

Labour Market Information News

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Labour Force Survey -- Nova Scotia Highlights

Employment in Nova Scotia rose by 2,600 jobs (+0.5%) in November 2025. The unemployment rate remained the same at 6.7%. This issue of the *Labour Market Information News* monitors the key labour market indicators in November 2025. The Labour Force Survey references the week of November 9 to 15, 2025 and compares it to the week of October 12 to 18, 2025.

Snapshot of Nova Scotia's Labour Market in November 2025¹ Compared to October 2025

Labour Force
561,000

+2,300

Employment
523,600

+2,600

Full Time
437,000
Part Time
86,600

+1,300

+1,200

Unemployment Rate
6.7%

No Change

Employment Rate
57.1%

+0.2 pp

- The labour force expanded by 0.4% to 561,000 (+2,300) in November 2025. The labour participation rate rose by 0.2 percentage points to 61.2%.
- Nova Scotia's seasonally adjusted employment level rose by 0.5% in November (+2,600 jobs) with gains in both full-time (+1,300, +0.3%) and part-time employment (+1,200, +1.4%). (Individuals switching between full-time and part-time status are also included in these statistics.)
- Nova Scotia's unemployment rate remained virtually unchanged at 6.7% in November, as a 0.4% expansion in the labour force was closely offset by a 0.5% expansion in employment. For context, the province's unemployment rate has averaged 10.0% since 1976.
- The employment rate (number of employed as a proportion of the population aged fifteen and over) rose by 0.2 percentage points to 57.1% in November.

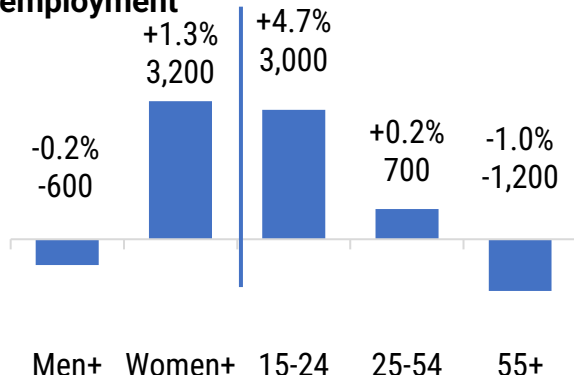
¹ Source: Statistics Canada, [Table 14-10-0287-01](#), Adjusted for Seasonality, Both Sexes, Ages 15+.

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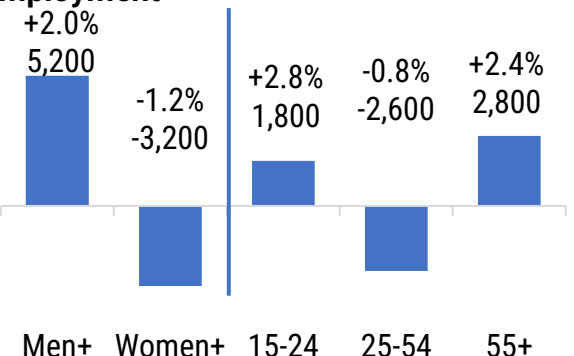
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Labour Market Trends by Population Groups

Month-over-month change in employment



Year-over-year change in employment



- In Nova Scotia, men's employment contracted while women's employment expanded (-0.2% vs +1.3%) over the past month. Women experienced growth in both full-time and part-time employment (+2,100, +1,000 jobs) while men experienced a contraction in full-time employment (-800 jobs) and an expansion in part-time employment (+200 jobs).
- Youth workers (15 to 24 years) and core-aged workers (25 to 54 years) experienced job gains of 3,000 (+4.7%) and 700 jobs (+0.2%), respectively. Older workers (55 years and over) experienced job losses last month, with employment falling by 1.0%.
- Compared to November last year, the employment levels of men increased by 2.0%, led by a notable increase in full-time employment (+3.5%, +8,000 jobs). Women's employment levels declined by 1.2%, driven by the contraction in part-time employment (-11.4%). Older workers (55 years and over) experienced the largest number of job gains in the past 12 months, followed by youth (15 to 24 years). Core age workers (25 to 54 years) experienced a decline in jobs.

