



MLA Barbara Adams Business & Community Directory 2025

BUSINESS SERVICES

105.9 Seaside FM	902-469-9231
211 Information & Services Referral	211
311 Municipal Government, Traffic, HRM Water, etc	311
411 Phone Information	411
511 Traffic Updates and Road Conditions	511
811 Need a Family Practice Wait List / Nursing Care	811
2 Boy's Smokehouse & Deli	902-435-6990
2 Paws Up Dog Treats by Madison	2pawsupdogtreatsbymadison@gmail.com
A & W Restaurant	902-829-2224
Al-Anon and Alateen	902-466-7077
All Done Auto Service Centre	902-444-1360
All Wired Up Electric	902-209-1503
ARC Auto Sales Ltd.	902-466-2088
Aruna Revolution	902-989-8235
Atlantic Road Construction & Paving Ltd.	902-404-8547
Battle Buddy Landscape	902-471-4234
Bide Awhile Animal Shelter	902-469-9578
Boondocks Restaurant	902-465-3474
Briar Masonry & Restoration Ltd.	902-412-3024
BriteArc Fabricators Inc.	902-877-4091
Bright Young Bells (Play-Music-Learn)	www.brightyoungbells.ca
By the Ocean Art & Books	902-460-5451
Callahan's Quality Painters	902-209-0353
CANMAR Contracting Ltd.	902-418-1010
Capital Seafood International, Inc.	902-465-7584
Caregivers Nova Scotia - finding supports in NS	902-421-7390
CARREVIVE Auto Clinic	902-461-9227
Chef Garrin	902-222-8428
Cherubini Metal Work Limited	902-468-5630
Chris Peters Realty/Royal LePage Atlantic	902-789-0703
Clean Queen Residential Cleaning Services	902-223-2133
Coat Of Many Colours	902-209-5740
Coco & Riley's Candy Store	902-495-7605
Coffee, Tea & Sea	902-444-3435
Companion Roofing	902-999-5902
Cow Bay Pizza & Variety	902-463-1111
Cross Brothers Demolition & More	902-403-5811
CUA, Pleasant Street Bank Branch	902-492-6617
D & D 24 Hour Cleaning Services - Commercial	782-234-5169
Darling Dogs Grooming Inc.	902-407-2435
Dartmouth Central Plumbing & Heating	902-465-6057
DB Roofing	902-402-4561
Deveaux International Govt Consultants Inc.	902-403-4325
Digital Effects	902-448-0350
Dockside Donuts	902-217-7112
Do Lobster	902-407-9988
Dwaine's Auto Repair	902-830-5237
East Coast Stoves and Fireplaces	902-412-3024
East Coast Stylist	902-818-7641
Eastern Passage Community Funeral Home	902-461-2281
Estevan Ouellet, Realtor	902-452-0683
Exact Roofing	902-465-7106
Extra Care Taxi	902-334-0334
FOG OFF Clothing Co.	902-221-2340
Foster's Floral Studio	902-707-4213
Fudgy Chicks	902-466-0878
Giles Auto World Ltd.	902-464-2002
Glossy Talons Nail Art Studio	902-209-4983
Green Cap Auto Repair & Sales Ltd.	902-433-0754
Greywave Senior Care Consulting	902-448-8439

