

**2023 Fall  
Orientation**



# **WELCOME**

## **Package**

# **Welcome to the Happy Valley-Goose Bay Campus**

## **College of the North Atlantic**

On behalf of Faculty and Staff of the Happy Valley – Goose Bay Campus it is with great pride that we offer a warm welcome to all new and returning students registering for programs and courses in the 2023-24 academic year.

College of the North Atlantic is proud to be student-centred and, as such, we are here to help you reach your potential and be successful in your studies. We strive to offer quality programs with quality instruction while supporting your academic and personal needs.

We understand the commitment that you have made to pursue a post-secondary education and are extremely pleased that you have made us your college of choice. We encourage you to work hard to make your dreams a reality, make use of services available to you, and ask for help when needed.

We wish you every success in your studies and for the future.

# 2023 – 2024 Academic Dates

## **Fall 2023**

### **September 4 (Monday)**

Labour Day, College Closed

### **September 5 (Tuesday)**

Fall Semester Starts – Welcome Back Campus Orientation

### **September 12 (Tuesday)**

Deadline for submission of Credit Transfer/ Exemption / PLAR request for Fall Semester

### **September 19 (Tuesday)**

Last day to add courses – Fall Semester

### **October 2 (Monday)**

**College CLOSED – National Day for Truth & Reconciliation**

### **October 3 (Tuesday)** Fees due – Fall Semester

Last day to opt out of the Health and Dental Plan

### **October 9 (Monday) College CLOSED –**

**Thanksgiving Day**

### **October 31 (Tuesday)**

Last day to drop courses without academic prejudice - Fall Semester

### **November 13 (Monday)**

**College CLOSED – Remembrance Day**

### **November 27 (Monday) - December 8 (Friday)**

**ON-LINE REGISTRATION – Winter Semester**

### **December 11 (Monday)**

Last day of classes/examinations – Fall Semester (For courses with final exams)

### **December 12 (Tuesday) – December 21**

**(Thursday) (May vary for CAS Transfer)**

Exam period for programs with semester exams

### **December 22 (Friday)**

Last day of Fall Semester

### **December 25, 2023 (Monday) - January 1, 2024**

**(Monday) CHRISTMAS BREAK**

**\*\* In case of a discrepancy, please confirm with your instructor and on the College website. See link below:**

[Academic Dates - MyCNA](#)

## **Winter / Intercession 2023**

### **January 2 (Tuesday)**

Winter Semester Starts – Welcome Back / Orientation / Advising

### **January 3 (Wednesday)**

First day of course instruction

### **January 9 (Tuesday)**

Deadline for submission of Exemption/ Credit Transfers / PLAR requests

### **January 16 (Tuesday)**

Last day to add courses – Winter Semester

### **January 30 (Tuesday)**

Fees due – Winter Semester  
Last day to opt out of Health & Dental for new students

### **February 1 (Thursday) – February 2 (Friday)**

No classes for students / PD for employees

### **February 27 (Tuesday)**

Last day to drop courses without academic prejudice - Winter Semester

### **March 4 (Monday) – March 8 (Friday)**

**Winter Semester Reading Break**

### **March 29 (Friday)**

College CLOSED – Good Friday

### **April 1 (Monday) – April 12 (Friday)**

ON-LINE REGISTRATION – Spring/Intercession

### **April 15 (Monday)**

Last day of classes – Winter Semester (For courses with final exams)

### **April 16 (Tuesday) - April 25 (Thursday) (May vary for CAS Transfer)**

Exam period for programs with semester exams

### **April 26 (Friday)**

Last day of classes – Winter Semester

**\*\* In case of a discrepancy, please confirm with your instructor and on the College website.**

### **April 29 (Monday)**

Trades Intercession starts – Industrial Trades

### **April 30 (Tuesday)**

First day of course instruction

### **May 6 (Monday)**

Last day to add Courses – Trades Intercession  
**Intercession / Spring Semester starts for Other Programs**

Deadline for submission of Exemption/ Credit Transfers / PLAR requests

### **May 7 (Tuesday)**

First day of course instruction – Intercession / Spring Semester for Other Programs

