

# Alberta PCAP Council

Parent Child Assistance Program

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October 2021

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## FASD Awareness Day

The annual international Fetal Alcohol Spectrum Disorder (FASD) day took place on September 9th, marking the 22nd year anniversary of the first FASD awareness day!



FASD Day was celebrated by the Rocking Red for FASD initiative, hosted by Red Shoes Rock for their 7th year. Participants wore red, especially red shoes, to start conversations and raise awareness. Check out their Facebook page! @redshoesrock or their website at [redshoesrock.com](http://redshoesrock.com) for more information on how you can participate for next year.



Check out the creative ways [Canadians celebrated](#) and how [FASD Awareness](#) was recognized and shared. Keep up to date on all the latest in FASD research.



The Prevention Conversation has a [guide](#) on how to advocate for healthy pregnancies without stigma in celebration and awareness of FASD Awareness Month. This includes awareness posters, a campaign resource, and brochure examples with an emphasis on the positives and benefits to avoiding alcohol during pregnancy.

FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy

See how the Lakeland FASD Center celebrated FASD Awareness day on page 4

# Alberta PCAP Council Updates

## Council Updates:

Alberta PCAP Council met this quarter on October 4th and the next meeting will be held virtually on December 13th, 2021. The Alberta PCAP Council recently elected Angela Knee and Richard Mugford from McMan Calgary as the PCAP Council's Chair and Co-Chair respectively. Angela and Richard are from the McMan Calgary PCAP program. Alberta PCAP Council's Training Team has met as needed over the past quarter to review and improve the Core training content and delivery. At this time, the core training will be provided virtually. Alberta PCAP Council's Data Oversight Committee has been reviewing their terms of references and evaluation framework stage 2. Alberta PCAP Council's Training Team is working to review and improve the PCAP Core Training content and delivery. If you would like to participate in the Manual Feedback project and receive an honorarium for your feedback, please contact [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) for more information.

## Training Recaps:

On August 6th, 2021, 4 attendees completed part 2 of their PCAP Core training with trainers Tracy and Pam.

On September 10th, 2021, 12 attendees completed part 2 of their PCAP Core training with trainers Pam and Michelle.

On September 16 and 17, 2021 15 attendees completed part 1 of their PCAP Core training with trainers Michelle and Tracy, and will complete part 2 in January 2022.

On August 16th, 2021, 10 attendees joined for the Penelope 101 webinar for new users to the data base. This webinar covers basic information on logging in, viewing clients, and entering paper work. Webinars will be held on a quarterly basis.

View the PCAP Council Eventbrite page  
[www.eventbrite.ca/o/alberta-pcap-council-7412278271](https://www.eventbrite.ca/o/alberta-pcap-council-7412278271)  
 for future training and event opportunities.

## Summary: Your PCAP experience so far

2. What is something you've done well?



## Supervisors Monthly Teleconference

The next Supervisors monthly teleconference is on November 16th. Join us for a teleconference moderated by a APCAP Director to ask questions and discuss any matters relevant to PCAP. 2022 dates and information will be coming to Supervisor inboxes in the coming weeks.

Time: 10:00 AM Mountain Time (US and Canada)

Email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) to receive teleconference link.

## Mentors Monthly Teleconference

Alberta PCAP mentors are invited to join a monthly mentor teleconference to connect with other mentors, share resources, and problem solve in a safe space.

The next mentor monthly teleconference is on November 30th.

Time: 1:00 PM Mountain Time (US and Canada)

Email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) to receive teleconference link.

# Alberta PCAP Trainings

PCAP Council events and trainings can be found on our event page:

[www.eventbrite.ca/o/alberta-pcap-council-7412278271](http://www.eventbrite.ca/o/alberta-pcap-council-7412278271)

## Virtual Motivational Interviewing Training: November 8th - 9th, 2021

Motivational Interviewing is a non-confrontational, malleable way of asking people to take a hard look at themselves. It is designed to strengthen personal motivation and commitment to a specific goal by encouraging and exploring the person's own reason for change within an accepting and compassionate environment. This is a valuable skillset for PCAP staff as they navigate goal setting and making beneficial decisions to enhance their lives.

Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University will be leading this virtual motivational interviewing training. Free for PCAP Council Members, open to all PCAP staff.

For more information and to register: <https://tinyurl.com/VirtualMI>



## HIV Edmonton Information Session: Friday November 19, 2021

Alberta PCAP Council is partnering with HIV Edmonton to provide a series of workshops free to PCAP staff to improve their knowledge of sexual health risk and management. The November workshop provides information on HIV Stigma, Discrimination & criminalization and Consent, responding to disclosures about sexual assault, how to manage non-consent and empowering community to say no.

