

COVID-19 What is happening with ADAM in Thompson.

There will be no Groups currently or face to face connection as ADAM office is closed due to this pandemic.

HOWEVER.....

We are doing "outreach" talking and one on one support over the phone.

If you would like to chat... or were in group... or feeling anxious during this time there is the help line available to you.

204-925-0040

Or.... Right in Thompson or surrounding areas may call

431-754-6720 (Bobbi)

(ADAM Outreach worker for Thompson & surrounding Communities)

Current hours: **Mon-Friday 1pm-4pm**

Outside of these hours there is voice mail, please leave a message and I will get back to you.

It is normal to feel anxious at this time during this pandemic, you may be worried or afraid. But please know... YOU are not alone. However please know that there are things that we can do to help with our anxiety, and if you call we can talk about those if you would like.