### **May 13 (Monday)**

Last day to add Courses and Deadline for submission of Exemption/ Credit Transfers / PLAR requests – Intercession (non-trades)  
Last day to drop courses without academic prejudice and Fees Due – Trades

### **May 17 (Friday)**

Last day to add courses – Spring Semester

### **May 20 (Monday)**

**COLLEGE CLOSED – Victoria Day**

Fees due and last day to drop courses without academic prejudice – Intercession

### **June 3 (Monday)**

Fees Due – Spring Semester

### **June 12 (Wednesday)**

Last day of classes for Intercession (for courses with final exams)

### **June 13 (Thursday)**

Last day of classes for trades – Will vary based on specific trade

### **June 13 (Thursday) – June 18 (Tuesday)**

Exam period for programs with semester exams

## Campus Directors / Student Services Team

**Craig Baker**

Senior Campus Director  
craig.baker@cna.nl.ca  
709 896 6311

**Lesley Tucker**

Counsellor  
lesley.tucker@cna.nl.ca  
709 896 6306

**Mona Cabot**

Indigenous Support Coordinator  
mona.cabot@cna.nl.ca  
709 896 6340

**BettyAnn Knight-Brake**

Coordinator of Accessibility Services  
bettyann.knight-brake@cna.nl.ca  
709 896 6344

**Maxine Broomfield**

Admissions  
maxine.broomfield@cna.nl.ca  
709 896 6304

**Ashley McKnight**

Librarian  
ashley.mcknight@cna.nl.ca  
709 896 6772

**Petar Krndija**

Campus Director  
[petar.krndija@cna.nl.ca](mailto:petar.krndija@cna.nl.ca)  
709 896 6311

**Sharon Lucci**

Student Development Officer  
sharon.lucci@cna.nl.ca  
709 896 6308

**Yaniv Koblentz**

Residence Supervisor  
yaniv.koblentz@cna.nl.ca  
709 897 4343

**Sandi McRae**

Resource Facilitator  
sandi.mcrae@cna.nl.ca  
709 896 6522

**Ramandeep Kaur**

Student Records  
ramandeep.kaur@cna.nl.ca  
709 896 6356

**Michael Peach**

Bookstore  
michael.peach@cna.nl.ca  
709 896 6322

# Campus Information

**Mailing Address:** P.O. Box 1720, Stn. B  
Happy Valley-Goose Bay, NL  
AOP 1E0

**Street Address:** 219 Hamilton River Rd

**Contact Information:** (709) 896-6300 – Campus Office  
(709) 896-3733 – Fax

**Parking:** Student parking is located to the left of the building. Accessibility parking is located in front of the campus. The front parking area is reserved for staff and the general public.

**Smoking:** The College has expanded its Smoke Free Workplace program to include NO SMOKING on any College property - including buildings, parking lots, and grounds.

**Scent Free:** Our campus is Scent Free. Many of our staff and students are allergic to scented products and you may be asked to leave the building if you are wearing a scented product.

**Peanut Free:** Our campus is also peanut free. Some staff and students are allergic to peanut and other nut products such as hazelnuts. Please respect their rights to a healthy environment.

**Student Messages:** Given the nature of our programs and varied student breaks, we cannot page students for messages. We only page during emergencies that will affect the whole campus. Students' names are placed on monitors located throughout the building. If your name is on the monitor, please come to the campus office for messages.

**Fire Alarms:** All students must exit the building when the fire alarm sounds. When outside, find your class and remain with them until the Fire Marshall has given permission to enter the building again.

**Wireless Internet:** Wireless internet is available throughout the building.

**Attendance:** It is very important that all students maintain 100% attendance as this affects student success. If you should become sick or unable to make it to class, please contact your instructor by phone, text, or e-mail. All staff e-mails are [firstname.lastname@cna.nl.ca](mailto:firstname.lastname@cna.nl.ca)

**Cafeteria Services:** The cafeteria is open from Monday – Friday for all students for snacks and lunch and for residence students only for breakfast and supper. Residence students should refer to the residence handbook for meal information and times.