For more information and to register: <https://tinyurl.com/HIVEdmontonSession>

## Penelope 101 Webinar: Monday November 15, 2021

This online webinar is meant for beginners to the Penelope Outcomes Tracking Application used by PCAP program staff. It will review more basic information such as logging-in, viewing client files, and entering the main Biannual forms. The training will consist of a 45-minute presentation followed by a Question & Answer period.

For more information and to register: <https://www.eventbrite.ca/e/penelope-101-webinar-tickets-169647110073>

## Online Refresher Training

Due for a PCAP Training refresher? The online course is a series of self-directed modules that reviews the information in the PCAP 3-Day Core Training. The Alberta PCAP Council recommends this training be taken 12-18 months after the required PCAP Core Training.

Online PCAP Refresher Training: [www.alberta-pcap-training.digitalchalk.com](http://www.alberta-pcap-training.digitalchalk.com)

Overview and User Guide: [www.tinyurl.com/y95InxeI](http://www.tinyurl.com/y95InxeI)



### Identifying Training Needs



All PCAP Council events and trainings will be held virtually for the remainder of 2021. Core trainings will be held on a biannual basis, however If you require core training please let us know by [submitting this form](#) to receive priority registration and to help us schedule trainings more effectively. You may also use the form to suggest additional training topics for future webinars and events.

# PCAP Around the Province: FASD Awareness Day



Cold Lake staff at the Lakeland Centre for FASD pose for a photo.

A virtual mocktail challenge in Cold Lake has been ongoing throughout the month of September as a way to raise awareness for Fetal Alcohol Spectrum Disorder. A mocktail is a cocktail without the liquor. Instead, juices, sodas, infused waters and other non-alcoholic ingredients can be mixed together to provide flavor. Normally, the mocktail challenge would be hosted alongside an awareness barbecue over the course of an afternoon to coincide with International FASD Day on Sept. 9. However, with COVID-19 cases on the rise in the area, the Lakeland Centre for FASD, which hosts the event, decided to get creative and do a series of virtual events, such as a colouring contest for youth, Facebook live events and a poster campaign.

Mocktail-To-Go Bags were sent out to community partners that were to participate in the challenge.

Lakeland Centre for  
**FASD**  
Fetal Alcohol Spectrum Disorder

**September 9, 2021**  
is International FASD Awareness Day.  
You are invited to participate in the  
**VIRTUAL MOCKTAIL CHALLENGE!**

**WHO can submit?**

Anyone in the Lakeland Region! (Individuals, Community Organizations, Friends, Families, etc!)

**WHAT do I include in my submission?**

A video/photos of your mocktail & all the fun you had creating it!

Name/organization's name

Mocktail Name

Mocktail Recipe

Contact information

**WHAT is the judging criteria?**

ALL submissions will be posted on LCFASD's Facebook page

Judging criteria includes:

Creativity

Team spirit

Most entertaining video/photos

Facebook 'likes' & comments

**HOW to submit**

Send us your original mocktail creation for a chance to win a prize pack from local businesses!! Prizes for 1st, 2nd & 3rd!

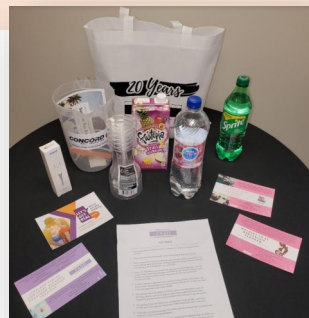
**One of the winning mocktails will be selected to be featured at Pour House Bar & Grill Sept. 15 - 30th!!**

Submit: Direct message LCFASD's Facebook (Lakeland Centre for FASD), or emailed to admin@lcfasd.com.

**Submissions must be sent by noon on Sept 8th & Mocktail Challenge winners will be announced September 9th via Facebook!**

Questions? email admin@lcfasd.com // call 780.594.9905

Virtual Mocktail Challenge Poster



Mocktail-to-go bag

**More Resources:**

- [Frequently Asked Questions \(FAQs\) about FASD](#)
- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [ThinkFASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)
- [Alcohol and FASD](#)

Lakeland Centre for  
**FASD**  
Fetal Alcohol Spectrum Disorder

**September 9, 2021 is International FASD Day!**  
**How To: Host Your Own Office Mocktail Challenge!**

A mocktail is a non-alcoholic mixed drink.

A mocktail challenge is a fun way to bring your team together with a little competition and a lot of FASD Awareness!

**Step One: Set up ingredients and contestant tables!**

Ingredients Examples: various pop flavours, soda water, clamato juice, flavoured drink mix (Kool-Aid, Tang), herbs (mint, basil), fruit (lemon, limes, berries, oranges), vegetables (cucumber, celery), liquid beverage mix (MIO)

Contestant Table: Knives, cutting board, cups, napkins

TIP: Add a 'must include' mystery ingredient or garnish or allow contestants to bring one additional ingredient

**Step Two:**

Let the Competition begin!!