The unemployment rate for young women fell by 2.2 percentage points last month, while that of young men rose by 1.8 percentage points. Among those aged 25 and over, the trend was similar: men saw a 0.2-point increase in their unemployment rate, while the rate for women fell by 0.6-points.

Nova Scotia Monthly Unemployment Rates, by Sex and Age

Unemployment Rate (%)	Nov-24	Oct-25	Nov-25	Month/month change	Year/year change
Age 15-24	11.1	14.1	13.9	-0.2 pp	2.8 pp
Men+	14.2	15.2	17.0	1.8 pp	2.8 pp
Women+	7.5	12.6	10.4	-2.2 pp	2.9 pp
Age 25 and over	5.6	5.6	5.5	-0.1 pp	-0.1 pp
Men+	6.5	6.5	6.7	0.2 pp	0.2 pp
Women+	4.6	4.7	4.1	-0.6 pp	-0.5 pp

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Employment Level and Unemployment Rate (%) Nova Scotia, last 24 months

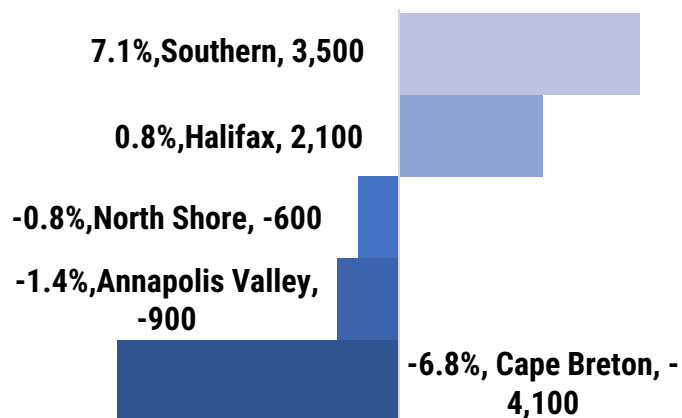


Overall Employment and Unemployment Trend

- Employment levels remained elevated in the past twelve months, averaging 0.7% higher than the previous 12-month period.
- Over the past year, the average unemployment rate was 6.5%, staying near historical low levels.

Employment Trend by Economic Region²

Year-over-Year Employment Change by Economic Region



- In November 2025 (three-month average from September to November 2025) compared to October 2025 (August to October 2025), all regions except Annapolis Valley (+0.6%) experienced job losses. The Southern region experienced the highest job losses in Nova Scotia at -1.7%, followed by Cape Breton (-1.4%), North Shore (-0.4%), and Halifax (-0.2%).
- Compared to one year ago in November 2024, Southern and Halifax reported job gains, while the other three regions recorded job losses.³

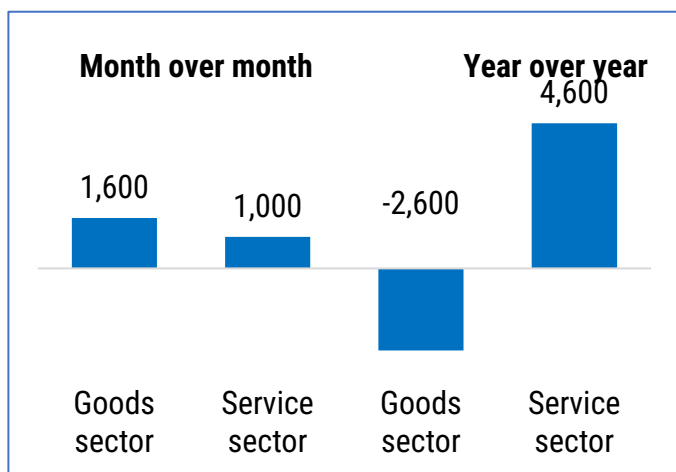
² ***Note:** The regional statistics is a 3-month moving average and is seasonally unadjusted. Therefore, it is not comparable to the statistics used in the rest of the report and may show a delay in data demonstrating sudden impacts to labour.

