



Stepping Out on Saturday Manitoba

Friendships Start Here

Respite Camp and Social Skills Program for Children with Fetal Alcohol Spectrum Disorders (FASD)



Winnipeg:

Day respite camps for children 5—12 years of age living with FASD.

The S.O.S. MB program in Winnipeg runs one Saturday each month in six month blocks.

The S.O.S. MB program is designed to offer children a fun and safe day to learn about and practice social and self regulation skills. Trained staff and a low child to staff ratio is key to a successful day. Through the intake process, a plan to support the unique needs of each child will be developed. Communication and support to families is provided.



Program location:

Winnipeg: SSCY Centre 1155 Notre Dame Ave Winnipeg Manitoba.

Other Manitoba S.O.S., MB Program locations:

Brandon, Portage La Prairie, Thompson. Pauingassi

Eligibility:

- Children between age 5—12 who are in care or involved with child welfare living with FASD.

For more information:

The Rehabilitation Centre for Children 204 452-4311

S.O.S. MB Program: (204) 258- 6740

email: gkirchmann@rccinc.ca





Stepping Out on Saturday Manitoba (S.O.S. MB)

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S.O.S. MB Winnipeg

What is SOS Day Camp?

The Stepping Out on Saturday program is a one-Saturday-a-month respite day camp. The program in Winnipeg is offered in 6 month blocks and run between 10:00 am to 3:00 pm, having a maximum of 18 campers split into 3 groups participating. In Winnipeg camps are held at the SSCY building at 1155 Notre Dame Ave.

Who can join?

The camps are for children who meet the following criteria:

1. Between 5 years old and 12 years
2. Must be involved with a child welfare agency
3. Must have an alcohol-related diagnosis or have confirmed maternal alcohol exposure and a pending assessment.

What should families know about camp?

Families are responsible for pick-up and drop off as well as sending the campers with a healthy lunch. Children must be signed in and out of the camp by identified caregivers. A morning and afternoon snack is provided. Currently there is no cost to participate in this program. Participation is reviewed on a yearly basis.

What kinds of things do you do at camp?

At camp, we spend a safe and enjoyable day of crafts, games and various indoor and outdoor activities that help us learn about social skills, friendship and respecting each other. We have many different projects that we sometimes take home, and we are always careful with the materials and tools we use. The camps have a ratio of one adult for every three campers, making for a group setting that is fun and cozy. We also get to make our afternoon snacks, so we develop self-care skills too! When the weather permits, we go out to the nearby parks, sometimes on foot, and sometimes on bikes. We also get visits from a music therapist, sometimes a special guest.

How do I follow-up on what my child is learning?

We will send home a newsletter talking about our activities for the day and sharing ideas on how we can practice the social skill of the day. In addition, we will ask the campers and support workers to fill out a reflection sheet to share some highlights of the day.

Who can I talk to if I have further questions?

Please call the Winnipeg Stepping Out On Saturdays office at (204) 258-6740 or email gkirchmann@rccinc.ca for any questions or clarifications. **I've filled out the form, now what?**

Send the completed form to our office and one of us will contact you to start the intake process. There are a few more forms and interviews to do, but we will do our best to place your child on a camp spot as soon as possible.



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Winnipeg Program Application

Rehabilitation Centre for Children
SSCY Centre 1155 Notre Dame Ave, Winnipeg MB R3E 3G1
:S.O.S. program(204) 258-6740
RCC: (204) 452-4311 Fax (204) 477-5547

Application Date:

Name of Agency involved with child/family:

Child's Name:

- Male
 Female

Birth date: Month: Day: Year:

Diagnosis: FAS pFAS ARND assessment pending (Maternal alcohol exposure confirmed)

<input type="checkbox"/> Parents <input type="checkbox"/> Foster Family <input type="checkbox"/> Kinship Home	Mother:	Father
	Home phone:	Home phone:
	Other: Work/cell	Other: work/cell:
	Email:	Email:

Home/Mailing Address:

City: Postal Code:

If this child is in foster care, please fill out this section: Legal Guardian:

Phone: Email: Fax:

Agency Name and Address:

Consent:

- I am in agreement with this application to the Stepping Out on Saturday MB. Day respite program.
- I have received information about the S.O.S. Mb camps.
- I consent to the Winnipeg Program confirming diagnosis or assessment pending status with the FASD Manitoba Centre
- I understand that information about my child will be:
- Recorded at program location/ provider for service coordination.
 - Used in collecting non-identifiable data for provincial program evaluation.

Signature of Parent or Legal guardian Date

For more information call :

Gina Kirchmann , Provincial S.O.S. MB Coordinator at (204) 258-6740 gkirchmann@rccinc.ca

**Applications can be faxed or mailed to the Rehabilitation Centre for Children
Attn. S.O.S MB FAX: (204) 477-5547**