**THOMPSON**

List of available *Services and Locations* as well as *Programs* for Food assistance:

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
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| The Salvation Army Food Bank - Thompson | The Salvation Army offers a variety of services and programs throughout the Prairies for members of the communities that we serve. These activities are motivated by a belief that each individual possesses an inherent worth and dignity. It is the goal of The Salvation Army to restore dignity and hope in the lives of those we serve through these programs as they experience times of need. | 12046773658 | NA | <http://www.salvationarmy.ca/prairie/> |
| MYS Thompson - Emergency Shelter / Youth Resource Centre | A team of caring people welcome and work with you to understand your needs and help you understand that you have a voice and choices when it comes to your own care. Services are free and accessible around the clock - whether you are staying at the four bed shelter or just dropping in at the resource centre for help with food, clothing, showers, laundry, hygiene supplies, first aid, crisis intervention, counseling or referrals. | 12047785382 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/youth-crisis-services> |
| BGCT - Nutrition Program | Offers a healthy daily snack and supper service Monday to Friday, Nutrition Sessions and Junior/Master Chef Component. | 12047787575 | NA | <https://www.bgcthompson.ca/after-school/nutrition-program> |
| BGCT - Gardening Program | Our participants plant, maintain, and harvest vegetables, herbs, and berries throughout the spring-fall months. Our future plans are to enhance this project, increase production and sell harvested materials to the public. We have also planted 3 raspberry patches (9 Plants in total) in the back of the club this year and plan on planting blueberries, gooseberries, and Saskatoon berries next year. During our gardening program the children/youth learned about the importance of healthy eating, and also learned about how eating fresh fruits &amp; vegetables can help against things like diabetes, health disease, and many other disease that maybe caused by poor eating habits. | 12047787575 | NA | <https://www.bgcthompson.ca/after-school/nutrition-program/gardening-program> |
| Marymound - Wellness Programs | Wiggle, Giggle &amp; Munch wiggle, Helping Families Make Healthy Lifestyle Choices, Do you wonder what foods are best for your family’s health? Is there heart disease or diabetes in your family? How much physical activity should you and members of your family be getting to stay fit and healthy? Do you have to join a gym or buy expensive fitness equipment? Wiggle, Giggle &amp; Munch offers the answers to your questions about physical activity and healthy eating in an easy-to-understand format. Participants will be provided with the experiences and tools they need to make physical activity and healthful eating part of their daily lives. It’s also a great way to meet other families in your community. | 12046777820 | NA | <https://www.marymound.com/main/thompson/wellness-programs/> |
| Marymound - Babies Best Start | New to Marymound, Babies Best Start is a prenatal nutrition program that also offers postnatal education and support. We help mothers learn about healthy eating before and after baby is born. Canadian Pre-Natal Nutrition Program (CPNP) was designed for pregnant moms and moms with newborn infants up to the age of 12 months, Babies Best Start offers groups programs, home visits, breastfeeding support, cooking tips, vouchers for healthy foods and more. Transportation assistance and child care is available for mothers attending groups. | 12046774431 | babiesbeststart@marymound.com | <https://www.marymound.com/main/thompson/community-programs/babies-best-start/> |
| 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/> |