# Student Services – Happy Valley Goose Bay Campus



**Lesley Tucker, Counsellor - [lesley.tucker@cna.nl.ca](mailto:lesley.tucker@cna.nl.ca)**

- Personal Counselling
- Career Counselling
- Academic and student support
- Peer Tutoring
- Student Emergency Fund



**Sharon Lucci, Student Development Officer - [sharon.lucci@cna.nl.ca](mailto:sharon.lucci@cna.nl.ca)**

- Student Support
- Scholarships and Awards
- Student Financial Aid
- Student Emergency Fund
- On the Job Training
- Graduation
- Student Council
- Job Search / Labour Market Information
- Recruitment / Marketing
- Health and Dental
- Lockers



**Mona Cabot, Indigenous Support Coordinator – [mona.cabot@cna.nl.ca](mailto:mona.cabot@cna.nl.ca)**

- Student Support
- Sponsorship Tutoring
- Liaison between College, Funding Agencies, and Indigenous students
- Attendance Tracking
- Student Emergency Fund



**BettyAnn Knight-Brake, Accessibility Services Coordinator – [bettyann.knight-brake@cna.nl.ca](mailto:bettyann.knight-brake@cna.nl.ca)**

- Student Support
- Disability Related Supports (quiet room, extra time, assistive technology for reading and writing, etc)
- Student Financial Aid - Student Grant for Services and Equipment for Students with Disabilities

# Student Services and Other Important Information

College of the North Atlantic offers a full range of services for students who would like to enrich their college experience or require assistance in areas related to their educational and personal needs. The following describes some of the services offered by our Student Services team. If you have any concerns or questions, please speak to your instructor/advisor who will refer you to the appropriate person or feel free to drop by the Campus Office.

**Accessibility Services** - If you have a diagnosed disability/disorder and would like to receive disability-related supports to assist you during your program (extra time for tests/exams, quiet location, assistive technology for reading/writing, etc), please reach out to BettyAnn Knight-Brake, Accessibility Services Coordinator, to get the process started. She can also assist you with completing the Application for Grants for Services and Equipment (for students with disabilities) if you are applying for student aid. Accessibility Services is here to help make your transition to the college setting an easier one.

**Counselling** - Counselling services can assist you with personal and social concerns so that your academic success and general quality of life can be enhanced. They can also provide support with career planning, peer tutoring, and more. Please contact Lesley Tucker, counsellor, for these services or inquire at the campus office.

**Indigenous Student Support** - The Indigenous Support Coordinator's primary role is to help Indigenous students succeed. They act as a liaison between the College, funding agencies and Indigenous students on campus. Indigenous students are encouraged to make contact at the beginning of the school year and if they have any funding, financial, academic, attendance, or personal issues they feel are challenges to their academic success at the College. If this person cannot help you, she will make sure you are referred to the appropriate services and/or people who will assist you.

**Scholarships and Awards** - The College offers several scholarships and awards for its students. Information can be found on the College website [www.cna.nl.ca](http://www.cna.nl.ca) under the Services tab. Most awards have a deadline date in January of that academic year.

**Peer Tutoring** - Peer tutoring is offered throughout the year. If you should encounter difficulty with your courses or would like to apply for tutoring please contact Lesley Tucker, Counsellor or Mona Cabot, Indigenous Support Coordinator.



**Library** - The Library is located in Rm 135 on the first floor of the campus. Orientation sessions occur throughout the year with library staff available to help you with any questions you may have. A computer lab in the library is also available for student use. The library is open Monday – Friday from 8:00am - 4:00pm.

**Student Success Centre** - The Student Success Centre is located upstairs in Rm 228. There are tables and computers available for group work with resource personnel available at scheduled times to provide additional academic support to students.

**Indigenous Resource Centre** - Located in the front hallway in Room 121, this is a comfortable place for students to gather, study, and find additional information on Indigenous resources.

**Student Emergency Fund** - The College has a student emergency fund to assist students experiencing an emergency. For more information, please contact the campus Counsellor or Student Development Officer.

