



The John Howard Society of Nova Scotia  
WWW.NS.JOHNHOWARD.CA



## The John Howard Society of Nova Scotia

Since 1950

We (JHSNS) are a provincial organization comprised of and governed by people whose goal is to understand and respond to problems of crime and the criminal justice system. JHSNS is a member of the John Howard Society of Canada.

JHSNS has three offices, each serving a different catchment area: **North Eastern Regional Office** serves Pictou, Antigonish and Guysborough Counties; **Central Regional Office** serves Colchester and East Hants Counties; and the **Halifax Regional Office** primarily serves the urban area of Halifax Regional Municipality.

### Halifax Regional Office of JHSNS

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THE JOHN HOWARD SOCIETY OF NOVA SCOTIA  
La SOCIÉTÉ JOHN HOWARD DU NOUVELLE-ÉCOSSE



## Halifax Regional Office

The John Howard Society has been serving Nova Scotians since 1950. We are guided by our Mission:

*Effective, just and humane responses to the causes and consequences of crime.*

To further our Mission, the Society:

- **Works with people** who have come into conflict with the law;
- **Reviews, evaluates and advocates for changes** in the criminal justice process; and
- **Engages in public education** on matters relating to criminal law and its application, and **promotes crime prevention** through community activities.

See inside for information on our programs and services in the Halifax area.

Or, visit our website:

<http://www.ns.johnhoward.ca>

## Community Involvement

We actively participate in a number of community initiatives, committees and networks.

- Since Fall 2013 we've had three adopted roadways through the **Nova Scotia Adopt-A-Highway Program**: North St. in Halifax, Pleasant St. in Dartmouth, and Cobequid Rd. in Lower Sackville.
- We annually participate in **Halifax Connects** to educate the HRM community about our support services.
- We contributed to **The 2014 HRM Roundtable Review** on violence and public safety by researching and reporting on offender reintegration. The project was a follow-up to the 2008 *Mayor's Roundtable on Violence and Public Safety Report* for the HRM Mayor and Council.

Upon request, we provide presentations to the public on criminal justice issues.

### Interested in Volunteering?

Our volunteer opportunities provide rewarding experiences for you, JHSNS, and our community. Volunteering is also a great way to gain experience in the field. Please contact us to learn more or visit our website. You can apply online at :

<http://ns.johnhoward.ca/volunteer>

### Student Placements

We also welcome student placements. Please contact us to inquire and/or apply.



The John Howard Society of Nova Scotia is a certified member of the John Howard Society of Canada; we have agreed to comply with specially designated policies and are entitled to show the Certification Mark.

<http://www.johnhoward.ca/jhs-certification>

### Consider Becoming a Member!

As a member, you are part owner of The John Howard Society of Nova Scotia. This role is critical for being representative of the community in which the Society carries out its mission, vision and core values.

Our governance and oversight is provided by a volunteer Board of Directors on behalf of our Society's members. At each Annual General Meeting, the Society's membership elect representatives to serve on the Board.

A basic membership costs **\$20** per year. It ensures that you have a stakeholder position in the direction of the organization and keeps you informed on Society programming and development. Members receive:

- An invitation to attend and participate in the Annual General Meeting (AGM);
- Upon attending the AGM, hard copies of the Annual General Report and the Audited Financial Statement are available;
- The opportunity to elect the individuals that you want as your Society's trustees to the Board of Directors;
- Electronic copies of the provincial Society's periodical newsletter, *Responses*; and
- Invitations to all learning events held by JHSNS throughout the year.

# Programs and Services in Halifax Regional Municipality

## Programming in Correctional Facilities

We seek opportunities to work with NS Dept. of Justice—Corrections to better support provincially incarcerated offenders.

**Freeing the Human Spirit (FTHS)** is a yoga and meditation program designed by Freeing the Human Spirit and John Howard Society of Canada. In collaboration with Dept. of Justice—Corrections we've been working to get FTHS programs offered regularly in Central Nova Scotia Correctional Facility and Cape Breton Correctional Facility.



**Book Drive**—We collect donated books to expand and update the inmate library at CNSCF.

**Page Turners Book Club** has been developed and implemented in partnership with CNSCF and Alderney Gate Public Library and funded by Mental Health Foundation of Nova Scotia.



Two reading levels are available to CNSCF inmates and groups meet weekly for discussion and review of the titles.

## Community Navigation

We help connect clients and their families to community resources relevant to their needs by making referrals to organizations specializing in issues related to housing, addictions, basic needs, etc. This includes connecting resources with individuals recently released from prison.

## Community Maintenance Program

We are contracted by Correctional Services of Canada to deliver the community-based follow-up to CSC's institutional programs. An offender is directed to take CMP as a condition of their parole.

CMP works to reinforce life skills and tools developed during institutional programs. CMP is meant to help parolees successfully reintegrate to the community, with a pro-social (crime-free) lifestyle.

## Community Assessments

We are contracted by Correctional Service Canada to interview federal offenders, their families and friends in order to write "Community Assessments." These are information reports used by correctional staff, whether in determining the needs of an offender in terms of programming, identifying "Contributing Factors" or "Areas of Deficit" which may influence criminality, or information which may be required when an offender requests parole or special visitation programs.

## Record Suspension Application Support

We offer support with the record suspension application process (formerly "pardon").



We can help determine eligibility to apply according to Parole Board of Canada guidelines. We are prepared to guide clients through the application process and help to ensure all necessary documents are collected for the application package to the Parole Board.

## Community Workplace Program (CWP)

On behalf of NS Dept. of Justice, we supervise Community Service for adults in the Halifax Region.

**Community Service Orders** As a sentencing option available to the Courts, an individual may be required to provide unpaid community service work to a non-profit community group.

**Fine Options Program** As an alternative option to paying a fine, FOP allows an individual to perform volunteer work (community service) for non-profit community organizations to "work off" the fine.



## Community Work Team (CWT)

An initiative of the Community Workplace Program, CWT provides clients with more options for fulfilling their community service hours.

We organize CWP clients into groups to complete projects for other organizations. These projects are often directly supervised by JHS volunteers. Projects may include roadside or park clean-ups, event set-up/tear-down, building maintenance, etc, as needs are identified by community groups.

*We are always looking for new projects and community partners!*

## Employment Search Support

We offer the following employment-related support to clients: **resume and cover letter development, job readiness support, supported job searching and application, interview preparation, safe-keep resume drafts.** When funding permits, additional employment supports are offered.



*These programs are offered by demand. Please inquire for scheduling and cost. We welcome referrals from other agencies and self referrals. Programs can be facilitated for youth and adults, although the groups are usually separated for programming.*

## Anger Management & Emotional Intelligence Program (AM&EI)



Our AM&EI Program focuses on understanding anger and enhancing communication skills so that individuals are better able to recognize and express their emotions in a productive manner.

AM&EI involves an intake meeting, 5 weekly sessions and post-program check-ins. Sessions focus on Anger Management, Communication, Stress Management and Emotional Intelligence.

Our program is based on Anderson & Anderson Anger Management and certified by the National Anger Management Association of North America.

## Healthy Relations

The program is designed to help individuals improve self-awareness of intimate, professional and social relationships. Personal boundaries vary with different kinds of relationships and relationships do not always have a positive impact on us. We explore healthy and unhealthy relationships, improve understanding of how they affect our lives, and discuss appropriate personal and/or social boundaries for different types of relationships.