Grime Be Gone	902-802-8447
Grime Reaper Mobile Wash and Detailing	902-293-0202
Halipup	902-401-5468
Hampidijan Canada Ltd. - Maritimes	902-431-6041
Harbourside Tirecraft Auto Centre	902-435-9393
Heather's in Fisherman's Cove	902-488-9289
Hen & Goose	henandgoose@outlook.com
Halifax Steel Framing Solutions	902-701-7412
Hodgson Trucking Ltd.	902-465-6101
Hometown Classic Tattoo	902-465-5249
Horne Frank Auto Body	902-465-6043
HouseFire Records	902-414-3545
Human Trafficking Hotline (Canadian)	1-833-900-1010
Ignite Energy Atlantic	902-717-8984
Ironclad Roofing	902-830-7752
Irving Circle K	902-494-5591
Jean's Chinese Restaurant	902-444-7776
Jennifer's Mobile Hair Services	902-402-0123
Jenn's VP Scentsy	782-641-0895
Jo's Old Time Candy & Ice Cream Parlour	902-407-5509
Just Browsing	902-405-0505
K9 Couture Dog Grooming	902-465-1175
K Nelson's Welding	902-465-1175
Keizer's Freshmart	902-407-4010
Keller Willams Select Realty	902-229-8209
Kelly Property Services	902-440-4147
Kids & Company Daycare	902-431-6845
Kismet Gifts	902-579-7929
Leo J Beazley	902-465-6053
Leo's Automotive & Detailing	902-830-4196
Lil' Bs Home Baking	902-444-1880
Lion Automotive	902-433-6666
Livingston Vehicle Transport	902-455-5033
Lobster Dive	902-463-6066
Maritime Makeover and Barber Shop	902-401-3509
Matt's Bottle Exchange	902-465-2828
Mike's Dollar Discount	902-446-3711
Milso Brave Box	613-770-7699
Mint Smile Dental Hygiene Clinic & Teeth Whitening	902-456-6280
Mobility Auto Sales	902-830-9966
Mr. Gonzalez Mexican Cuisine	902-742-1199
Nerds With Needles	902-452-3639
Norm's Complete Auto Repair Service	902-465-4322
Nova Coast Realty	902-401-9648
Océan Communications Inc.	902-223-8110
One Call Paving Ltd.	902-456-6631
Osprey Home Inspections Ltd	902-943-2684
Overall Collision, Custom and Restoration	902-461-9699
Passage Home Cleaning and Other Services	902-880-8880
Passage Pizza	902-404-0505
Period Equity Alliance	902-229-2461
Pizza Pizza	902-480-1111
Pizza Time	902-463-3337
Plasma Electrical Services	902-247-0318
Preserving Traditions	902-717-7612
Procuts	902-495-7605
Pumpkin Village	902-223-4852
RMP Renos Commercial & Residential	902-478-2037
Robert Stevenson Tax Management	902-407-2010
Scissors and Sun Hair and Tanning Salon	902-465-4247
Scotiabank Small Business Advisor	902-420-4960 x4300
Scotian Shores (shoreline cleanup)	902-471-4073
Seaside Casual Wear/Fudgy Chicks	902-466-0878

Seaside Odd Jobs Ltd.	902-221-0228
Senior's Transit	902-441-4537
Shannon Dough Pizza	902-465-7766
Shell Gas Station & Needs Convenience Store	902-465-1255
Ship Shape Laundry & Dry Cleaners	902-466-2188
Shore Things	902-237-1195
Silver Fox Barber Shop	902-465-5060
SmartCat Marketing	902-209-9626
Southern Comfort Construction Inc.	902-877-1572
SpG Cards	613-546-2426
Split Pine Construction Limited	902-880-4348
Streamline Construction	902-225-5572
Subway	902-406-4200
Superior Towing Services	902-817-5678
Tallahassee Early Learning Centre	902-222-7554
The Red Ruby Hair Salon	902-223-7988
Tim Hortons (Cow Bay Road)	902-465-1282
Tim Hortons (Main Road)	902-465-7878
Tracey's Tasty Treats	902-579-2766
Tricia Lishous Food Truck	tricialishous@gmail.com
Tutoring with Anna	902-417-3577
Two Crafty Capers-Crafted Gift Shop & Souvenirs	902-292-9809
Ty's FurTique	902-719-2374
Violet Unicorn, The	902-463-5411
VN-CA Trade & Investment Promotion Inc	782-414-0665
Walk First K9 (Dog Training, Boarding & More)	902-989-0848
What's the Scoop	902-444-7132
WheelWorks Auto	902-891-0588
Whit Surf	902-449-1637

