**THOMPSON**

List of available *Services and Locations* as well as *Programs* for Supportive Housing:

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
| --- | --- | --- | --- | --- |
| Northern Harmony Cooperative - Housing For Physically Challenged | Housing For Physically Challenged | 12046774497 | northernharmonycooperative@gmail.com | NA |
| MYS Thompson - Independent Living With Supports | Helps youth 16-21 make the transition from living in care to caring for yourselves as responsible &amp; independent adults. Youth are established in your own apartment with personalized &amp; ongoing support from MYS staff to: Maintain secure, affordable housing &amp; a positive home environment, Assess &amp; enhance your skills for everyday living, Work toward your goals for education &amp; employment; improve your ability to budget, maintain your home, shop, cook &amp; more (up to 21 hours direct support weekly)Access meaningful community resources, healthcare, therapy, crisis &amp; cultural services, while learning to build positive relationships &amp; strengthen family &amp; community connections. Participate in bi-weekly peer support groups &amp; regular group activities like camping, beach days, holiday dinners &amp; more. | 12049496506 | intake@mys.mb.ca | <https://www.mys.ca/services/skills-for-life> |
| NHR - Home-based Care Services | Promotes the independence of individuals who require in-home health services or supports and prevents institutionalization. | 18883406742 | tlothian@nrha.ca | <https://northernhealthregion.com/> |