

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: 204-479-0203

This program is for people who are pregnant or who have given birth in the past 12 months, and are experiencing substance use and other complex issues. We are trauma informed, culturally grounded, and harm reduction orientated. We meet people where they are at and walk with them as they work towards their goals. Services include: pre-natal care, help with housing, drop-in programs, healthy meals, parenting groups, help with EIA, addiction support, counseling, advocacy and support with CFS, referrals, and access to traditional ceremony and teachings.

Project CHOICES

Project CHOICES is a free counselling program for people in Winnipeg who drink alcohol, and are sexually active and may become pregnant. Participants are offered up to four counselling sessions and one visit with a public health nurse to discuss contraception options. The program uses motivational interviewing strategies and content to encourage participants to set goals regarding their use of alcohol and/or effective birth control. Participants 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: 204-784-4072

InSight Mentoring Program

InSight is an outreach program where mentors provide three years of intensive support to people who are pregnant or have had a baby in the last 12 months, use substances, and are not currently well-connected to community supports. Mentors work one-on-one with participants to set goals, provide practical supports, promote healthy living and connect participants to community services. This client-centered program uses a trauma-informed and harm reduction approach, and is committed to providing holistic, culturally grounded care. Participants 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 Avenue
Winnipeg, MB R3B 3G1
Phone: 204-925-3750

This program site is specific to people who self-identify as Indigenous.

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 Avenue
The Pas, MB R9A 1K4
Phone: 204-623-9670

1 North Avenue
Flin Flon, MB R8A 1V9
Phone: 204-623-9670

Portage Friendship Centre

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

Dauphin Friendship Centre

210 1st Avenue NE
Dauphin, MB R7N 1A7
204-638-5707

STAR Program

STAR aims to prevent prenatal alcohol exposure and FASD by using a harm reduction model to develop positive, supportive, mentoring relationships with pregnant people and parents, and connect families to appropriate and effective community resources. Relationships are built and maintained with participants for three years. The STAR program uses a

non-judgemental, strength-based, client-centred approach to empower their clients to make positive changes in their lives. STAR believes in providing culturally appropriate services. STAR values culture as vital to supporting participants and their families; mentors offer culturally appropriate services, including Indigenous parenting practices, traditional cooking, and crafting (beading, ribbon skirts, etc).

STAR is available on-reserve through the following organizations:

Cluster Sites:

Cree Nation Tribal Health

320 Ross Avenue
The Pas, MB R9A 1M5
Phone: 204-627-1532

Serving 6 communities in Northwest Manitoba:

Moose Lake (Mosakahiken), Grand Rapids First Nation (Misipawistik), Easterville (Chemawawin), Pelican Rapids (Sapatoweyak), Indian Birch (Wuskwi Sipiik)

Southeast Resource Development Council

360 Broadway Ave.,
Winnipeg, MB R3C 0T6
Phone: 204-956-3285

Serving 8 communities in Southeast Manitoba:

Little Grand Rapids (Mishi-baawitigong), Brokenhead (Baaskaandibewi-ziibiing), Black River (Makadewaagamijiwanoonsing), Hollow Water (Wanipigow), Poplar River (Azaadiwi-ziibiing), Pauingassi, Berens River (Mememwi-ziibiing), Bloodvein (Miskoseepi)

Keewatin Tribal Council

23 Nickel Road
Thompson MB R8N 0Y4
Phone: 204-677-0318

Serving 11 communities in Northeast Manitoba:

Barren Lands First Nation (Brochet), Bunibonbee Cree Nation (Oxford House), Fox Lake Cree Nation (Bird), Mantou Sakahigan Cree Nation (God's Lake Narrows), Manto Sipi First Nation (God's River), Northlands Denesuline First Nation (Lac Brochet), Sayisi Dene First Nation (Tadoule Lake), Shamattawa First Nation, Tataskweyak Cree Nation (Split Lake), War Lake First Nation (Ilford), York Factory First Nation (York Landing), O-Pipon-Na-Pisim Cree Nation (South Indian Lake)

Community-Based Sites :

Roseau River Anishinabe First Nation

Ginew Wellness Centre
Lot 10, Box 90
Ginew, MB R0A 2R0
Phone: 204-427-2384 ext. 123

