

# FASD

# Services in Manitoba

# Resource List

## I. Pregnancy and FASD Prevention Services

### Manito Ikwe Kagiikwe (The Mothering Project)

Mount Carmel Clinic  
886 Main Street  
Winnipeg, MB R2W 5L4  
Phone: 204-589-9409

This program is for any woman who is pregnant or early parenting (child under 3) and has a substance use problem. Services provided include outreach, 1 on 1 support, support groups, access to prenatal care, referrals, advocacy and access to traditional ceremony and teachings

### Project CHOICES

Project CHOICES provides information and brief support for women who drink alcohol and don't use birth control regularly. Girls and women who are not pregnant are offered up to four counselling sessions and one visit with a nurse. The program uses motivational interviewing strategies and content to encourage women to explore their use of alcohol and/or effective birth control. Women may self-refer or can have a service provider make the referral for them.

Project CHOICES sites are:  
NorWest Co-op Community Health 204-938-5941  
Klinic Community Health Centre: 204-784-4090  
Project CHOICES: [www.ProjectCHOICES.ca](http://www.ProjectCHOICES.ca)

### InSight Mentoring Program

The InSight Mentoring Program is an intensive three-year outreach program for women who are pregnant or have recently given birth and are using alcohol and/drugs. Using harm reduction strategies, mentors provide comprehensive case management for women. They work one-on-one with women to provide practical supports, promote healthy living and connect women to community services. This woman-centered program uses a trauma-informed approach and is committed to providing holistic, culturally grounded care to clients. Women can self-refer or have service providers make the referral for them. The community-based InSight Mentoring sites are:

### Aboriginal Health and Wellness Centre

215-181 Higgins Ave.  
Winnipeg, MB R3B 3G1  
Phone: 204-925-3750

This program is specific to Aboriginal and Metis women.

### Nor'West Co-op Community Health

785 Keewatin Street  
Winnipeg, MB R2X 3B9  
Phone: 204-938-5998

### Northern Health Region

867 Thompson Drive  
Thompson, MB R8N 1Z4  
Phone: 204-677-5372

111 Cook Ave.  
The Pas, MB R9A 1K4  
Phone: 204-623-9670

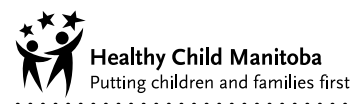
1 North Avenue  
Flin Flon, MB R8A 1V9  
Phone: 681-3135 ext. 30528

### Portage Friendship Centre

20 - 3rd Street North East  
Portage la Prairie, MB R1N 1N4  
Phone: 204-239-6333

### Prairie Mountain Health

625 Third Street S.W.  
Dauphin, MB R7N 1R7  
Phone: 204-638-3054



## II. Diagnostic Services

### Manitoba FASD Centre

633 Wellington Crescent  
Winnipeg, MB R3M 0A8  
Phone: 204-235-8866  
www.fasdmanitoba.com

The Manitoba FASD Centre is a multidisciplinary assessment, education, training and research service of the Winnipeg Regional Health Authority Child Health Program. The centre provides multidisciplinary assessment, diagnosis and short term follow-up services where there has been confirmed prenatal exposure to alcohol. Diagnostic services are provided for children and youth up to the age of 18. Referrals are accepted from health care providers, families and other agencies with the consent and involvement of the legal guardian. Referral forms are available on the Manitoba FASD website.

In addition to the Winnipeg-based operations, the Manitoba FASD Centre provides leadership and training for a provincial network called the Manitoba FASD Network that includes all Manitoba regional health authorities.

To inquire about the status of service in your area call:

#### Interlake – Eastern RHA

Selkirk	Phone: 204-785-7789
Beausejour	Phone: 204-268-7705

#### Prairie Mountain Health

City of Brandon	Phone: 204-578-4821
Brandon rural	Phone: 204-578-2487
Dauphin	Phone: 204-622-6223

#### Northern RHA

Thompson	Phone: 204-778-1468
The Pas	Phone: 204-623-9649

#### Southern Health

Portage la Prairie	Phone: 204-239-2429
Steinbach	Phone: 204-346-7039

#### Winnipeg RHA

Winnipeg	Phone: 204-235-8868
Churchill	Phone: 204-675-8881

## III. Outreach and Support Services

### A. Children, Youth and Families

#### FASD Family Support, Education and Counselling Program

Unit 10 – 254 Stella Walk  
Winnipeg, MB R2W 2T3  
Phone: 204-582-8658  
www.newdirections.mb.ca/services/ifasd.php

The FASD Family Support, Education and Counselling Program works in partnership with parents and professionals to develop programs that are individualized to meet the needs of children with FASD up to age fourteen, living in Winnipeg. The program also provides home-based services and counselling to families and helps to access family advocacy and other services.

