

SUPPORT. MENTOR. CONNECT.



# PCAP

Parent-Child Assistance Program

## WHY PCAP?

- Support participants to reduce or stop alcohol and/or drug use during pregnancy.
- Achieve and maintain recovery.
- Support healthy pregnancies and lives for the participants and their children.
- Support community connections.

## PCAP APPROACH

- PCAP Mentors provide support, visitation and intervention for up to 3 years.
- Mentors offer emotional support to participants, walking the journey with them, so they are able to make fundamental changes in their lives.
- Participants are not asked to leave the program if they relapse or experience setbacks.
- Build on the strengths of each participant.

## ASSISTANCE & SUPPORT

**PCAP Mentors assist participating mothers & women to:**

- Set goals and identify steps to achieve them
- Obtain alcohol or drug treatment
- Stay in recovery
- Choose a family planning method
- Access healthcare & child immunizations
- Connect with community services & resources
- Address issues such as housing, domestic violence and child custody concerns
- Resolve systemic service barriers

## PROGRAM ELIGIBILITY

**Women who:**

- would benefit from support to reduce or stop alcohol and/or drug use during pregnancy
  - And -
- Are pregnant or up to 6 months post-partum
  - And -
- Are ineffectively connected to community services

**Or Women who:**

- Have a child diagnosed with Fetal Alcohol Spectrum Disorder (FASD),
  - And -
- Are currently using alcohol/drugs;
  - And -
- Are in their childbearing years.

**For more information, or to make a referral, contact 306-825-5911.**

**Referrals are accepted over the phone or in writing  
as long as the family has given consent.**

### OFFICE HOURS

**Tuesday - Thursday** 9AM - Noon | 1PM - 4PM

**Friday** 9AM - Noon | 1PM - 3PM