Kinosao Sipi Cree Nation (Norway House)

Norway House Cree Nation Health Division
Box 250
Norway House, MB R0B 1B0
Phone: 204-359-6704 ext. 234

Pimicikamak Cree Nation (Cross Lake)

Cross Lake Health Services
Box 190
Cross Lake, MB R0B 0J0
Phone: 204-676-0180 or 204-676-3912

Nisichawayasihk Cree Nation (Nelson House)

NCN Family & Community Wellness Centre
14 Bay Road Drive
Nelson House, MB R0B 1A0
Phone: 204 484 2341

II. Diagnostic Services

Manitoba FASD Centre

1155 Notre Dame Avenue
Winnipeg, MB R3E 3G1
Phone: 204-258-6600
www.fasdmanitoba.com

The Manitoba FASD Centre is a multidisciplinary assessment, education, training and research service of the Winnipeg Regional Health Authority (RHA) 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: 204-785-7547
Beausejour	Phone: 204-268-7434
Prairie Mountain Health	
Brandon	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: 204-856-2044
Steinbach	Phone: 204-346-7039
Winnipeg RHA	
Winnipeg	Phone: 204-258-6600
Norway House	
	204-359-6704 ex. 234

FASD Justice Program

172 Doncaster Street
Winnipeg, MB R3N 1X9
Phone: 204-918-4682

The FASD Justice Program (FASD JP) provides diagnostic and responsive intervention for individuals in the Criminal Justice System with the goal to improve outcomes for those individuals impacted by FASD.

These services are for individuals 12-25 living in Winnipeg involved in the Criminal Justice System who are suspected or have FASD. Through a client centred and strength based approach, the goal is to ensure individuals impacted by FASD receive multidisciplinary assessments, appropriate judicial dispositions and collaborative case management. This includes focused advocacy in custodial centres, the courts and community; linking participants with suitable resources to maximize success while transitioning from youth to adult services. The FASD JP can also accept referrals for individuals ages 12-25 who have been previously diagnosed with FASD to receive collaborative comprehensive case management follow up services as above.

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/counselling-assessment-support-prevention/fasd-family-support-education-and-counselling-program/

The FASD Family Support, Education and Counselling Program works together with families and the community to support children and youth with FASD or confirmed pre-natal exposure to alcohol (up to age 14). Services are Winnipeg based, and counsellors work with parents and other systems (Education, Childcare, Housing, Health, CFS, etc.) to improve outcomes for children and youth. Services are tailored specifically to the needs of the family and individuals with FASD. Challenges involving attachment, mental health, learning difficulties, emotional/self-regulation, and at-risk behaviour are addressed through individual and group counselling services. Workshops, training and consultation services are also available for parents and professionals.

Manitoba Key Worker Program

Interlake-Eastern Regional Health Authority
237 Manitoba Avenue
Selkirk, MB R1A 0Y4
Phone: 204-785-7548 or 204-785-7689

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.

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 204-258-6550.

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

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

Children's disABILITY Services

Children's disABILITY Services (CDS): supports families who are raising their children with developmental and/or physical disabilities to meet some of the additional needs they may have. CDS offers a variety of supports (e.g., respite, therapy services, supplies, equipment and home modifications, behavioural services) to parents to assist them to care for their children at home in their own communities.

Visit the following website for more information and to find services in your area: www.manitoba.ca/fs/cds

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

This is a respite day camp for children ages 5-12 years who are affected by FASD. The camp will be offered one Saturday each month at five locations: Winnipeg, Brandon, Selkirk, Thompson and Bloodvein. 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 Coordinator
Rehabilitation Centre for Children
1155 Notre Dame Avenue
Winnipeg, MB R3E 3G1
Phone: 204-258-6740
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 and youth with FASD and their families. 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: Laura Bennett at 204-258-6741

email: lbennett@rccinc.ca

Contact: Rita Drohomereski at 204-258-6601

email: 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 once yearly 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:

Contact: Laura Bennett at 204-258-6741

email: lbennett@rccinc.ca

Rita Drohomereski at 204-258-6601

email: rdrohomereski@rccinc.ca

Spectrum Connections FASD Program

c/o Life's Journey Inc.