#### Manitoba Key Worker Program

Interlake-Eastern Regional Health Authority  
343A Main Street  
Selkirk, MB R1A 1T3  
Phone: (204) 785-4893 or (204) 785-4892

The Manitoba Key Worker Program provides support and personalized information to families of children and youth (ages 0-21) with FASD or confirmed prenatal alcohol exposure. Since each family is unique, Key Workers will assist the family in accessing supports, community resources, and health and education information that reflects the specific needs of the family. Key Workers supplement and enhance, but do not replace existing community resources. Key Workers work in collaboration with parents, family members, adoptive parents, caregivers and service providers to assist the child/youth experience less frustration and more success.

#### FASD Outreach Team

2015 Portage Avenue  
Winnipeg, MB R3J 0K3  
204-945-0354

The FASD Outreach Team works in Winnipeg with parents and professionals to develop specialized early interventions for children up to six years of age with an FASD diagnosis. Home and community-based services address the environmental, behavioural, and attachment related issues that influence the child's ability to function. Short-term consultation may be available to families or agencies in rural Manitoba who are able to travel to Winnipeg.

## Children's Therapy Initiative

The Children's Therapy Initiative is province-wide and includes all children from birth to 21 years of age requiring audiology, occupational therapy, physiotherapy and/or speech-language pathology services. The goal is to provide coordinated, regionally based services that allow children to reach their full potential. In Winnipeg call Specialized Services for Children and Youth (SSCY) at 204-787-8615.

In rural Manitoba call the regional health authority in your area.

Visit <http://www.sscy.ca/childrens-therapy-initiative> for additional information and to download the referral form.

## Children's disABILITY Services

The Children's disABILITY Services Program provides services and supports to families who may need assistance with some of the extraordinary demands of caring for a child with disabilities. To be eligible, a child must be 17 years of age or younger, living with his or her birth, extended or adoptive family in Manitoba and present with a mental disability, developmental delay or a lifelong, physical disability that results in significant limitations in mobility.

Visit the following website for more information and to find services in your area: <http://www.gov.mb.ca/fs/pwd/css.html>

## Stepping Out on Saturdays Manitoba\* (S.O.S. MB)

This is a respite day camp for children ages 3 to 12 years who are affected by FASD. The camp will be offered one Saturday each month at four locations; Winnipeg, Brandon, Thompson and Little Grand Rapids. This program is designed to offer children a fun, safe day. It also provides the opportunity to learn and practise social skills, fine and large motor skills and self-regulation. For more information contact:

Provincial SOS MB Co-ordinator  
Rehabilitation Centre for Children  
633 Wellington Crescent  
Winnipeg MB R3M 0A8  
Phone: 204-235-8874  
Toll Free: 1-866-314-0501

*\*Modeled after Calgary's SOS program hosted by Renfrew Educational Services.*

## Manitoba FASD Family Network

Co-sponsored by the Manitoba FASD Centre and the Rehabilitation Centre for Children the new Manitoba FASD Family Network provides an opportunity for information

sharing, education and support for parents and caregivers of children and youth with FASD. The family network will also provide a forum for families to give their input to service delivery groups or organizations who are developing programs for children, youth and families living with FASD. Recreational opportunities for families will be promoted throughout the year. Network meetings will be held 4-6 times a year at the Rehabilitation Centre for Children and Facilitated support groups will be offered 2-3 times a year.

For more information about the Manitoba FASD Family Network

Contact: Gina Kirchmann @ 204-235-8874  
email: [gkirchmann@rccinc.ca](mailto:gkirchmann@rccinc.ca)

Contact: Rita Drohomereski @ 204-235-8867  
email: [Rdrohomereski@rccinc.ca](mailto:Rdrohomereski@rccinc.ca)

## Building Circles of Support

Building Circles of Support is an eight week Parenting Information Series offered by the Manitoba FASD Centre to parents, caregivers, family members and professionals who support children and youth diagnosed with FASD. These sessions provide caregivers with the opportunity to learn about best practices in parenting a child with FASD, as well as provide them with the opportunity to connect and network with other families. These sessions also link them to FASD resources and services in their area. Sessions are held twice a year at the Rehabilitation Centre for Children and once yearly via Telehealth to various sites serviced by the Regional FASD Diagnostic Coordinators.