1. Select your teams (employee vs. employee, team vs. team, etc)
2. Select your judge(s)!
3. GO! RACE to the ingredients table!! You have 10 minutes to make your Mocktail!
4. TIME'S UP!! Let the judging begin!  
• Suggested judging criteria: description & concept, enthusiasm, taste, visual appearance
5. Select a winner!!!



**Step Three: Send your videos and photos to LCFASD by September 8th...**

...to be entered into our VIRTUAL MOCKTAIL CHALLENGE! Prizes for 1st, 2nd & 3rd place. One of the winning mocktails will be selected to be featured at Pour House Bar & Grill Sept. 15 - 30th!

Submit: Direct message LCFASD's Facebook (Lakeland Centre for FASD), or emailed to admin@lcfasd.com.

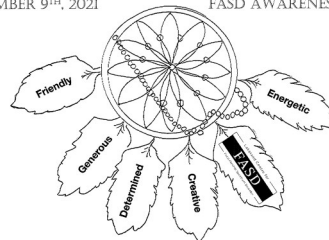
How To—Mocktail Challenge

The first International FASD Day was celebrated in 1999 in support of those affected by FASD. Recognition of this day originally came from the connection between a Canadian family and an American family, both of whom had children diagnosed with FASD. Their work to create awareness and support confirmed that FASD has no boundaries and affects people of all cultures and walks of life.

FASD tends to be underdiagnosed and is often misdiagnosed due to its close relation with other developmental disorders and underreporting of prenatal alcohol exposure.

The disorder lasts a lifetime, but people with FASD can be very successful when provided with the supports they need.

SEPTEMBER 9TH, 2021 FASD AWARENESS DAY

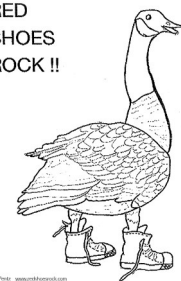


**People With FASD Have Many Gifts!**

Name \_\_\_\_\_ Age \_\_\_\_\_  
Contact Info \_\_\_\_\_

Awareness Day colouring contest

**RED SHOES ROCK !!**



Art by Don Foster: www.donfoster.com

SEPT. 9 FASD AWARENESS DAY

Name \_\_\_\_\_ Age \_\_\_\_\_

Contact Info \_\_\_\_\_

The Lakeland Centre for FASD started as a small group of community members with a passion to support those with FASD in 1994. Since then, it has expanded to become one of the most reputable FASD support centres in Alberta and has even been nationally recognized for its novel support services.



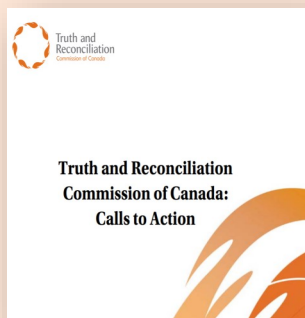
# National Day for Truth and Reconciliation



Every year on September 30th, people across Canada wear orange and participate in Orange Shirt Day events to recognize and raise awareness about the history and legacies of the residential school system in Canada. Orange Shirt Day originates from the story of Phyllis Webstad from the Stswe'c'm'c Xgat'tem First Nation. In 1973, on her first day at St. Joseph's Residential School in Williams Lake, BC, Phyllis's shiny new orange shirt was stripped from her, never to be seen again.

40 years later, on September 30th, 2013, Phyllis spoke publicly for the first time about her experience, and thus began the Orange Shirt Day movement.

The Canadian government designated September 30 National Day for Truth and Reconciliation, beginning in 2021. This responds to Truth and Reconciliation Call to Action 80, which states that the federal government will work with Indigenous people to establish a statutory day to "honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process".



## SEPTEMBER 30

ORANGE SHIRT DAY: Every Child Matters  
"Canada's National Day for Truth and Reconciliation"

*Thank you to all the people who organize and participate in events!*



[Click here](#) to learn more about calls to action

[Visit the Orange Shirt Society website to learn more](#)

<https://www.orangeshirtday.org/phyllis-story.html>

Read Phyllis' Story here

## Delivering on Truth and Reconciliation Commission Calls to Action

Learn [how](#) the Government of Canada is responding to the Truth and Reconciliation Commission's 94 Calls to Action.