**Food Pantry** - Each campus has a food pantry to assist students in need. Food security has been linked to positive mental health, wellbeing, and student success. It stocks nonperishable food items, personal hygiene products, and other miscellaneous products. Accessing the pantry is anonymous and does not require approval from student services. The food pantry is located across from the campus office in the student services section.

**Child Care Centre** - The Child Care Centre is conveniently located in the Family Residence with priority given to children of college students. It is a licensed childcare centre operated by College of the North Atlantic for children ages 6 months to preschool (age 5 provided they are not in kindergarten). Applications are available at the Campus Office. For further information, please contact the Child Care Centre at 709 896 6350.

**Singles/Family Residence** - The singles residence, Grand River Hall, is located next to the campus and includes a meal plan, laundromat, lounge/social room, wireless internet, and a small kitchenette. The family residence has eight (8) apartments available for families with children who travel to pursue their studies. Residence applications are available at the Campus office or under the Student Housing section of the Services tab on the website. [CNA Residence Application](#)



**Student Health and Dental** - College of the North Atlantic provides students with a mandatory health and dental insurance plan. Full-time students are automatically charged for this coverage. However, if you are covered under another health and dental plan, you can opt out of or decline the College's plan. This needs to be done before the first week in October. To opt out please visit your self-service page on [MyCNA](#). For more information on the health and dental plan, to view frequently asked questions, link into Green Shield (health partner), or print your student health and dental card visit the [Health and Dental Information](#) section.

**Student Council/Committees** - There are opportunities for students to be involved in college life and extracurricular activities. Each class should have a representative on Student Council as it provides opportunities to bring forth concerns or recommendations. Students are encouraged to participate as this greatly enhances student life.

**Admissions/Student Records** - If you need assistance with any of the following, please visit the campus office.

- ✓ applications
- ✓ fees and charges / student accounts
- ✓ academic regulations / student transcripts
- ✓ funding resources / agencies
- ✓ referrals to other Student Services / College personnel



**MyCNA** - [MyCNA](#) is your gateway to student supports and resources at College of the North Atlantic. It is the link to student self-service (course registration, grades, student finances, etc.), student webmail, peer tutoring, policies governing student conduct, student services, scholarships and awards, and more. It is located in the top right corner of the college webpage.

**Student Code of Conduct and Appeals** – Students are expected to follow a code of conduct and, within this policy, also have certain rights and responsibilities. Students may also initiate an academic or non academic appeal regarding a decision or ruling which affects them. More information can be found under MyCNA, Resources, Policies and Procedures, Student Services. [Policies and Procedures](#)

**Student Photo ID** - Students can have their student I.D. taken in the campus library. OR Students can log in to their student self-service ([MyCNA](#)) and upload a photo similar to a passport photo. To make the process more efficient and avoid photos being rejected it is best to use a headshot photo with a light background. You will also need to upload a verification document. This can be a photo of your driver's license or Indigenous status card. For more information on how to submit a photo ID request please view [Student Photo I.D. Request Instructions](#).

**Student Webmail** - The student email system is called webmail. **Students are required to check their student email** so they don't miss valuable information related to their program, registration, events, and activities. Your webmail can be accessed through your [MyCNA](#) or through [student webmail](#) at [webmail.cna.nl.ca](#). Your student email address will be [firstname.lastname##@ed.cna.nl.ca](#) (## are the last two digits of your student number).

**Student Aid** - If you applied for a student loan for the 2023 -2024 academic year, have previously had a student loan, or need help in applying for a loan please contact the Student Development Officer – [sharon.lucci@cna.nl.ca](#). The campus can deduct tuition, program fees, and residence fees from your student loan. We cannot deduct textbook costs. Therefore, students need to be prepared with funds to purchase books.

Health and dental fees for NL loan borrowers have to be deducted from student loans. If you opt out of your health and dental, this will be refunded to the National Student Loan Service Centre and will be deducted from your total debt owing.

Students are also required to register with the [National Student Loan Service Centre](#). Here you can monitor amounts owing, view payback plans, and change your contact information.