For more information or to register please call:  
Dorothy Schwab @ 235-8875 email: [dschwab@rccinc.ca](mailto:dschwab@rccinc.ca)  
Rita Drohomereski @ 204-235-8867  
email: [Rdrohomereski@rccinc.ca](mailto:Rdrohomereski@rccinc.ca)

## Spectrum Connections FASD Program

c/o FASD Life's Journey Inc.  
102-720 Broadway  
Winnipeg, MB R3G 0X1  
Phone: 204-772-1591

This program provides services for transitioning youth and adults living with FASD within Winnipeg, who are ineligible for other Manitoba support program funding. Spectrum supports youth with FASD to transition into adulthood; supports youth and adults with FASD to function more interdependently in the community; and, increases the functioning and quality of life of youth and adults who are affected by FASD. Services include family support, clinical case management, transition planning for youth, outreach mentorship, clinical services and consultation and training.

### **FASD Youth Justice Program**

Manitoba Youth Centre  
170 Doncaster St.  
Winnipeg, MB R3N 1X9  
Phone: 204-928-7170

This program is for youth living in Winnipeg and The Pas who are in the pre-sentence phase of the justice system, have confirmed prenatal exposure to alcohol and no prior FASD diagnosis. The goal is to ensure youth affected with FASD who are in conflict with the law receive a multidisciplinary assessment, diagnosis, appropriate judicial disposition and improved access to appropriate services. Referrals are accepted from the justice system, parents/guardians and youth.

### **New Directions for Children, Youth, Adults and Families**

#### **The Family Therapy Program**

400 – 491 Portage Ave.  
Winnipeg, MB R3B 2E4  
Phone: 204-786-7051 ext. 5269  
[www.newdirections.mb.ca](http://www.newdirections.mb.ca)

This program offers group and individual counselling, tailored to meet the needs of the family. The program helps to identify and address issues such as change in the family, physical aggression, delinquency, drug or alcohol abuse, running from home, managing anger and anxiety, childhood depression and fears. Families may call directly to request services.

## **B. Adults Living with FASD**

### **FASD Life's Journey Inc.**

102-720 Broadway  
Winnipeg, MB R3G 0X1  
Phone: 204-772-1591  
[www.fasdlji.ca](http://www.fasdlji.ca)

FASD Life's Journey Inc. provides a full range of supports to adults affected by FASD who qualify for funding from the Community Living disABILITY Services, Provincial Special Needs Program or Community Mental Health. Spectrum Connections, a program of FASD Life's Journey, also provides services for adults who are ineligible for other Manitoba support program funding.

### **Touchstone FASD Program**

302-1200 Portage Avenue  
Winnipeg, MB, R3G 0T5  
Phone: 204-925-1928

This Initiatives for Just Communities program provides support for adults with FASD residing in or near Winnipeg through one-on-one mentorship and facilitation of support circles. It also provides peer support groups for families, as well as workshops and presentations for families and faith communities.

### **Visions and Voices**

302-1200 Portage Avenue  
Winnipeg, MB, R3G 0T5  
Phone: (204) 925-1928

This Initiatives for Just Communities program offers presentations led by adults living with FASD. Visions & Voices seeks to increase FASD awareness, combat the stigma of FASD and encourage healthy living and reproductive choices. Presenters will share personal stories of struggle, hope and achievement, which will vary from speaker to speaker, as FASD can affect numerous brain domains. Presentations are offered in a variety of settings and are intended for anyone caring for or working with an individual with FASD.

### **Community Living disABILITY**

Check regional listings at [www.manitoba.ca/fs/pwd](http://www.manitoba.ca/fs/pwd)

Community Living disABILITY Services provides a range of support services for Manitobans living with a mental disability and their families. The program supports eligible adults to live safely and participate fully in the community. To be eligible, an individual must be 18 years of age or older and have significantly impaired intellectual functioning. The program includes residential services, day services and support services.

## FASD STRENGTHS Program

A Program of DASCH Inc.  
1-117 Victor Lewis Drive  
Winnipeg, MB R3P 1J6  
Phone: (204) 987-1550

The STRENGTHS Program offers residential (including respite) and clinical support services to individuals including children, youth and adults living with developmental disabilities who have also been diagnosed with FASD/ARND. Clinical services available to clients include behavioural supports, counseling, psychiatry, life skills education, occupational therapy, communication and speech and language pathology. Available components of the STRENGTHS program also include cultural programming, recreational and vocational services and agency training. The goal of the STRENGTHS program is to empower individuals to use their strengths within a holistic and service driven approach, ultimately increasing their independence and enhancing their quality of life.