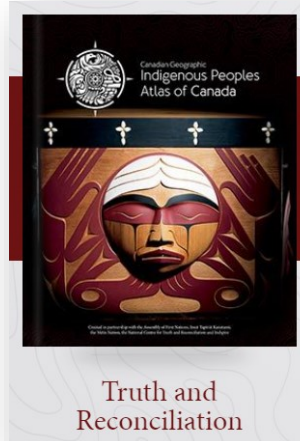
To redress the legacy of residential schools and advance reconciliation, in its final report the [Truth and Reconciliation Commission of Canada](#) called on governments, educational and religious institutions, civil society groups and all Canadians to take action on the 94 Calls to Action it identified. On December 15, 2015, the Prime Minister reiterated the Government of Canada's commitment to implement the recommendations of the commission. Many pre-existing programs within the Government of Canada already undertake work that responds to the Calls to Action. The information highlighted on these webpages relates to recent developments.

Work continues within the Government of Canada to advance the Calls to Action.



## Truth and Reconciliation

[Learn about](#) truth and reconciliation from an Indigenous perspective in the Indigenous Peoples Atlas of Canada.



Truth and Reconciliation

[Start Reading](#)



“Canada's journey towards equality, respect and justice is measured by the wide gaps that exist between the health and well-being of Indigenous Peoples...”

# Alana Peters: Feeling Swamped?

Before COVID 19 became a challenge for all of us, burnout was a very real issue for people who care for others.

Burnout has become an even greater challenge for caregivers and helping professionals since the beginning of the pandemic.

## Some Facts About Burnout:

Burnout is exhaustion caused by constantly feeling swamped. It is associated with feeling drained and unable to cope.

Burnout can lead to a reduced commitment towards others or work. It can also lead to depression or aggression.

People who suffer from burnout experience reduced cognitive performance, motivation, creativity, and judgment as well as flattened emotional life, social life, and intellectual life.

There may be internal factors that lead to burnout. This may include idealistic expectations of self, high ambition, feeling irreplaceable or work being a substitute for a social life.

There may also be external factors that lead to burnout including high demands, issues with relationships, time pressure, bullying, a lack of freedom to make decisions, a lack of organization or resources or the absence of social support.

Many of us may even initially feel a sense of pride or self-importance that comes with a diagnosis of burnout. Telling myself, "I'm burnt out...but still carrying this load" can reinforce a belief that, "I'm the only one who can do this." Over time, with burnout, judgement becomes clouded. What begins with working harder can lead to a feeling of meaninglessness.

## Good Enough?

Through this pandemic, we have all been white knuckling our way through one wild ride. When pivoting through the fluid experience of changing procedures, letting go of idealistic expectations is part of how we survive. "Good enough" becomes good enough. What does good enough look like for you or your situation? Can you let go of one thing and still be ok?

## Change?

We can look at this information about burnout and be overwhelmed, or we can recognize that we could make some adjustments.



For us to be sustainable in our roles and our lives, something needs to change. Non-negotiable areas that require attention are getting adequate sleep, nutrition, physical activity, and time with loved ones who can also care for you. Self-care can feel selfish. We give others permission to take care of themselves. Can you also give yourself permission to take care of yourself?

## My Identity?

Self-care is also about the way we talk to ourselves. Is your default answer "yes"? If so, you may be over-functioning to manage the social anxiety of saying "no". Saying "no" for many, particularly in helping roles and professions, is very vulnerable. Are you afraid of what others might think if you did say no? The need to please others to prove our worth is a recipe for burnout. What are you inadvertently saying no to by saying yes to tasks that could be delegated?

Does your hyper-responsibility invite others to under function?

## Saying No?

Where do you currently find yourself feeling obligation and resentment? These feelings may be indicators that a change is necessary.

There are many ways to say no. I invite you to explore and experiment with ways that also align with who you want to be. Experimenting with saying no to small things is a way to learn that you can survive on the other side of no, and that your worth isn't dependant pleasing or appeasing.

## Next Steps?

What does your most creative, resilient self, look like and sound like? Saying yes and saying no are both part of a balanced life.

What are your resources? Are there untapped resources that you have not explored or activated to make your role sustainable?

Do you talk to yourself the way you talk to those that you love?

And Covid has been so challenging. If you'd like to explore your next steps, send me an email. I'm here for you as a resource.

Article by:

Alana Peters  
BEEd, CEC, CDTLF  
Certified Executive  
Coach & Speaker  
Now's the Time  
Coaching and Training



Alana is a speaker, facilitator, and personal coach specializing in the transformative power of Executive Coaching.

