



Stepping Out on Saturday Manitoba

Friendships Start Here

Winnipeg

Respite Camps and Social Skills Program for Children with

Fetal Alcohol Spectrum Disorders (FASD)

The S.O.S MB program is designed to offer children a fun and safe day to learn about and practice social skills, and skills for self regulation. Trained staff and a low child-to-staff ratio are key to a successful day. Through the intake process, a plan to support the unique needs of each child is developed. The program is offered in six Manitoba locations: Bloodvein, Brandon, Selkirk, Portage la Prairie, Thompson and Winnipeg.



Eligibility: Children ages 5 up to age 12 who are in care or involved with child welfare with an FASD diagnosis or confirmed prenatal alcohol exposure who have been referred for assessment at the Manitoba FASD Centre.

Winnipeg The program is offered one Saturday a month, it is run by the Rehabilitation Centre for Children out of SSCY Centre at 1155 Notre Dame Ave in Winnipeg from 10:00- 3:00. Applications accepted on an ongoing basis.

For more information:

The Rehabilitation Centre for Children
(204) 452-4311
S.O.S. MB Program: (204) 258 6741

S.O.S. MB Provincial Coordinator
Rehabilitation Centre for Children
Phone (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 5 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. Be involved with a child welfare agency
3. Have a FASD diagnosis or have confirmed prenatal alcohol exposure with a pending FASD 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 special guests (e.g., Art City, a music therapist).

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 Saturday office at (204) 258-6741 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) 258-6741
RCC: (204) 452-4311 Fax: (204) 477-5547

Application Date:			
Name of Agency involved with child/family:			
Legal Guardian name(s):			
Child's Name:			<input type="checkbox"/> Male <input type="checkbox"/> Female
Birth date:	Month:	Day:	Year:
Diagnosis: <input type="checkbox"/> FASD <input type="checkbox"/> Prenatal alcohol exposure confirmed, assessment pending			
<input type="checkbox"/> Parents <input type="checkbox"/> Foster Family <input type="checkbox"/> Kinship Home	Caregiver 1:	Caregiver 2:	
	Home phone:	Home phone:	
	Other: Work/cell	Other: work/cell:	
	Email:	Email:	
Home/Mailing Address:			
City:		Postal Code:	
If this child is involved with CFS, please fill out this section:		Social Worker:	
Agency Name and Address:			
Phone:	Email:	Fax:	
Consent:			
<input type="checkbox"/> I am in agreement with this application to the Stepping Out on Saturday MB day respite program.			
<input type="checkbox"/> I have received information about the S.O.S. MB camps.			
<input type="checkbox"/> I consent to the Winnipeg Program confirming diagnosis or assessment pending status with the Manitoba FASD Centre			
<input type="checkbox"/> I understand that information about my child will be: <ul style="list-style-type: none"> • 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			