone ahead 902-or drop in to book and  
appointment**

**Anonymous HIV Testing and Testing for  
HCV, HBV and other STIs**

**Monday, Tuesday and Thursday from 9 to 2  
Walk ins available or Phone 902-567-1123  
or 902-567-0178**

**Overdose Prevention Training and Free  
Naloxone Kits**

**Phone: 902-574-3342 for our Naloxone  
Coordinator, Natasha Rowe**

**Or**

**902-539-5556 for any staff**

**AN OVERDOSE IS A MEDICAL EMERGENCY.**

**ALWAYS CALL 9-1-1**

**Find Street Health Nurse Sharon  
MacKenzie at the Ally Centre or in your  
community as part of our mobile team!  
Call ahead for location 902-577-0140**

**We now have a Housing First Worker,  
Kandice Duprey available to help you find  
shelter! Call 902-565-9187 for more info.**

### **Ally Centre Mobile Unit**

***All the same services as our main centre  
except we take it on wheels to your  
community! Sharon our street health  
nurse and Kandice our housing worker  
also jump on board from time to time!***

**Call 902-217-3424 or Follow us on  
Facebook for our exact location Mon-Thu**

### **Ally Comfort Centre**

***(NEXT DOOR TO THE ALLY CENTRE)***

**A place to grab a shower, a warm cup of  
coffe and a snack! We also have warm  
clothing and access to internet if needed!  
Everyday from 9am-8pm**

### **Sex Workers Encouraging and Empowering their Peers (S.W.E.E.P.)**

***(NEXT DOOR TO THE ALLY CENTRE)***

**Saturday and Sunday 4pm-7pm  
*This program is for sex workers to come  
together and support one another!***