**Campus Closure** - Campus closures will be communicated through the school messenger system via text message, email, and/or landline phones. Notices will only be sent to students who have opted in. To receive these notifications, visit your student self-service to ensure your personal contact information is correct and check the appropriate box. Closures will also be communicated through student webmail, campus Facebook pages, and local radio stations.

**Campus Facebook** - Please visit and like our College of the North Atlantic, HVGB Campus Facebook page <https://www.facebook.com/cnahvgb> where announcements, important dates, etc., will be posted.

### **Confirmed Programs for 2023 / 2024**

Carpenter	CAS Transfer
Construction / Industrial Electrician	CAS Transition
Heavy Duty Equipment Technician	College Bridging
Powerline Technician	Early Childhood Education
Trades Bridging	Mental Health and Addictions
Personal Care Attendant	Office Administration (International)
Practical Nursing	

**Other programs may start throughout the year.**

# Wellness Tips

## Grounding Exercise

**Look around you... Identify + name:**

5 things you can see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste



**Take a Breath:** Notice your breathing as you breathe in and out. In through the nose and out through the mouth.

**Observe:** What am I thinking? What are you reacting to? What am I feeling in my body?

**Pull Back:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**Practice what Works:** What's the best thing to do for me, for others, for this situation?

## Positive Steps to Wellbeing

- Be kind to yourself
- Exercise regularly
- Have fun / be creative
- Try new hobbies
- Help others
- Rest and relax
- Eat healthy
- Balance sleep
- Beware of alcohol and drugs
- Make sure to have contact with others
- See the bigger picture. It is as it is.

# College Computer Login Information

**Username:** EDU\student number

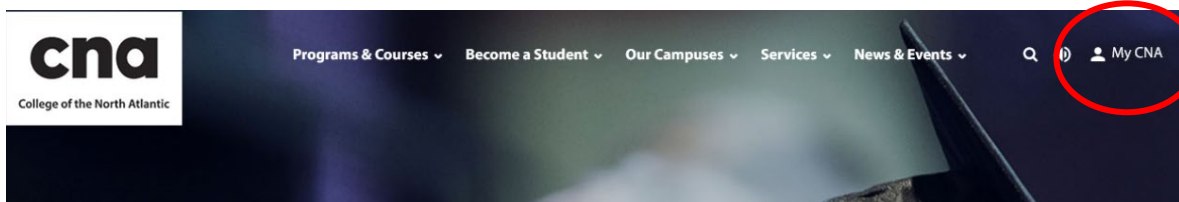
(Enter your own student number here)

**Password:** Your temporary password will be emailed to you along with instructions on how to reset your password.

## Access to Course Registration/Online Grades/Health and Dental Opt Out

Visit the main page of the college website -<https://www.cna.nl.ca/>

**Step 1:** Click on “My CNA” in the top right corner



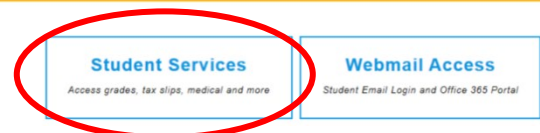
**Step 2:** Click “Student Services”

Log into account

- User ID – Student ID
- Password = will be the same password
- That you set up.



**Step 3:** Select the option you are looking for.



\*Access to online grades will not be granted if you owe fees to the College.

