

Services in Manitoba Resource List

FASD Information Manitoba

Toll free: 1-866-877-0050

This telephone service provides callers with confidential information about Fetal Alcohol Spectrum Disorder (FASD). When you call between 9 a.m. and 4:30 p.m. Monday to Friday, you will speak with someone who can respond to your questions and offer support to parents, caregivers, teachers, professionals, and individuals in Manitoba needing advice and information about individuals living with FASD or alcohol use during pregnancy. Relevant print materials may also be mailed to callers on request.

I. Pregnancy and FASD Prevention Services

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 204-940-8611

Klinik Community Health Centre: 204-784-4090

Project CHOICES: 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 2G1
Phone: 204-925-3750

This program is specific to Aboriginal and Metis women.

Nor'West Co-op Community Health

103-61 Tyndall Ave.
Winnipeg MB R2X 2T4
Phone: 204-940-6646

The Pas Primary Health Care Centre

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

Burntwood Regional Health Authority

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

Flin Flon Primary Health Care Centre

1 North Avenue
Flin Flon MB R8A 1V9
Phone: 204-687-1366

Portage Friendship Centre

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

Parkland Regional Health Authority

220 Whitmore Ave. W
Dauphin MB R7N 3N2
Phone: 204-638-3054



Healthy Child Manitoba
Putting children and families first

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:

South Eastman RHA	Phone: 204-346-7039
North Eastman RHA	Phone: 204-753-5245
NorMan RHA	Phone: 204-623-9649
Burntwood RHA	Phone: 204-778-1468
Brandon RHA	Phone: 204-578-4821
Interlake RHA	Phone: 204-785-7789
Winnipeg	Phone: 204-235-8868
Assiniboine RHA	Phone: 204-824-6256
Central RHA	Phone: 204-239-3110
Parkland RHA	Phone: 204-734-6785
Churchill RHA	Phone: 204-675-8881

For information on FASD diagnosis and assessment in the Assiniboine RHAs please contact the MB FASD Centre in Winnipeg.

III. Outreach and Support Services

A. Children, Youth and Families

Interagency FASD Program

Unit 10 – 254 Stella Walk
Winnipeg MB R2W 2T3
Phone: 204-582-8658
www.newdirections.mb.ca/IFASD/index.htm

The New Directions Interagency FASD 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 six, living in Winnipeg. The program also provides home-based services and counselling to families; and helps to access family advocacy and other services.

FASD Outreach Team

139 Tuxedo Ave.
Winnipeg MB R3N 0H6
Phone: 204-945-2295

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 – Central Intake

Central Intake receives and processes referrals for children, primarily of preschool age. **Central Intake is able to refer to Children's Special Services, Rehabilitation Centre for Children, Society for Manitobans with Disabilities and St. Amant Centre.**

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 787-8615.

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

For more detailed information regarding Children's Therapy Initiative visit www.gov.mb.ca/fs/

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
Phone: 204-235-8874
Toll Free: 1-866-314-0501

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

The FASD Family Network

Co-sponsored by the Manitoba FASD Centre and the Rehabilitation Centre for Children the new 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 will 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 FASD Family Network

Contact: Gina Kirchmann @ 235-8874 <mailto:gkirchmann@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 mailto: dschwab@rccinc.ca

Spectrum Connections FASD Program

c/o FASD Life's Journey Inc.
17-794 Sargent Ave.
Winnipeg MB R3E 0B7
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 and Families The Family Therapy Program

400 – 491 Portage Ave.
Winnipeg MB R3B 2E4
Phone: 204-786-7051 ext. 262
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.

Community Living Winnipeg

1-120 Maryland St.
Winnipeg MB R3G 1L1
Phone: 204-786-1414
www.communitylivingwinnipeg.com

CLW offers support services to all persons living in Winnipeg with developmental and intellectual disabilities, including those with FASD. CLW offers advocacy support, parent support groups, youth programming, agency training and workshops.

B. Adults Living with FASD

FASD Life's Journey Inc.

17-794 Sargent Ave.
Winnipeg MB R3E 0B7
Phone: 204-772-1591
www.fasdlifesjourney.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

Phone: 204-925-1913

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.

Community Living disAbility

Check regional listings at www.manitoba.ca/fs/pwd

The Community Living disABILITY Services Manitoba Family Services and Consumer Affairs 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.
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 behavioral 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.

Manitoba Special Needs Program

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

Manitoba 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.

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

AFM offers courses related to women and addictions and FASD. The William Potoroka Memorial Library 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. Membership is free and available to all residents of Manitoba. To contact the library, phone: 204-944-6233.

Canadian Centre on Substance Abuse FASD Information and Consultation Service

Phone: 1-800-559-4514
www.ccsa.ca

The CCSA has a legislated mandate to provide national leadership and evidence-informed analysis and advice to mobilize collaboration that reduces alcohol and other drug-related harms. The FASD Information Service aims to be a focal point for Canadian practitioners addressing FASD by providing recent and accurate information on the issue of substance use and pregnancy.

Manitoba Coalition on Alcohol and Pregnancy

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, brings expert speakers to Manitoba and produces a newsletter.

Healthy Child Manitoba Office

3rd Floor - 332 Bannatyne Avenue
Winnipeg MB R3A 0E2
Phone: 204-945-2266 Toll Free: 1-888-848-0140
www.gov.mb.ca/healthychild

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.

Community Living Manitoba

6-120 Maryland St.
Winnipeg MB R3G 1L1
Phone: 204-786-1607
www.aclmb.ca

CLM is dedicated to the full community participation and inclusion of persons of all ages who live with an intellectual disability. CLM offers information and advocacy regarding individuals living with a disability.

Mental Health Education Resource Centre of Manitoba

4 Fort Street, Suite 100
Winnipeg MB R3C 1C4
Phone: 204-953-2355 Toll Free: 1-866-997-9918
www.manitoba.cmha.ca

MHERC promotes mental health and well-being by providing Manitobans with information resources through a lending library and an informational website.

Public Health Agency of Canada

Manitoba and Saskatchewan Regional Office

1015 Arlington St.
Winnipeg MB R3E 3R2
Phone: 204-789-2000
www.phac-aspc.gc.ca/fasd-etcaf/index.html

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.

Health Canada First Nations and Inuit Health Programs

300-391 York Ave.
Winnipeg MB R3C 4W1
www.hc-sc.gc.ca/fniah-spnia/famil/preg-gros/intro-eng.php

This website provides information on FASD programming in First Nations communities.

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

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