



The Parent-Child Assistance Program (PCAP) supports individuals who are pregnant or recently post-partum by connecting them with resources and community services to help reach their self-identified goals. PCAP Mentors work with participants for up to three years with focuses on building relationships, reducing harm, and supporting changes through the development of the participant's self-efficacy.

Research and public health advice show that it's safest not to drink alcohol while pregnant. However, there are many reasons women and pregnant individuals may drink during pregnancy such as late pregnancy recognition, misinformation or conflicting information about the effects of alcohol on a fetus, social pressures, lack of support for challenging life situations, addiction. We all have a role to play in supporting families to be alcohol-free during pregnancy.

The four main goals of PCAP in Alberta are to:

- Support participants to reduce or stop alcohol and/or drug use during pregnancy
- Support participants to increase their wellness by creating self-determined goals
- Support healthy pregnancies and lives for the participants and their children
- Support community connection