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## Penelope's Corner: Substance Use Trends in PCAP Programs

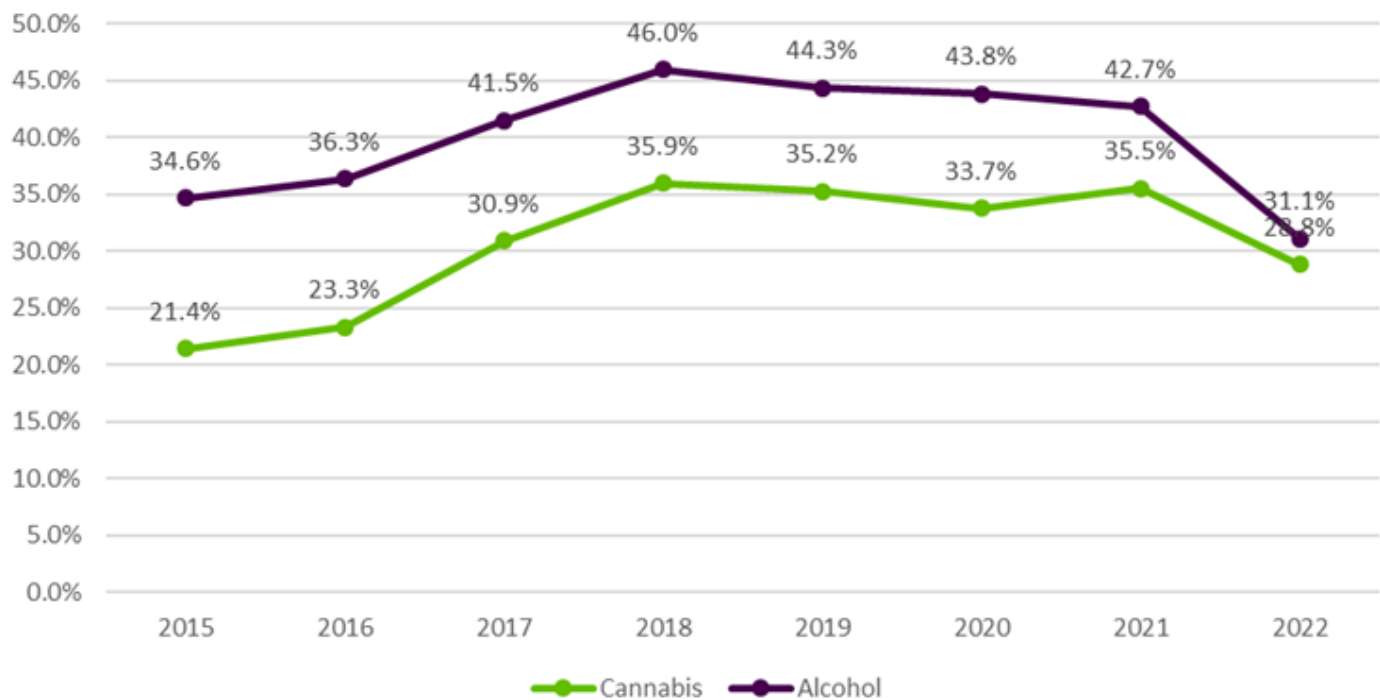


Penelope's Corner is written by Robert Jagodzinski, Quality Assurance Analyst for the Alberta PCAP Council, and covers new updates and discussion topics related to the Penelope Database. For more information about Penelope, report building, or data management, contact Robert at: [Robert.Jagodzinski@alberta-pcap.ca](mailto:Robert.Jagodzinski@alberta-pcap.ca)

The pandemic, opioid crisis, and legalization of cannabis are some of the many events that have punctuated the timelines in the last number of years. It has posed many challenges for society as a whole, and particularly for people in addictions recovery. While policies are often slower to change the challenges society is presented with can shift dramatically in a very short time. What role does PCAP have within this nexus of events? Moreover, how responsive is strategic planning to ensuring programs and participants have adequate resources? Are there barometers that may reveal some of the underlying challenges in our communities?

Concurrent with these events, and not surprisingly, there have been many changes in substance use patterns within the PCAP program. PCAP data measures a number of different substances that participants may have been using. These data items revealed a number of emerging trends in the last several years.

