**THOMPSON**

List of available *Services and Locations* to support Addicts:

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
| --- | --- | --- | --- | --- |
| Al-Anon - AA Nickel Group Trailer | Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family’s future. Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon. | 18884252666 | al-anon-enquiries@mymts.net | <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/> |
| Alcoholics Anonymous - Nickel Group | Addiction recovery: This meeting is closed; only those who have a desire to stop drinking may attend. | 12046774696 | aambco@mts.net | <https://aamanitoba.org/> |
| InSight Mentoring Program - Thompson | InSight is an outreach program where mentors provide intensive support to women who are pregnant or have recently had a baby and use substances. This is a voluntary program for women who aren’t well connected to community support services. InSight focuses on personalized, caring support over a long period of time to help make gradual, enduring changes. Each woman is assigned a mentor who works intensively on a one-to-one basis with her and her family for up to three years. Mentors help women build and maintain healthier lifestyles in a supportive, non-judgmental way using trauma-informed and harm-reduction practices. Mentors are responsive to women’s needs and build on their strengths. Mentors help women: identify personal goals; choose a family planning method; access alcohol/drug treatment; get prenatal care and health care for themselves and their children; connect with community services; get transportation to appointments; address housing, domestic violence and child. | 12046775372 | healthychild@gov.mb.ca | <https://www.gov.mb.ca/fs/fasd/insight.html> |
| Hope North Recovery Center for Youth | The Hope North Recovery Center for Youth facility is located in Thompson, MB. The services at this center includes: a Crisis Stabilization Unit, a Youth Addiction Stabilization Unit and a Mobile Crisis Team. The Mobile Crisis Team provides crisis stabilization and assessment for youth age 17 and younger who may be experiencing a mental health and/or addictions crisis. These programs follow the recovery framework and focus on risk reduction, recovery and resiliency. | 12047789977 | northernhealthregion@nrha.ca | <https://northernhealthregion.com/programs-and-services/addiction-services/> |
| Thompson Public Health | Services: STI/HIV testing, Needle distribution, Safer crack use kits, Free condoms, Needle drop-off, Naloxone Kits, Pregnancy Test, Safer Meth Use Kits / bubble pipes. | 12046775350 | NA | <https://northernhealthregion.com/> |
| Alcoholics Anonymous - Thompson | Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. | 12046774696 | aambco@mts.net | <https://aamanitoba.org/meetings?tsml-region=thompson> |
| CMHA - Thompson Homeless Shelter: Nanatowiho Wikamik | The Canadian Mental Health Association owns and runs the shelter, which provides 3 meals and 1 snack per day for clients, as well as a comprehensive range of supports. The Thompson Homeless Shelter is much more than a safe place to sleep; it is a comprehensive service that strives to improve the lives of everyone that steps through the doors. The Shelter is also called Nanatowiho Wikamikâ which means a Place of Healing. The Shelter provides 3 meals and 1 snack per day for clients, as well as: Laundry and shower facilities, Tradition teachings, sharing circles and smudging, Mental Health/Self Help/Educational Programming, Addictions Support and advocacy, Nutrition Programs and other Life Skills Training, Pastoral Care, Employment services, Community Presentations, Referral and advocacy, Housing Support. | 12046776050 | regional@cmhathompson.ca | <https://thompson.cmha.ca/our-services/thompson-homeless-shelter/> |
| Addictions Foundation of Manitoba (AFM) - Thompson - Eaglewood Addictions Centre | AFM is a Crown agency that is committed to being a foundation of excellence in providing addictions services and supporting healthy behaviours. AFM employs over 400 staff and provides a wide range of addictions services to Manitobans through 28 locations across the province. At least 1 in 5 Canadians experience problems with alcohol, drugs or gambling during their lifetime. Many more are affected by someone they care about experiencing these struggles. People of all ages and backgrounds experience these issues and make positive changes. | 12046777300 | afmnorth@afm.mb.ca | <https://afm.mb.ca/contact/afm-north/> |