**THOMPSON**

List of available *Services and Locations* specific for Mental Health and Addictions:

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
| --- | --- | --- | --- | --- |
| Juniper Centre | Juniper Centre operates as a vocational training facility for special needs individuals. Specific activities include providing support to clients' in daily life skills as well as supporting the development of work skills. Clients receive hands on skill development training through participation in various business activities operated by the Centre; including ad-mail delivery, catering services, and other activities. The Centre also maintains a number of residential homes for participants of the program with varying levels of required assistance within Thompson, Manitoba. Juniper Centre Inc., also operates the local 'Handi-Van' which provides transportation services to individuals with special needs. | 12046772970 | NA | <https://www.facebook.com/JuniperCentre/?rf=323253194390042> |
| Thompson - For the Sake of Children | Family Conciliation Services provides a range of conflict resolution services to families going through separation or divorce. Our staff is made up of skilled counselors and our services are offered at no cost. Services are provided in two ways: at the request of the court, or directly to family members. The Family Division of the Court of Queen's Bench has developed a close working relationship with Family Conciliation Services. The Judge may refer family members to one of Family Conciliation's services or may request an assessment or information from Family Conciliation Services to help make a decision about the ongoing care of the children. | 18666776713 | cfsd@gov.mb.ca | <https://www.gov.mb.ca/familylaw/parenting/for-the-sake-of-the-children.html> |
| Victim Services - Thompson Region | Victim Services helps people access their rights, understand their responsibilities and connects them to other services or agencies. Services are provided free of charge and are available in person, by phone, fax or Internet. | 12046776368 | NA | <https://www.gov.mb.ca/justice/crown/victims/index.html> |
| 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/> |
| Thompson Fire & Emergency Services | Thompson Fire &amp; Emergency Services (TFES) operates 24 hours a day, 7 days a week providing fire protection and emergency medical service to the city and surrounding area. To achieve this, a compliment of twenty-four career Fire Medics and five Emergency Medical dispatchers. We have one Senior Communication Officer who overlooks the dispatch aspect of our service. The remaining 4 EMD dispatchers are divided into 4 platoons, each platoon working a schedule of two 10 hour day shifts, two 14 hour night shifts followed by four days off. In case of incidents requiring additional manpower, off duty firefighters and nineteen auxiliary firefighters are contacted. Our Vision to serve and protect our citizens and make Thompson a safe place to live and work. Our Mission to protect life and property, from fire or any other endangerment, including public awareness. | 12046777915 | fchief@thompson.ca | <https://www.thompson.ca/p/public-safety> |
| Shoppers Drug Mart Pharmacy - Thompson | Our Pharmacy Team is here to help you manage your medications, answer your questions, and provide the advice to help you take care of your health. With convenient hours and locations and a Pharmacist always available during store hours, we make managing your health easier. | 12047788391 | asdm549@shoppersdrugmart.ca | <https://stores.shoppersdrugmart.ca/en/store/549/pharmacy/> |
| Northern Counseling Services | We can help with an array of mental health issues such as depression, anxiety, anger management, couples counseling, self-harming behaviours and addictions recovery. | 12046775314 | northerncounsellingservices@gmail.com | <https://www.facebook.com/pages/category/Local-Service/Northern-Counselling-Services-223556628567768/> |
| Northern Health Region | Northern Health Region provides of Acute Care, Personal Care and Community Health Services in the Northern Region of Northern Manitoba. The area includes The Pas, Flin Flon, Snow Lake, Grand Rapids, Cranberry Portage, Thompson, Gillam, Lynn Lake, Leaf Rapids, Wabowden Thicket Portage, Pikwitonie, liford, First Nation Communities and as well as Northern Affairs Communities in the Northern Region. | 12046775350 | northernhealthregion@nrha.ca | <https://northernhealthregion.com/> |
| 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> |
| Anxiety Disorders Association of Manitoba - Burntwood (Thompson) | Everyone experiences anxiety at some point in their lives. It's perfectly normal. In fact, it can even be helpful. For example, if you're anxious about an upcoming test, your anxiety can motivate you to study well. It is also normal to be anxious in such instances as a job interview, a big occasion like a wedding, or the birth of a baby. | 12047786306 | burntwood@adam.mb.ca | <https://www.adam.mb.ca/> |
| Awasis Agency of Northern Manitoba | Awasis Agency will strive to develop its philosophy, purpose and mandate consistent with the draft MKO First Nations Family Law. Awasis Agency of Northern Manitoba and its communities provide a range of services to children and families that promote health and well-being and facilitate the restoring of harmony and balance to the family unit. Partnership Promoting the Strategic alliances needed in communities to plan, deliver and assess services that promote positive outcomes for children and families. Prevention Services Helping parents with appropriate in-home supports with services such as parent aids, homemaker, intervener services, counseling, etc. more infoPromotional Services. These services focus on enhancing the capacities and competencies of community participants, more info Protection Services. These types of services include conducting a child investigation on referrals, apprehensions, assessments, planning, counseling and placement of children in care. | 12046771500 | NA | <https://www.awasisagency.ca/> |
| NCN Family & Community Wellness Centre - Thompson | The Centre is a model of integrated service delivery and develops meaningful, effective programs that reflect our community values and beliefs. We provide a wide range of health and child and family services designed to support physical, mental, emotional and spiritual wellness from conception and birth through to adulthood and Elder care. Many services collaborate in a holistic approach to achieve improved wellbeing and health for individuals, families and our entire First Nation community. To promote, nurture and foster a sense of holistic wellness through the provision of meaningful, community-based and culturally appropriate activities in a safe, respectful, and inclusive environment. All members and residents of the Nisichawayasihk Cree Nation (children, youth, adults and Elders) shall have the opportunity to participate in activities and enjoy health and wellness regardless of age, gender or physical condition. | 12044842341 | NA | <https://www.ncnwellness.ca/about-us/> |