Types of Legal Substances Used by Participants - From 2015 to 2022



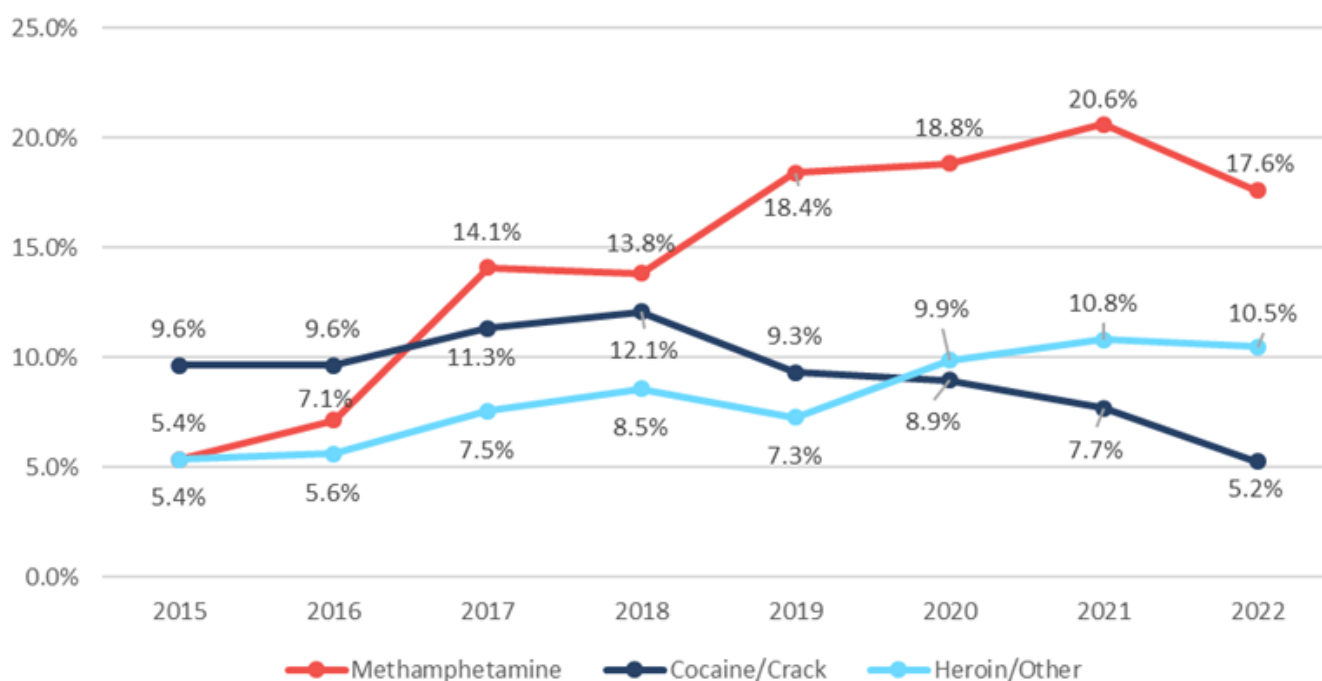
The above graph looks at participants' use of legal substances, namely cannabis and alcohol. The percentages reflect participants who have used a substance at least once during a fiscal year. 21-23% of participants used cannabis in 2015 and 2016. Legalization occurred in 2017 and showed a corresponding increase to 31% of participants. This peaked in 2018 at 36% but remained at 34% or higher from 2019 to 2021. There was a drop to 29% in the first half of 2022. However, since biannual assessments may still be pending for the first fiscal half these numbers may be subject to change.

## Penelope's Corner: Substance Use Trends in PCAP Programs Con't

During the same time period there has also been an increase in alcohol consumption. Earlier in the study period 35% to 42% of clients were using alcohol. By fiscal 2018 this jumped to 46% of participants using within a year and didn't go below 43% until fiscal 2021. The first half of 2022 showed only 31% of participants who were consuming alcohol however there may be a number of assessments still pending for this time period. So these numbers may also change.



Types of Harder Substances Used by Participants - From 2015 to 2022



This graph focuses on the use of illegal hard drugs. One of the limitations of the biannual assessment is that it focuses on substances that may have been more prevalent in the later 90s early 2000s. Cocaine and crack have separate data items within the biannual assessment. At first exploration these data items on their own did not seem to show a distinct trend. Aggregating both into a single cocaine use metric showed a substantive decrease in use from 2015 to 2022: 10% in 2015 to 5% in 2022. However, during the same time period there was an increase in the use of methamphetamine and heroin. (Note: during discussion with the Data Oversight Committee it was believed that opiates, including fentanyl, were coded under the 'other' substances category.) The use of methamphetamine was up four times from 5% in 2015 to 21% of participants using in 2021. Heroin and other opiates have also increased from 5% of participants using in 2015 to 11% of participants in 2021 and 2022.

To ensure these numbers weren't outliers they were compared to secondary data sources. These trends were, in fact, corroborated by the Alberta provincial substance use surveillance data (<https://www.alberta.ca/substance-use-surveillance-data.aspx>). Knowing these findings how have policies and practices changed during this time at your PCAP program? Are there resources or supports you might need to address the changing nature of substance use in Alberta? Would this be helpful information to include in your site's Penelope data report? If you have some ideas as to how the PCAP substance use data would help your program please definitely get in touch: [robert.jagodzinski@alberta-pcap.ca](mailto:robert.jagodzinski@alberta-pcap.ca).



## Resources and Publications



### ◆ Digital Overdose Response System (DORS)

The Digital Overdose Response System (DORS) app developed by Alberta Health Services allows Albertans using opioids or other substances to use more safely by using a timer check in system that uses your location to alert medical attention if needed.