³ Source: Statistics Canada, Table [14-10-0387-01](#), three-month moving average, unadjusted for seasonality.

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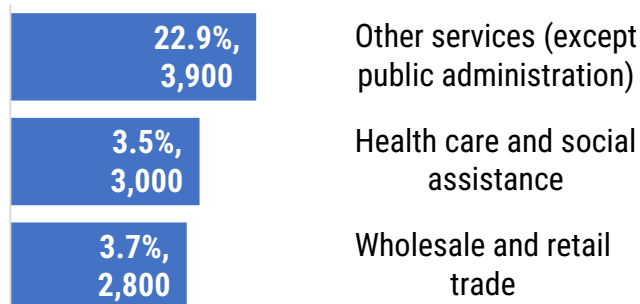
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Employment Trend by Industry



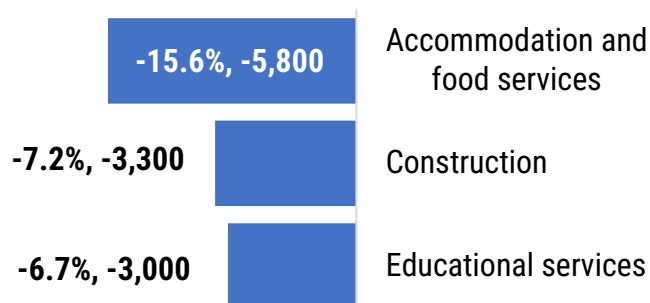
- Employment in the service-producing sector rose both month-over-month (+0.2%) and year-over-year (+1.1%) while employment in the goods-producing sector rose month-over-month (+1.7%) and fell year-over-year (-2.6%).
- In the last month, the top expanding industry was “forestry, fishing, mining, quarrying, oil and gas” (+1,500 jobs, +15.5%). The top contracting industry was “business, building and other support services ” (-900 jobs, -4.6%).

Top Three Industries with Year-over-Year Employment Gains



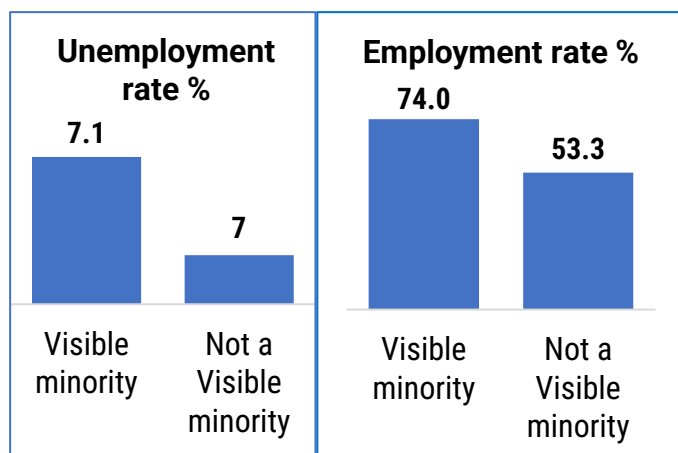
- Compared to twelve months ago (November 2024), employment gains were largest in the “other services” (+3,900 jobs, +22.9%). This was followed by “health care and social assistance” (+3,000 jobs, +3.5%) & “wholesale and retail trade” (+2,800 jobs, +3.7%).

Top Three Industries with Year-over-Year Employment Loss

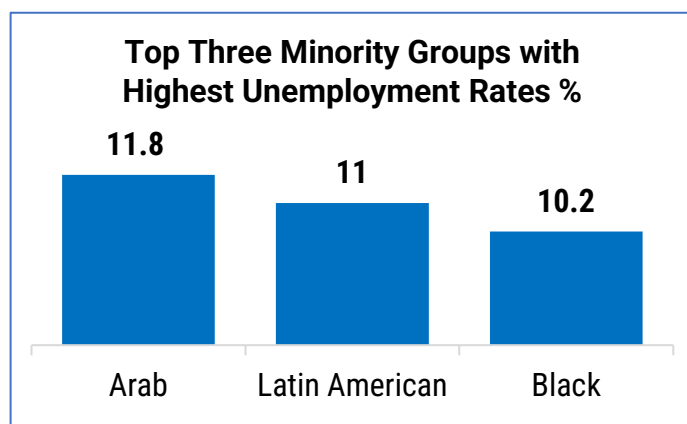


- Employment declines compared to twelve months ago were largest in the “accommodation and food services” (-5,800 jobs, -15.6%), “construction” (-3,300 jobs, -7.2%) & “educational services” (-3,000 jobs, -6.7%).

