



STAR FASD

PROGRAM



Success Through Advocacy
Role Modelling for FASD
Prevention and Awareness



A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

What is the STAR FASD Program?

The vision of the Success Through Advocacy Role Modeling—Fetal Alcohol Spectrum Disorder (STAR FASD) program is to reduce the number of babies exposed to and living with the effects of alcohol and/or drug exposure while in their mother's womb.

This goal is achieved through an evidence-based, home visitation, mentoring, and case management program. It delivers culturally safe and appropriate interventions and support services to high-risk women and their target child.

STAR FASD is a voluntary, harm reduction model based on developing positive, supportive relationships with women who have used substances during their current or recent pregnancy.

Why do I need the STAR FASD Program?

Pregnancy can be difficult, and if you are dealing with addiction or substance abuse, it can be even harder. Our mentors understand what you are going through. They're ready to help you through education, home visits, support...and no judgment.

STAR FASD Program objectives

We are aiming for healthy women, healthy pregnancies and healthy babies. We advocate for improved outcomes, a safe and healthy environment, and a higher quality of life for both women and children.

STAR FASD services include:

- harm reduction strategies
- alcohol and/or drug treatment as required
- improved access to reliable family planning methods
- access to FASD diagnosis and connection to other social services as required
- links to community support to reduce women's isolation, to access resources, and to become more independent

STAR FASD Program highlights

Our program is unique because mentors and expectant mothers establish a relationship that continues for up to three years. This substantial length of time builds trust and confidence. It gives women the chance to create change that will make a real difference in their—and their babies'—lives.

STAR FASD participants enjoy:

- guidance for a healthy pregnancy
- a sympathetic and supportive mentor
- friendship and support from other participants

The STAR FASD program received permanent funding status in July, 2015.

As of 2017, the STAR FASD program is running at maximum capacity. There are 30 clients; 10 of those are new to the program.



About The NCN Family and Community Wellness Centre and the STAR FASD Program

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

**Call: (204) 484-2341
or visit: www.ncnwellness.ca**



How do I learn more about the STAR FASD Program?

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341.

We'll set up an appointment to determine how we can help you.



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