<https://www.dorsapp.ca/>



### ◆ Youth Mental Health Hubs

Youth Hubs Alberta developed by Canadian Mental Health Association improves coordination and access to community resources and services for youth aged 11-24. Youth Hubs Alberta is a model of coordinated networks of community-based services and support that are person-centred and built on individual strength, resilience and readiness.

<https://youthhubsalberta.cmha.ca/about/>



### ◆ Recovery Access Alberta

Recovery Access Alberta supports Albertans by offering a centralized access point to a province-wide addiction treatment matching tool. Finding addiction, detoxification, harm reduction, peer support and supportive recovery housing services can be overwhelming for those seeking help. Recovery Access Alberta will help to inform Albertans of recovery service options available so they can choose an appropriate program or service that fits with their unique situation and meets their individual needs.

<https://recoveryaccessalberta.ca/>



### ◆ CanFASD Media Resources Tool Kit

This tool kit is intended for health care professionals, service providers, journalists, or anyone who might speak to the media about FASD. Use this resource to help guide you on how to speak to the media about FASD, or how to run your own media campaign on FASD/alcohol and pregnancy, ensuring that the language you use is informed, inclusive, and non-stigmatizing.

<https://canfasd.ca/media/media-resources/>



### ◆ Government of Northwest Territories: FASD Public awareness Videos

The Department of Health and Social Services with the Government of Northwest Territories has developed two public awareness videos on Fetal Alcohol Spectrum Disorder (FASD) to bring attention to the importance of diagnosis, and how the public can help support individuals living with FASD.

<https://edmontonfetalalcoholnetwork.org/2021/10/04/government-of-northwest-territories-fasd-public-awareness-videos/>

## Recommended PCAP Trainings



### Mandated

- ☐ Alberta PCAP Core Training
- ☐ Outcomes Tracking Application (Penelope)
- ☐ Gender-Based Analysis Plus

### Priority

- ☐ First Aid & CPR
- ☐ Applied Suicide Intervention Skill Training (ASIST)
- ☐ Cultural Competency
- ☐ FASD: The Basics
- ☐ Harm Reduction
- ☐ Trauma Informed Practice
- ☐ Mental Health First Aid
- ☐ Domestic Violence
- ☐ Motivational Interviewing 1
- ☐ Addictions Training (Alcohol and Drug Abuse Help Kit Training)
- ☐ Confidentiality and Freedom of Information and Protection of Privacy (FOIP)
- ☐ Family Planning-Sexual Health (methods, contraception, side effects)
- ☐ Grief and Loss
- ☐ Car Seat Safety for Infants and Children

### Recommended

- ☐ Non-violence Crisis Intervention
- ☐ Co-occurring Mental Disorders
- ☐ Infant Developmental Stages (caregiving techniques with emphasis on children exposed prenatally to drugs/alcohol)
- ☐ Observation and Documentation
- ☐ Financial Literacy
- ☐ Nutrition-Maternal/Infant
- ☐ Breast Feeding
- ☐ Compassion Fatigue
- ☐ Family Law
- ☐ Criminal Court Training
- ☐ Developmental Parenting and PICCOLO Training
- ☐ Universal Precautions

Want to know where to access these trainings?