| Thompson General Hospital | Hospital In Thompson MB The Northern Regional Health Authority (Northern Health Region) was created in May 2012 through the amalgamation of the former NOR-MAN and the Burntwood Regional Health Authorities. | 12046772381 | NA | NA |
| 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/> |
| Macdonald Youth Services - Thompson | Macdonald Youth Services is a volunteer-led community organization that relies on public &amp; private funding &amp; donations. Your generosity will make a difference for thousands of Manitoba youth &amp; families every year. Nurturing strong &amp; resilient youth &amp; families by: Reconnecting families to their culture, identity, community &amp; sense of belonging Improving physical, mental &amp; emotional wellness Strengthening safe, caring, collaborative &amp; respectful relationships with family, peers &amp; people in the community Equipping youth with skills for lifelong independence, including job training &amp; school supports. | 12046777870 | mysnorth@mys.mb.ca | <https://www.mys.ca/> |
| Manitoba Advocate | The Manitoba Advocate for Children and Youth is empowered by legislation to advise children, youth, and young adults of their rights and the services which should be available to them. The Advocate also has the responsibility to raise issues with government on behalf of the province’s children, and to advise the government on issues and areas of concern. We advocate directly with children, youth, and young adults; we review public services after the death of any young person if that person or their family received a reviewable service in the year before the death of the young person; we conduct research on issues affecting Manitoba’s young people; and we monitor, analyze, and report publicly on the compliance of public systems and service providers with recommendations the Advocate for Children and Youth makes for improving services to young people and their families in Manitoba. | 12046777270 | info@manitobaadvocate.ca | <https://manitobaadvocate.ca/> |
| Rural Adult and Youth Community Corrections Offices | The Corrections Division (Manitoba Corrections) helps protect society by enforcing orders and sentences given by the courts. We manage offenders with appropriate control, supervision and support. We provide programs and services that help offenders learn to become productive members of society. Our core values are: Respect - we accept diversity and the unconditional worth and rights of all people. Accountability - we openly communicate and manage our services, evaluate ourselves and take responsibility for the results. Growth and development - we believe every person has potential and we provide opportunities and support for change. Recognition - we believe our strength and most important resource is our staff and that they are most effective in a safe, challenging and rewarding work environment. Working together - we work with individuals, communities and organizations to create a safe, crime-free society. | 12046776470 | NA | NA |
| Marymound - Thompson | Children and families in Thompson, Manitoba and surrounding communities are well served by the wide range of programs and services provided by Marymound North. Always keeping the best welfare of our young people in mind, Marymound programs work together, joining forces to provide the best possible combination of services and support to benefit young people and their families. Treatment Foster Care, Futures and other community-based programming provide a continuum of caring that offers a rich resource for local families. | 12046677820 | NA | <https://www.marymound.com/main/thompson/> |
| Integrative Mindfulness Centre | Integrative Mindfulness Center delivers psychotherapy and mindfulness support services for Children, individuals, families, in all stages of life. We are currently accepting referrals, self- referrals clients, and provide mindfulness programs by Virtual Media. | 12049390647 | imcprogram2020@gmail.com | <http://www.integrative-mindfulness-inc.com/> |
| MKO Mobile Crisis Response Team - Thompson | An all-Indigenous team of special frontline helpers who will mobilize within your respective community. Our team will provide traditional and comfortable SAFE supports for your experience during your Crisis. Services Include (but are not limited to):Critical incident stress debriefing Sharing circles, One-on-one counseling, Mental health therapy, Referrals, Grief and loss support, Post-suicide response, Comfort traditional and clinical support services, Continuity of care, Prevention training and capacity building with local wellness teams, Individual client assessments such as suicide assessment and safety plan, self-esteem and depression scale and mental health status upon request, we also provide crisis response trauma intervention. | 18449275433 | crisisresponse@mkonorth.com | <https://mkonation.com/health/mobile-crisis-response-team/> |
| 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> |
| Adolescent Health Education Centre | Open to all School District of Mystery Lakes students: Drop-in Monday-Thursday 8:30-4:00; Nurse Practitioner Wednesday afternoon: Closed during school summer break. Teens can be seen at Thompson Clinic during school closure. | 12046776200 | NA | <https://teenclinic.ca/klinic/r-d-parker-collegiate/> |
| 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/> |
| Gateway Bible Baptist Church | Many people struggle through the difficulties of life and wonder Why is life so hard? Our mission is to encourage people that no matter what you are facing in life, that with God, there is still hope. As a Church, we offer FREE counseling and invite you to partake in our next service where you will hear time-tested truths from God's Word. If you are looking for the truth for life, then join us on TUESDAY nights @ 7 PM, as we explore the Bible. There is no cost. It is laid back, has coffee, snacks, and a friendly time to explore the Scriptures. Our desire is to help people find hope in Jesus Christ. If you want to know more, please message us. We hope to hear from you soon. God bless you. Do you have anything we can pray about? | 12046773000 | gatewaybiblebaptist@gmail.com | <https://www.gatewaybiblebaptistchurch.ca/> |
| Men Are Part of the Solution (MAPS) Thompson | Men Are Part of the Solution (MAPS) provides counseling services to men with anger and stress issues with a specific focus on domestic violence through the delivery of their Healthy Relationship counseling program, created specifically for men. In addition, MAPS delivers transitional housing services, called the Phoenix House that provides supported living in a sober and drug free environment. Phoenix House in-house programing includes counseling, life skills, and work training skills that is delivered in a cultural sensitive environment. | 12047786040 | maps@mymts.net | <http://www.menarepartofthesolution.com/> |
| 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/> |