

Education & Training Program

Programs and Services Provided:

- Wellness and healthy lifestyle programs
- Peer support & empowerment
- Referrals to appropriate facilities
- Transitional Employment Program: job skills training, resume writing, interview skills
- Provide motivation to pursue employment related goals
- Budgeting presentations
- Setting participant goals & achievements

For More Information Contact:
Education & Training Coordinator

204-677-6051

educationtraining@cmhathompson.ca



**Canadian Mental
Health Association**
Mental health for all

Training

- Mental Health First Aid: Adult and Youth
- Living Life To The Full
- A.S.I.S.T. & SafeTALK
- Hearing Voices workshop
- Psychological Health & Safety in The Workplace

Other Services Provided

- Project Northern Doorway
- Housing Support
- Homeless Outreach Mentors

Contact Information

Executive Director

204-677-6052

director@cmhathompson.ca

**Executive Assistant &
Head of Finance**

204-677-6059

regional@cmhathompson.ca

**The Canadian Mental
Health Association,
Thompson Region**



**43 Fox Bay
Thompson Manitoba
R8N 1E9**

Ph: 204-677-6050

Fax: 204-677-5534

www.thompson.cmha.ca

The Canadian Mental Health Association, Thompson Region

Residential Services Program

- Portable Housing Benefit
- One-on-one support
- Assistance in obtaining and maintaining affordable housing

For More Information Contact:
Housing Coordinator
204-677-6057
housing@cmhathompson.ca

Psychosocial Rehabilitation

- Referrals received from the Northern Regional Health Authority (NRHA)
- Recovery Oriented Practice
- Focuses on Housing, Employment, Education, Building your Social Network and removing barriers
- Crisis Prevention Planning
- Done through a Choose, Get and Keep practice

For More Information Contact:
Psychosocial Rehabilitation Intake
204-677-6050
psrintake@cmhathompson.ca

Transitional Housing/Arrows Path Program

- Live-in facility for individuals with a co-occurring disorder (mental illness & addictions)
- Programming, support and education to address mental health problems
- Activities, tools and support to maintain sobriety

Self Help Program

- One-on-one support
- Family support group
- Strengthening families workshops
- Kids Have Stress Too presentations
- Anger Management
- Peer Support
- Stress management
- I am Thumbody

For More Information Contact:
Self Help Coordinator
204-677-6056
selfhelp@cmhathompson.ca

Connections Clubhouse

Clubhouse benefits all types and levels of Mental Health.

- Dealing with stress presentations
- Journal writing
- Crafts/Games/Movies
- Cooking lessons
- Peer support
- Self esteem development
- Community involvement
- On-site garden to promote skills, nutrition, and stress relief
- On-site gym

For More Information Contact:
Connections Clubhouse
204-677-6055
connections@cmhathompson.ca