125 Higgins Avenue

Winnipeg, MB R3B 0B6

Phone: 204-772-1591

This program provides services for transitioning youth and adults 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.

Rural Connections FASD Program

Steinbach:

Life's Journey Inc.

PO BOX 40016

Steinbach, MB R5G 0N8

Phone: 204-772-1591

Brandon:

Life's Journey Inc.

725 Princess Avenue

Brandon, MB R7A 0P4

Phone: 204-772-1591

This program provides services for transitioning youth and adults with FASD in Steinbach and Brandon communities or within a 1 hour commute, who are ineligible for other Manitoba support program funding. Rural Connections 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.

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Winnipeg, MB R3N 1X9

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Additionally, FASD JP works alongside the FASD Court Docket, Canada's first provincial court docket designed specifically for individuals diagnosed with FASD. The overall objective of the Court is to consider how FASD impacts the offender's degree of responsibility while exploring a meaningful sentence that ensures participants are supported in the community.

Starfish Program

172 Doncaster Street

Winnipeg, MB R3N 1X9

Phone: 204-391-2773

The Starfish program is a service provided through a partnership between Manitoba Justice and Shared Health for youth that have Justice involvement and an FASD diagnosis. If these youth experience problematic substance use and are interested in making changes, they may be eligible for Starfish services. This service offers individualized education and counselling, advocacy, and therapeutic leisure and recreation opportunities through an outreach service model. This relationship based therapeutic approach uses creative strategies adapted to the challenges and strengths of participants, with the goal of reducing harm related to use and to reduce recidivism. Starfish counselors are able to meet youth both in custody and in the community in the Winnipeg area.

New Directions for Children, Youth, Adults and Families The Family Therapy Program

500-717 Portage Avenue

Winnipeg, MB R3G 0M8

Phone: 204-786-7051 ext. 5269

www.newdirections.mb.ca

The Family Therapy Program offers family therapy to families with children between the ages of 12 and 18. Our clinicians work primarily with the parents/caregivers within the family. There is a wait list for services. We also run attachment-based parenting groups for parents of teens, 3 times a year. Under New Directions, we have 3 other therapy programs. For more information about all of our therapy services, please see our website: www.newdirections.mb.ca/counselling-assessment-support-prevention/family-therapy/

Manitoba Possible

825 Sherbrook Street,
Winnipeg, MB, R3A 1M5
Telephone: 204-975-3010
Toll Free: 1-866-282-8041
Email: info@manitobapossible.ca

Manitoba Possible offers service coordination to families and their children who meet eligibility criteria. The service coordination process utilizes a holistic and family centered approach that is ongoing and collaborative. Supports are coordinated to address the unique and changing needs of children with disabilities and their families.

Visit the following website for more information and to find services in your area: www.manitobapossible.ca/

B. Adults with FASD

Life's Journey Inc.

125 Higgins Avenue
Winnipeg, MB R3B 0B6
Phone: 204-772-1591
www.fasdlji.ca

Life's Journey Inc. provides a full range of supports to adults affected by neuro-developmental disabilities who qualify for funding from the Community Living disABILITY Services, Provincial Alternative Support Services, or Community Mental Health Program. Services are provided within the communities of Winnipeg, Brandon and Steinbach, and include individualized clinical case management, outreach mentorship, residential resources, wellness programming, clinical and cultural services, and consultation and training. Spectrum Connections and Rural Connections, also programs of Life's Journey, provide 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 youth and adults with FASD, who live in or near Winnipeg, by assisting them in their everyday situations and by providing advocacy wherever and whenever appropriate, thereby nurturing opportunities for growth, belonging and success. Participants must be eligible for funding from the Community Living DisABILITY Services, Provincial Alternative Support Services or from Child and Family Services.

Visions and Voices

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

This Initiatives for Just Communities program is a speakers bureau comprised of adults with Fetal Alcohol Spectrum Disorder (FASD) who have cultivated the art of sharing their stories of hope, struggle, and accomplishment with the public to increase dignity for those living with FASD, and increase FASD awareness in communities in order to reduce stigma. Presentations are offered in a variety of settings and are intended for anyone caring for or working with people with FASD.

Oshki-Giizhig Inc.