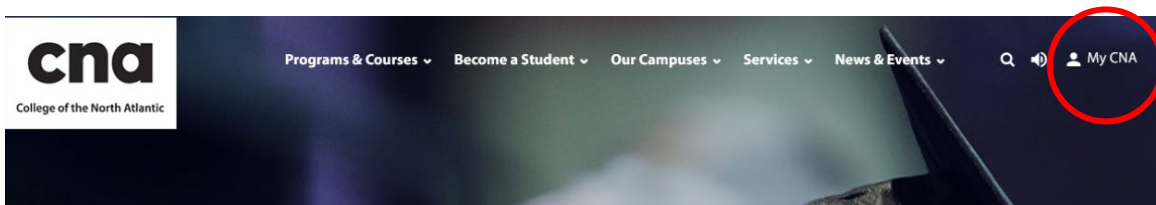


## Accessing Student Webmail

### USING YOUR BROWSER

**Step 1:** Visit <https://www.cna.nl.ca/>

**Step 2:** Click on “My CNA” in the top right corner



**Step 3:** Click on “Webmail Access”



**Step 4:** Click on “Student Email Login & Office 365 Portal”

**Step 5:** Enter your username and password in this format:

**Username:** [firstname.lastname##@ed.cna.nl.ca](#)

**Password:** Your temporary password will be emailed to you along with instructions on how to reset your password.

## Accessing Student Webmail

### USING THE OUTLOOK APP ON YOUR PHONE

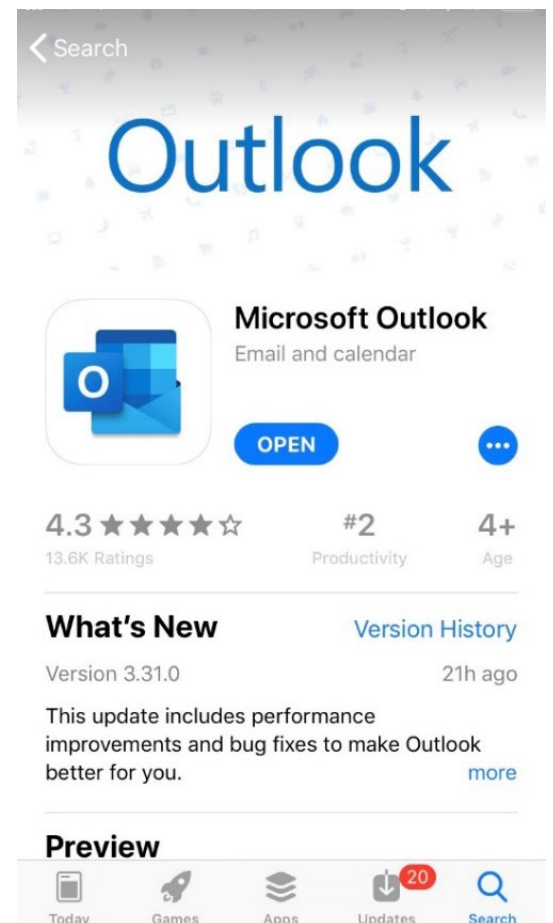
**Step 1:** Visit the App Store and download “Outlook”

**Step 2:** Enter your college email address and select “Sign In with Office 365”

**Step 3:** You will be forwarded to a page where it will prompt you to enter your password for your college email. Enter the password and press “Sign in”

**Step 4:** A message should pop up asking you to either turn on or off notifications; turn it on so you get a notification when you receive an email.

Your email is now set up! The orange circle is the college email and if you click the one in under it you can add another email such as a personal.





## Student Budget Worksheet – Semester Based

Monthly Costs					
<b>Accommodations</b>	Rent / Mortgage		<b>Medical / Dental</b>	Health Plan	
	Hydro			Prescriptions	
	Cell Phone			Other	
	Cable / Internet		<b>Personal</b>	Leisure Activities	
<b>Food</b>	Groceries			Personal Care	
	Snacks			Other	
	Restaurant		<b>Clothing</b>	Work Clothes	
<b>Transportation</b>	Car Payments			Family / Personal	
	Registration / Insurance		<b>Childcare</b>	Childcare	
	Other			Child Support	
<b>Debts</b>	Loans		<b>Other (please specify)</b>		
	Credit Cards				
	Other				
<b>Total Monthly Costs</b>					

One-Time Costs (Prepare by semester)	
Tuition	
School Student Fees	
Books	
Program Supplies (tools, lab coats, coveralls, safety gear, etc)	
Regular School Supplies (exercise books, etc)	
Out of Area Travel to Attend School	
Other (Please specify)	
<b>Total One-Time Costs</b>	

