**THOMPSON**

List of available *Programs* for Addicts:

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
| --- | --- | --- | --- | --- |
| MYS Thompson - Positive Alternatives for Youth | Youth Positively Involved in the Community - Youth 12-20 have opportunities to stay active &amp; out of trouble, make a meaningful difference, earn a high school volunteer credit &amp; develop vital skills for work, school &amp; life. Community Service Support program - Youth at risk of not completing court-ordered community service (due to learning barriers, addictions, pregnancy etc.) receive extra support &amp; supervision to ensure success. Fine Option/Community Service supports - In partnership with Manitoba Justice, MYS is a resource centre where youth &amp; adults with fines &amp; court-ordered community service can register, be monitored &amp; placed in the community to complete your hours. Mentor Training &amp; Support project - A combination of formal training &amp; practical experience teaches mentors 18+ how to build healthy, trusting &amp; safe relationships with youth. | 12049494834 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/skills-for-life> |
| MYS Thompson - Family Support | MYS offers a range of FREE supports &amp; services to help stabilize youth &amp; families in times of crisis &amp; improve your long-term strength, resilience &amp; wellbeing. Our goal is to help keep families together, surrounded by an extended community of support. | 12046777870 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/family-supports> |
| CMHA Thompson - Project Northern Doorway | Project Northern Doorway (PND) is a strategy to target Homelessness in Thompson. It’s a partnership program which has a comprehensive list of community stakeholders. It’s based on the Housing First Model, which is an evidence based and recovery oriented approach. It’s immediate housing without the stipulation of sobriety or being in a treatment program. Our Homeless Outreach Mentors are responsible for supporting, empowering and advocating for the participants of PND. Participants are chosen based on their chronic use of emergency services, hospitalizations and their use of the Thompson Homeless Shelter. It’s comprised of participants living in their own apartments and participants living in our Housing with Supports Facility called 95 Cree Road. Participants of Project Northern Doorway are supported by three Homeless Outreach Mentors. The Homeless Outreach Mentors provide intensive case management, one on one supports, advocacy and empowerment to all PND participants. | 12046776050 | regional@cmhathompson.ca | <https://thompson.cmha.ca/our-services/project-northern-doorway/> |
| Hope Biblical Counseling Centre | At various times in our lives, and for various reasons, all of us can develop bad habits or self-destructive behaviours and need biblical help to get out of the hole of no hope. What we once thought we had under control soon begins to control us and adversely affects our physical and mental health, our relationships and our job performance. We have more than ample motivation to quit, yet we find often ourselves lacking in the wisdom, strength and willpower to break free. It is in these moments that we need to look outside of ourselves and have the courage to seek the help we need. Let's start the journey of healing together. We offer confidential, free counseling to those who reach out to us.  | 12046773000 | gatewaybiblebaptist@gmail.com | <https://www.gatewaybiblebaptistchurch.ca/contact-us.html> |
| Eaglewood Addictions Centre - Non-Medical Withdrawal Management Unit | This is a safe place to stop using alcohol or drugs during the withdrawal stage of recovery. You will have close monitoring for the first 48-72 hours of your stay. Length of stay is usually 7-10 days. Upon completion of detoxification, you will have priority access to other addictions treatment with AFM. | 12046777847 | NA | <https://afm.mb.ca/publications/adult-services-sheet/> |
| Thompson - Rapid Access to Addictions Medicine (RAAM) - Eaglewood | RAAM clinics are walk-in clinics for adults (ages 18+) looking to get help with high-risk substance use and addiction. This includes people who want to try medical assistance to reduce or stop their substance use. They may experience frequent intoxication or overdose symptoms, as well as unpleasant withdrawal symptoms when attempting to reduce or stop their substance use. RAAM clinics are also for people who may have substance-related health issues, such as hepatitis, pancreatitis and infections. No referral is needed. RAAM clinics are not for people needing urgent medical attention for serious physical problems or mental health symptoms such as psychosis (paranoia, delusions, hallucinations), agitation; who are at active risk of harm to self or others, or who require police/security involvement. You don’t need an appointment, just show up during clinic hours. If you have a Manitoba Health card or Manitoba Health number, please bring this along. | 18662917774 | NA | NA |