

Education & Training Program

Programs and Services Provided:

- Wellness and healthy lifestyle programs
- Peer support & empowerment
- Volunteer programs
- Healthy living & personal hygiene
- Capacity building
- Referrals to appropriate facilities
- Transitional Employment Program: job skills training, resume writing, interview skills
- Provide motivation to pursue employment related goals
- Setting client goals & achievements



Canadian Mental
Health Association
Mental health for all

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

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Residential Services Program

- Shared living program
- Independent living program
- Portable Housing Benefit
- Mental Health First Aid
- One-on-one support
- Residential tenancy advocating
- Assistance in obtaining and maintaining affordable housing
- Live Life To The Full workshop
- Landlord/Tenant conflict resolution

Hope House Program

- Live-in facility for respite and stabilization
- 24 hour supervision
- Post hospital support & medication compliance
- Support groups
- Programming extended at Connection Clubhouse

Arrows Path Program

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

Self Help Program

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

Connections Clubhouse

Clubhouse benefits all types and levels of Mental Health.

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