Total Monthly Costs x 4 months (semester) +	Total One-Time Costs =	COSTS



<b>Study Period Resources</b>				
<b>Monthly Resources</b>	<b>Student</b>	<b>Spouse</b>	<b>One-Time Resources</b>	
<b>Net Income from Work (take home pay)</b>			<b>Scholarships / Awards</b>	
<b>Employment Insurance, Income Support, etc</b>			<b>Tuition Voucher</b>	
<b>Sponsorship Funding (living allowance)</b>			<b>Sponsorship for Tuition and Fees</b>	
<b>Child Support</b>			<b>Sponsorship for Books, Safety Gear, Supplies</b>	
<b>Pension Income, etc</b>			<b>Sale of Assets</b>	
<b>Other Income</b>			<b>Savings at Start of Classes</b>	
<b>Other Income</b>			<b>Other Resources</b>	
<b>Total Monthly Resources</b>			<b>Total One-Time Resources</b>	

<b>Total Monthly Resources x 4 months (semester) +</b>	<b>Total One-Time Resources =</b>	<b>Resources</b>

<b>Costs - (minus)</b>	<b>Resources =</b>	<b>Financial Need</b>	

NOTE: For students applying for student loans, it is important to remember that the loan may not be enough to cover your need as identified in the table above.



## Area Restaurants

A&W	11 Loring Dr	709 896 4554
Bentleys/Maxwells	97 Hamilton River Rd	709 896 3585
Blazing Igloo	11 Aspen Drive	709 896 7698
Dairy Queen	3 Tenth Street	709 896 1561
El Greco*	133 Hamilton River Rd	709 896 3473
Friendship Diner	Labrador Friendship Centre – Grenfell St	709 896 8014
Jungle Jim’s	382 Hamilton River Rd-Hotel North Two	709 896 3388
KFC	132 Hamilton River Rd	709 896 5400
Mamattuk	2 Tenth Street (opening Fall 2023)	----
Mariner’s Galley	25 Loring Dr	709 896 9301
Mary Browns	1 Churchill St	709 896 2157
Pep’s Diner	21 Green Street	709 896 2543
Pizza Delight*	91 Hamilton River Rd	709 896 8338
Subway	11 Loring Dr	709 896 9777
Tim Hortons	220 Hamilton River Rd	709 896 5666
Tim Hortons	corner of Hamilton/Loring Drive	709 896 8243
Trapper’s Cabin (Club)	1 Aspen Rd	709 896 9522
Riverside Restaurant	2 River Road, North West River	709 497 3333

\*Offers Delivery Service

# Community Services Directory

## Emergency Numbers

<b>Emergency Calls</b>	<b>911</b>
Hospital	709 897 2000
- Emergency Room	709 897 2361
- Appointments	709 897 2174
Ambulance	709 896 2100 or 911
RCMP	709 896 3383 or 911
Fire	
-Happy Valley-Goose Bay	709 896 2222
-North West River	709 497 8338
Mental Health Crisis Hotline	811
Crisis Text Line:	Text "Talk" to 686868

## Medical Services

Lifewise Warm Line (non-emergency, non-crisis)	1 855 753 2560 (10:00am-12:00am)
Mental Health and Addictions - HV	709 897 2343
AIDS Committee of Newfoundland	1 800 563 1575
Kids Help Phone	1 800 668 6868
Sexual Assault Crisis Line	1 800 726 2743
Poison Information Centre (24hr)	1 709 722 1110
Domestic Violence Hotline	1 800 709 7090
First Nations and Inuit Hope for Wellness Helpline	1 855 242 3310
Vogue Optical (Optometrist)	709 896 2466
Dr. Jackman (Orthodontist)	709 896 2885
Keating Family Chiropractic Clinic	709 896 8855
Gosala Dental Clinic	709 896-8700
Labrador Dental Clinic	709 896 8889
Star Dental	709 896 3200
Hamilton Drugs	709 896 8418
Warr's Pharmacy	709 896 2963

## Childcare Centres

Pumpkin House	709 896 8239
Robin's Nest	709 896 6900 ext 6060
CNA Childcare	709 896 6350
YMCA	709 896 9622

## Family Resource Centres

Grand River Family Resource Centre	709 896 2202
Little Tree Family Centre (Indigenous)	709 896 4398