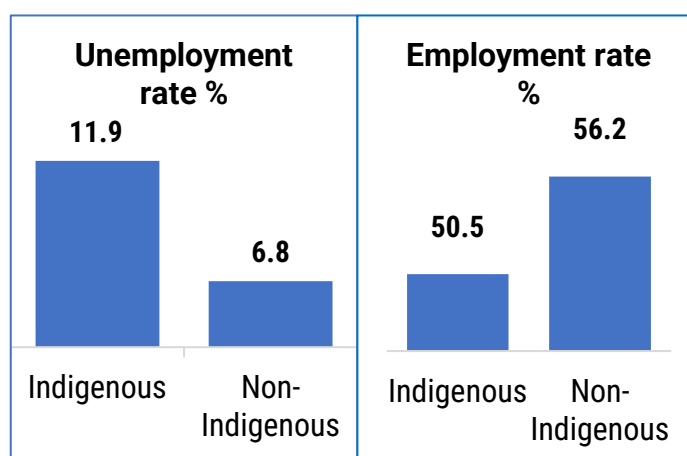
Labour Market Outcomes of Diversity Groups in Atlantic Canada⁴



- The employment rate (number of employed for the entire population 15 and over) for visible and non-visible minorities (74.0% vs 53.3%) on average in the last three months ending in November 2025. This can mostly be attributed to the higher labour participation of visible minorities.
- Compared to October 2025 (3-month average from August to October 2025), the employment rate of visible minorities remained virtually unchanged. The employment rate fell by 0.5 percentage points for non-visible minorities in Atlantic Canada.



- There are large gaps among different visible minority groups. Among the groups with available data⁵, Arabs, Latin Americans, and Blacks face the highest unemployment rates (11.8%, 11.0% & 10.2%, respectively), while 3.7% of Southeast Asians were unemployed in the last three months.



- Indigenous people in Atlantic Canada have an unemployment rate that is well above that of the non-indigenous population (11.9% versus 6.8%), while they face a lower employment rate (50.5% versus 56.2%).
- It is worth noting that aggregate data masks the fact that visible minorities and indigenous people face additional labour market barriers.

⁴ Source: Statistics Canada, Table: [14-10-0373-01](#); [14-10-0401-01](#), three-month moving average, unadjusted for seasonality.

⁵ Data not available for West Asian, Korean, and Japanese minority groups.

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The next Labour Force Survey will be released on **January 9, 2026**, covering the December 2025 labour market.

Labour Force Survey Glossary

Employment: Employed persons are those who, during the reference week, did any work for pay or profit or had a job and were absent from work.

Employment rate (employment/population ratio): Number of employed persons expressed as a percentage of the population 15 years of age and over. The employment rate for a particular group (for example, one defined by age, sex, marital status, or province) is the number employed in that group expressed as a percentage of the population for that group.

Labour force: Civilian non-institutional population 15 years of age and over who, during the survey reference week, were employed or unemployed. Prior to 1966, persons aged fourteen and over were covered by the survey.

Participation rate: Total labour force expressed as a percentage of the population aged 15 years and over. The participation rate for a particular group (for example, women aged 25 years and over) is the labour force of that group expressed as a percentage of the population for that group.

Unemployment: Unemployed persons are those who, during reference week, were without work, were available for work and were either on temporary layoff, had looked for work in the past four weeks or had a job to start within the next four weeks.

Unemployment rate: Number of unemployed persons expressed as a percentage of the labour force. The unemployment rate for a particular group (for example, one defined by age, sex, or marital status) is the number of unemployed persons in that group expressed as a percentage of the labour force for that same group.

Source: Statistics Canada Labour Force Survey Guide