

of the women who have completed three years in the InSight program

- 98% got involved with community services
- 65% participated in an addictions treatment/support program
- 33% returned to school

at the end of the program

- 73% reported having stable housing
- 50% no longer reported concerns about their mental health
- 44% were using reliable contraception
- 29% were not using alcohol or drugs

(Burnside, L. (2012). Experiences of Women Involved with Mentoring: Summary of Activities 2011 - 2012. Retrieved from http://www.canfasd.ca/wp-content/uploads/2013/02/NAT_4_ExperiencesofWomenInvolvedinMentoring_eFinalReport2011-12.pdf



NORTHERN
HEALTH REGION



referral and contact information

Women can call the InSight Mentoring Program office themselves or they can be referred by a service provider. If you think this program could be helpful to you, or someone you know, please call the InSight Co-ordinator in your community.

Mentoring programs across Manitoba

Dauphin

Dauphin Friendship Centre
204-572-0516 / 204-638-5707

Flin Flon

Primary Health Care Centre
204-681-3135

Portage la Prairie

Portage Friendship Centre
204-239-6333

The Pas

Primary Health Care Centre
204-623-9670

Thompson

Northern RHA Offices
204-677-5372

Winnipeg

Aboriginal Health & Wellness Centre
204-925-3750

Winnipeg

NorWest Co-op Community Health
204-938-5998

Healthy Child Manitoba

Telephone: 204-945-2266 (in Winnipeg)
Toll free: 1-888-848-0140 (outside Winnipeg)
Website: www.gov.mb.ca/healthychild/fasd/insight.html

program
InSight

**mentor
empower
support**

For Service Providers
Support for pregnant women
and new mothers who use
substances



Manitoba 

about InSight

The InSight Mentoring Program is a unique, three-year service that provides intensive case management, support and advocacy for women who:

- are 18 years or older
- are pregnant (or up to 12 months postpartum and used alcohol or drugs during pregnancy)
- are not well-connected to community resources

The InSight program is a FASD (Fetal Alcohol Spectrum Disorder) prevention program. It is an evidence-based support program for women who use substances during pregnancy.

**be good
to you**

InSight helps women access

- housing
- transportation
- prenatal care
- parenting support
- spiritual and cultural teaching
- harm-reduction services
- drug or alcohol treatment
- family planning
- services that address domestic abuse, trauma and violence

InSight provides advocacy for:

- income and social assistance
- child custody or care issues
- the criminal justice system
- the health care system

**know yourself
forgive yourself
trust yourself**

we want to see

- healthy environments for women and children
- women who are empowered to achieve their goals
- less FASD
- women who make connections within their communities

We value these evidence-based approaches to working with women:

- a woman-centered approach
- a harm-reduction philosophy
- trauma-informed care
- culturally safe practices
- support for mothering

**InSight
is a program
that works**