## **Banks and Lending Agencies**

CIBC	1 800 465 2422
Eagle River Credit Union	709 896 8352
Royal Bank	709 896 6510
Scotia Bank	709 897 3000
Bank of Montreal	709 896 4412/709 896 4439
Citi Financial	709 896 3344

## **Airline Agencies**

Air Canada	1 888 247 2262
Provincial Airlines / Air Borealis	709 896 3531
	1 800 563 2800

## **Travel Agencies**

LeGrow's Travel	709 896 7375
Mokami Travel	709 896 2477
Harvey's Travel	709 896 3389

## **Other Agencies and Services**

College of the North Atlantic	709 896 6300
Happy Valley Public Library	709 896 8045
Immigration, Population Growth, & Skills	709 896 8846
Innu Nation	709 497 8398/709 896 9460
Legal Aid	709 896 5323
Labrador Friendship Centre	709 896 8302
Libra House (Women's / Family Shelter)	709 896 8022
Housing Hub Emergency Shelter	709 896 2389
Military Family Resource Centre	709 896 6900 Ext 6060
Nunatsiavut Government	709 896 8582
Nunatsiavut Health & Social Development	709 896 9750 (Regional Office)
Nunatsiavut Health & Social Development	709 896 3396 (Community Office HVGB)
Nunatsiavut Education	709 923 2105 / 1 800 923 2171
NunatuKavut	709 896 0592
PLIAN – Public Legal Information	709 896 5235
Student Aid	1 888 657 0800 / 709 729 5849
Women's Centre/Thrifty Fashions	709 896 3878

## **Sports Facilities/Clubs**

Amaruck Golf Club	709 896 2112
Base Gym	709 896 6900 Ext 1981
Birch Brook Ski Club	709 899 0696
E.J. Broomfield Arena	709 896 2269
Gear's Gains Fitness Centre	709 896 2298
Goose Bay Curling Club	709 896 4062
Grand River Snowmobile Club	709 896 5983
Lake Melville Minor Hockey Assoc.	709 896 4090
YMCA	709 896 9622



## **Churches**

Base Chapel	709 896 1171
Moravian Church	709 896 3119
Northern Cross Church	709 896 5968
Our Lady Queen of Peace	709 896 3485
Pentecostal Tabernacle	709 896 2156
St. Andrews Anglican Church	709 896 5831
United Church	709 896 5991
Salvation Army	709 896 2756

## **Beauty Salons/Barber Shops/Spas**

Creative Curl Salon (Men's Cuts)	709 896 2793
The Hair Studio	709 896 4400
Kelly Way's Hair Salon	709 896 9663
Merle Norman Cosmetics & Hair Salon	709 896 6500
Studio K Hair Salon	Facebook page
Beauty Valley Spa	709 896 0233
Birch Island Spa & Skincare Centre	709 896 5300
Grand River Barber Shop	709 896 9390

## **Garages/Auto Parts**

AWD (All Wheel Drive)	709 896 2500
Baytech Mechanical	709 896 9112
Cabot Autobody	709 896 3095
Goose Bay Motors Ltd.	709 896 2973
Hillcrest Automotive	709 896 4092
Labrador Motors Ltd.	709 896 2452
NAPA Auto Parts	709 896 3987
Precision Automotive Inc.	709 896 8681
Repair Shop	709 896 5140
Speedy Glass	709 896 4016
TM Auto	709 896 3866

## **B&B/Hotels**

Cherrywood Corp. Suites	709 896 4000
Emma's Suites	709 896 4570
Hotel North	709 896 9301
Hotel North Two	709 896 3398
Royal Inn & Suites	709 896 2456
Hamilton Corporate Rooms	709 897 5692
<u>North West River</u>	
Motel North	709 896 9301
Red Wine Bed & Breakfast	709 899 2666

## **Theatre/Auditorium**

Arcturus Theatre	709 896 6900 Ext 7766
Lawrence O'Brien Auditorium	709 896 4027

## **Taxi**

Cooney's Taxi	896-3333
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