

Resources for People Experiencing Homelessness in Thompson, Manitoba

Resources in Thompson that can be accessed free of charge

Shelter

Thompson Homeless Shelter: Nanatowiho Wikamik

Address: 115 Churchill Drive

Phone: 204-677-0976

Email: regional@cmhathompson.ca

Web: <https://thompson.cmha.ca/our-services/thompson-homeless-shelter/>

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.

Clothing

The Canadian Mental Health Association provides clothing to people experiencing homelessness. There is clothing at the homeless shelter, mostly socks and underwear. They also have the **Koats for Kids** program and give gently-used winter wear to the community for free.

When **Charlie's Store** is open (currently closed due to flooding and renovations), a person who is accessing the shelter can access Charlie's Store to pick out clothing free of charge with help from a homeless outreach mentor or the shelter coordinator.

Food

The Salvation Army Food Bank operates on Tuesdays and Thursdays from 10 am to 12 noon. The food bank is closed during the month of August as well as from December to January 7, 2021. Low- to no-income people can receive one hamper a month. The Salvation Army would prefer a piece of ID for people who access the food bank but there is some flexibility on this for people experiencing homelessness.

Address: 305 Thompson Drive

Phone: 204-677-3658

Web: <https://salvationarmy.ca/prairie/>

Note: To date there are no soup kitchens in Thompson.

The Thompson Homeless Shelter provides three meals a day and one snack.



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Other Resources

The **Ma-Mow-We-Tak Friendship Centre** offers faxing, resumes, free phone service, assistance with income tax free of charge. As of November 23, the centre is closed to the public but their services are still available through phone or video.

Address: 4 Nelson Road
Phone: 204-677-0950

To book an appointment

Email: reception@mamowwetak.mb.ca

Web: <https://mb.211.ca/agencies/ma-mow-we-tak-friendship-centre-inc/>

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Besides offering a warm place to sleep, the **Canadian Mental Health Association** offers a wide range of resources through the Thompson Homeless Shelter:

- Addictions support and advocacy
- The Connections Clubhouse is available to any and all persons and provides life skills programming and presentations as well as community involvement Note: The clubhouse is currently closed due to flooding and renovations.
- Cold weather policy: If the shelter is full and it is -35 Celcius (with or without the windchill), people who are homeless will have a warm place to sleep for the night
- COVID-19 guidelines: Staff are reminding and giving information to participants on COVID-19 guidelines, which includes personal hygiene and protecting themselves by taking precautions.
- Education, employment, and training services, including resume writing, budgeting, transitional employment, and more
- Goal setting: Encouraging people to set and choose their own goals, which mostly includes housing, employment, and addiction recovery on their own pace. The Association works closely in following up with participant's goals.
- Housing support/transitional housing units:
 - Arrows Path and Project Northern Doorway.
 - Arrows Path is a dry house that requires a referral while Project Northern Doorway is a damp house. When a room is available at the Project Northern Doorway, outreach mentors go to the homeless shelter to find someone to stay there. This space houses 16 people with 24-hour support. It also has a nutritional program as well as one-on-one supports with Homeless Outreach Mentors available during working hours. When mentors are unavailable, peer support staff are there for supports 24 hours a day.
- Laundry and shower facilities
- Nutrition programs and life skills training
- One-on-one support and peer support: Homeless Outreach Mentors provide one-on-one supports to people using the Psychosocial Rehabilitation model, a recovery-oriented practice that focuses on housing, education, employment, and socialization and removing barriers as well as crisis prevention planning, while also giving ongoing support once goals have been achieved by doing home visits and working on a plan to ensure they stay successful in their new community roles.
- Pastoral care
- Residential services program provides supports for the Portable Housing Benefit, one-on-one support, and help in obtaining and maintaining affordable housing
- Self-help program and mental health supports provides one-on-one supports, anger management, stress management, and peer support
- Traditional teachings, sharing circles, and smudging
- Referrals to self-care programs as well as advocacy and providing information to access basic services, like hospital, clinic, and Employment and Income Assistance. Staff remind clients about their appointments to make sure that they are getting the help they need
- Repatriation: Shelter staff work closely with Band offices as well as MKO to help First Nation citizens return home; these are people who come to Thompson and who are unable to find a way to go back home



Manitoba
Keewatinowik
Okimakanak Inc.

Resource published December 1, 2020