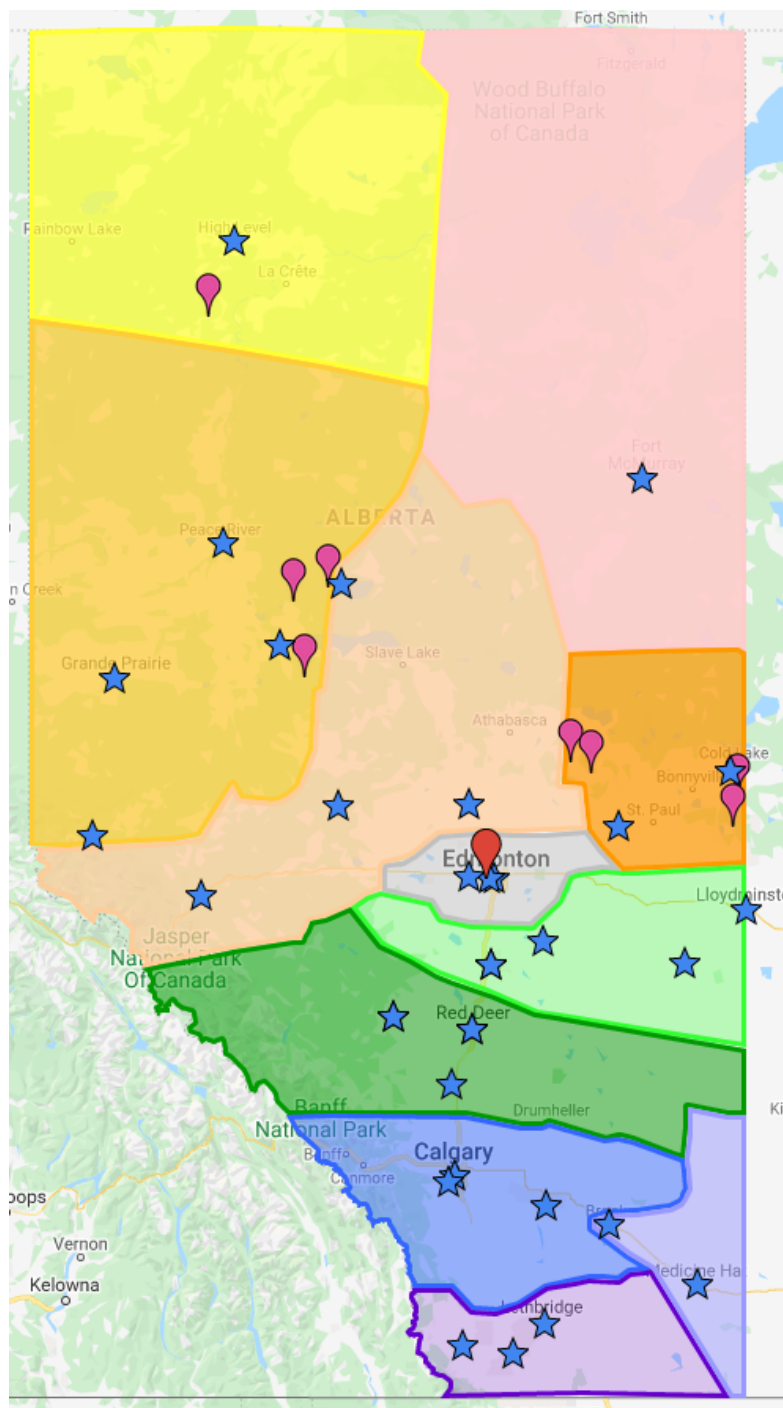
Visit the Alberta PCAP website for a full list of training and where to find them.

<https://tinyurl.com/PCAPModelTraining>

# PCAP Network Map

- Mackenzie Regional FASD Network**  
Northwest Regional FASD Society
- Northeast Alberta FASD Network**  
McMan Fort McMurray
- Northwest Peace FASD Service Network**  
Aseniwuche Winewak Nation  
Drift Pile First Nation  
Grand Prairie Family Educational Society  
Whitefish Lake First Nation  
WJS Canada
- Northwest Central Alberta FASD Network**  
Healthy Families Healthy Futures  
Healthy Families Healthy Futures, Athabasca  
Hinton Employment and Learning Place  
Lesser Slave Lake Indian Regional Council
- Lakeland FASD Society**  
Lakeland Centre for FASD  
Saddle Lake Eagle Healing Lodge\*
- Edmonton Fetal Alcohol Network**  
Bissell Centre  
Catholic Social Services Edmonton  
Enoch Health Services\*  
Metis Settlements General Council Head Office
- Prairie Central FASD Network**  
Camrose Association for Community Living  
Catholic Social Services Wetaskiwin  
Ermineskin Brighter Futures\*  
Midwest Family Connections  
Montana First Nation  
Samson Healthy Families\*
- Central Alberta FASD Network**  
Accredited Supports to the Community  
Family Services of Central Alberta  
Mountain Rose Women's Shelter Association  
O'Chiese Health Centre\*  
Red Deer Native Friendship Society
- Calgary Fetal Alcohol Network**  
McMan Youth, Family and Community Services  
Siksika Health Services  
Tsuu T'ina Nation Health Centre\*
- South East Alberta FASD Network**  
Bridges Family Program  
The SPEC Association for Children and Families
- South Alberta FASD Network**  
Alberta Health Services  
Blood Tribe Department of Health\*  
McMan SCIF

\*=FNIHB



The★'s represent PCAP main offices, however many PCAP programs serve a number of communities. View our interactive location map and find nearby locations and contact information on the Alberta PCAP website:

[alberta-pcap.ca/ab-pcap-locations](http://alberta-pcap.ca/ab-pcap-locations)

## Your Current PCAP Council Directors

- Chair: Angela Knee, Program Supervisor, McMan Calgary and Area  
Email: Angela.Knee@mcmancalgary.ca
- Co-Chair: Richard Mugford, Manager, Youth & Outreach, McMan Calgary and Area  
Email: Richard.Mugford@mcmancalgary.ca
- Treasurer &  
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