230 Princess Street
Winnipeg, MB R3B 1L6
Phone: 204-782-0529
email: info@oshki-giizhig.org

Oshki-Giizhig is an indigenous-based, non-profit initiative which provides support services in the community. Its mission is to walk beside, advocate and support people affected by FASD and/or other disorders. Strengthened by cultural practices and traditional teachings, support will assist in restoring balance to individuals and the community affected by trauma and violence. Please contact us for more information on the Walking Stick Community Supports Program or the Wiigiwaam Housing Supports Program in Winnipeg. Visit the following website for more information: www.oshki-giizhig.org

Community Living disABILITY

Check regional listings at www.manitoba.ca/fs/clds/index.html

Community Living disABILITY Services (CLDS) offers a range of services and supports aimed at providing adults with an intellectual disability the opportunity to live inclusive, meaningful lives in the community. Depending on the needs of the individual and the availability of resources, CLDS supports that may be available include: residential services, day services, transportation, respite and other related support services.

Provincial Alternative Support Services

5-2015 Portage Avenue
Winnipeg, MB R3J 0K3
Phone: 204-794-1583

Provincial Alternative Support Services (PASS) provides support services to individuals with a mental disability or disorder who are involved with the justice system, are considered a high risk to the public and are ineligible for other programs. PASS strives to reduce rates of recidivism and to increase community safety in a manner that maximizes participants' independence and supports meaningful community participation. PASS provides supports based on the level of need, risk and participant amenability to receiving services, using a service delivery model that promotes inter-departmental cooperation and information sharing.

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.

Manitoba Possible

825 Sherbrook Street,
Winnipeg, MB, R3A 1M5
Telephone: 204-975-3010
Toll Free: 1-866-282-8041
Email: info@manitobapossible.ca

Adult services available through the Society for Manitobans with Disabilities focus on identifying needs, setting goals, and brokering resources that empower participants to achieve their goals. Vocational rehabilitation support is available to assist with training, planning, preparing for, and securing gainful employment for people with disabilities.

Visit the following website for more information and to find services in your area: info@manitobapossible.ca

IV. Mental Health Services for Children and Youth

Centralized Intake - Child and Adolescent Mental Health Program

165 St. Mary's Rd.,
Winnipeg, MB R2H 1J1
Phone: 204-958-9660

Centralized Intake provides a single point of entry for all services in Shared Health Child and Adolescent Mental Health and Addictions Service. This service enables clients and families to access the appropriate programs and services based on the individual needs of the client and their family. Referrals for services can be made by families, caregivers, self-referrals, physicians, mental health professionals and other service providers. These services are for children and adolescents (age 3 to 18 yrs) experiencing emotional or behavioral concerns as well as symptoms of mental illness.

Rural Manitoba:

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

V. Information and Education

Addictions Foundation of Manitoba

1031 Portage Avenue
Winnipeg, MB R3G 0R8
Phone: 204-944-6200
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 FASD Coalition Inc.

www.fasdcoalition.ca

The Manitoba FASD Coalition Inc. brings together families, service providers, community organizations and government representatives from across the province to share information

and resources, coordinate activities and plan together to address issues related to FASD. The coalition regularly holds lunch hour information sessions, which are broadcast online via Zoom, and shares FASD-related news updates through our website and Facebook page.

Canada FASD Research Network

This is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network. Join CanFASD for weekly posts on FASD prevention, intervention, diagnosis, social justice, child welfare, and family collaboration at: www.canfasd.ca/blog/

Manitoba FASD Strategy

114 Garry Street
Winnipeg, MB R3C 4V4
www.gov.mb.ca/fs/fasd/index.html

The Manitoba FASD Strategy, led by the Department of Families, ensures that all government sectors and community initiatives are working together to support people impacted by FASD and alcohol use in pregnancy. The FASD Strategy also develops a variety of electronic and print resources. Resource requests can be made by emailing: FASDinfo@gov.mb.ca

Public Health Agency of Canada

Manitoba and Saskatchewan Regional Office
300-391 York Avenue
Winnipeg, MB R3C 4W1
Toll Free: 1-866-225-0709
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.

114-420 Rue Des Meurons
Winnipeg, MB R2H 2P9
Phone: 204-233-1735 Toll Free: 1-800-207-5874
www.pluri-elles.mb.ca

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

Visions and Voices

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

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