CHURCHES, CLUBS, COMMUNITY GROUPS

2nd Eastern Passage A Troop Scouting	1-888-855-3336
339 Iroquois Royal Canadian Sea Cadets	339sea@cadets.gc.ca
3rd Eastern Passage Sparks Unit	1-877-564-6188
Beacon (Local Newspaper)	902-468-3335
Christ Church	902-465-4767
Cole Harbour Woodside United Church	902-434-7714
Cow Bay Hall Rentals	902-809-5472
Eastern Lodge Buffalo Club 8686	902-465-6018
Eastern Passage & Area Action Committee	902-483-3745
Eastern Passage & Area Business Assn	epaba.info@gmail.com
EP Royal Canadian Legion Caen Branch 164	902-465-3700
Eastern Passage/Cow Bay Benevolent Society	902-880-7471
Eastern Passage/Cow Bay Firefighters Assn	902-331-0980
Eastern Passage/Cow Bay Food Bank	902-465-2751
Eastern Passage/Cow Bay Lions Club	902-465-6055
EP/CB Summer Carnival Assn	chairman@epcbsummercarnival.ca
EP Food Security Society	info@epcommunityfridge.ca
Explore Church	902-223-1636
Fisherman's Cove Development Association	902-465-6093
Music 4 Mental Health Society	902-414-7788
New Hope Baptist Church	902-478-0085
Our Lady of the Assumption Chapel	902-721-8660
Passage Players Society	passageplayerssociety@gmail.com
Seniors by The Sea Club	902-463-9894
Shearwater Yacht Club	902-469-8590
St. Andrew's Roman Catholic Church	902-435-3090 x221
St. Peter's Anglican Church	902-465-4767
Take Off Pounds Sensibly (TOPS)	902-765-2274
The Makings of Me (MOM) Society	michelle@theMoMsociety.ca
Torn Souls Motorcycle Riding Club	902-441-5104
Woodside Seventh-Day Adventist Church	902-329-2399

GOVERNMENT SERVICES

12 Wing Shearwater - Royal Canadian Air Force	902-427-0550
Barbara Adams, MLA Constituency Office	902-406-0656
Becky Kent, HRM Councillor, District 3	902-478-5368
Canada Post Office	902-465-6010
CBDC Blue Water Business Development	902-827-5564
Darrell Samson, MP	902-861-2311
Halifax Regional Military Family Resource Centre	902-720-1885
Halifax Regional Fire & Emergency	911
Nova Scotia Liquor Corporation	902-465-8175
RCMP Cole Harbour Branch	902-244-7208
YMCA NS Works Employment Services Centre	902-461-8260

HEALTH & WELLNESS

Carl York Osteopathy	902-431-0801
Chrysalis Women Empowerment	902-471-3937
Community Health Team (Dartmouth Programs)	902-465-4555
Continuing Care NS-Home & Long Term Care	1-800-225-7225
Core Obsession Pilates	902-402-5300
Dartmouth General Hospital	902-465-8300
Dentistry4U	902-435-4848
Eastern Passage Family Practice	902-706-6200
Eastern Passage Village Veterinary Hospital	902-465-1213
EP Physiotherapy - pt Health	902-466-9012 X2
IWK Health Centre	902-470-8888
Kid's Help Phone	1-800-668-6868
Kirsten's Foot Care	902-719-8711
Le Verve MediSpa	902-410-9449
Ocean View Continuing Care Centre	902-465-6020
Passage Community Dental Centre	902-461-1178
Passage PharmaChoice & Primary Care Clinic	902-465-3558
Passage to Wellness and Beauty	902-434-3360
Saltwater Wellness	902-292-6570
Shearwater Fitness, Sports & Recreation Centre	902-720-1071
South Eastern Community Health Board	902-483-3745
Upstream Health and Wellness	902-932-4890
Wendy's Mobile Foot Care	902-293-8636

TOURISM & RECREATION

A & M Sea Charters	902-465-6617
All Points Travel	902-456-3466
Back to the Sea Centre	902-817-2007
Cole Harbour Parks & Trails Association	colearbourparksandtrails@gmail.com
Down East Tours	902-222-2934
Eastern Passage Bed & Breakfast	902-465-1367
Fisherman's Cove Gallery	902-465-3781
Fisherman's Cove Heritage Centre	902-465-6093
Friends of McNabs Island Society, The	902-434-2254
Hartlen Point Golf Club	902-465-4653
Horizon Recreation Centre	902-465-5267
Inn at Fisherman's Cove, The	902-465-3455
Kiwanis Beach & Park	morrislake.kiwanis@gmail.com
MacDonald Beach (CFB Shearwater)	MacDonalds Beach Rd
MacCormacks Beach Provincial Park	902-662-3030
Marine Riders Trail Association	marineridersta@gmail.com
McNabs Island Ferry	902-465-4563
Rainbow Haven Beach	2248 Cow Bay Rd
Shearwater Aviation Museum	902-720-1083
Shearwater Flyer Trail Assn	shearwatertrailcommittee@gmail.com
South Woodside Community Centre	902-222-8315
Taylor Made Tours	902-448-4982
Tiki Tours Halifax	902-999-8454
Wreck Cove Row Boats	902-200-1810

To update or add your business to the online directory call 902.406.0656 or email barbadamsmla@gmail.com