## Provincial Special Needs Program

896 Main St.  
Winnipeg, MB R2W 3P3  
Phone: 204-945-4514

Provincial Special Needs Program offers services to people with a mental disorder or disability who pose a high risk to themselves or others, and who are not eligible for other existing services. The program helps support individuals to live successfully in the community, while striving to ensure public and personal safety. Services include case management, consultation, funding support and resource development.

## Onashowewin Justice Circle

101-720 Broadway Avenue  
Winnipeg, MB R3G 0X1  
Phone: 204-336-3600

Onashowewin Justice Circle provides diversion services for the Manitoba Crown Attorney's Office for those in conflict with the law, while ensuring healing occurs for those harmed. The program incorporates cultural understandings and traditional teachings in a series of capacity building workshops (e.g. Negative Energy, Living in Balance, One Life, Sense of Belonging, etc). Mediation services, conference circles and Cultural Advisory Counselling sessions also aid in healing and reparation of harms. The program has an open door policy to any one in conflict with the law or anyone feeling they need to make a positive change in their life. Onashowewin incorporates an FASD lens and individualized case planning into its program delivery.

## IV. Mental Health Services for Children and Youth

### Centralized Intake - Child and Adolescent Mental Health Program

848 William Ave.  
Winnipeg, MB R3E 0Z6  
Phone: 204-958-9660

To improve access to WRHA child and adolescent mental health resources, intake and referral services have been linked to create a single point of entry within Winnipeg. These services are for children and adolescents (age three to 18 yrs) experiencing emotional or behavioural concerns as well as symptoms of mental illness. Parents, caregivers, doctors and/or counsellors can make referrals. **Centralized Intake is able to directly refer to services at MATC, St. Boniface General Hospital and Health Sciences Centre.**

### Rural Manitoba:

Contact Mental Health Services at your local regional health authority office.

## V. Information and Education

### Addictions Foundation of Manitoba

1031 Portage Ave.  
Winnipeg, MB R3G 0R8  
Phone: 204-944-6200  
[www.afm.mb.ca](http://www.afm.mb.ca)

AFM offers courses related to women and addictions and FASD. The Knowledge Exchange Centre's William Potoroka Memorial Resource Collection holds the largest collection of FASD resources in the province, focusing on FASD research, prevention and awareness, as well as parenting, caregiving and educational strategies.

### Manitoba Coalition on Alcohol and Pregnancy

[www.capmanitoba.ca](http://www.capmanitoba.ca)

MCAP brings together families, service providers, community organizations and government representatives from across the province to share information and resources, co-ordinate activities and plan together to address issues related to FASD. The coalition regularly holds lunch-hour information sessions, which are broadcast via the Telehealth network, and produces a newsletter.

### **Canada FASD Research Network**

This is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network. CanFASD supports two blogs that provide news, events, research, resources, and perspectives on both FASD prevention and interventions for individuals affected by FASD across the lifespan.

Visit the prevention blog at:  
<http://fasdprevention.wordpress.com/>  
and the intervention blog at  
<http://fasdintervention.wordpress.com/>.

### **Healthy Child Manitoba Office**

3<sup>rd</sup> Floor - 332 Bannatyne Avenue  
Winnipeg, MB R3A 0E2  
Phone: 204-945-2266 Toll Free: 1-888-848-0140  
[www.gov.mb.ca/healthchild/fasd/index.html](http://www.gov.mb.ca/healthchild/fasd/index.html)

Healthy Child Manitoba bridges departments and governments and, together with the community, works to improve the well-being of Manitoba's children and youth. HCM's efforts include funding FASD prevention programs and programs that support families and individuals living with FASD: creating and supporting community partnerships: and making resources available to the public.

### **Public Health Agency of Canada**

Manitoba and Saskatchewan Regional Office  
300-391 York Avenue  
Winnipeg, MB R3C 4W1  
Attention: Kim Watts  
Phone: 1-866-225-0709  
[www.phac-aspc.gc.ca/fasd-etcaf/index.html-eng.php](http://www.phac-aspc.gc.ca/fasd-etcaf/index.html-eng.php)

PHAC leads and co-ordinates national policy, program development and strategic advice from FASD experts. The PHAC website provides basic information on FASD, as well as up-to-date news and links to important resources and reports.

### **Pluri-elles (Manitoba) Inc.**

570 rue Des Meurons  
Winnipeg, MB R2H 2P8  
Phone: 204-233-1735 Toll Free: 1-800-207-5874  
[www.pluri-elles.mb.ca](http://www.pluri-elles.mb.ca)

This organization offers French language programming specific to FASD when requested by community.