

What support can look like through PCAP



About this story

This comic shows an example of services in Parent-Child Assistance Program (PCAP). The characters in the story are fictional, meaning they are not based on any one person. However, many real PCAP clients share parts of Jessica's story. No matter what you've been through or where you are now, there's help available. You've got this!

About PCAP

Parent-Child Assistance Program (PCAP) is for individuals who used alcohol or drugs when they were pregnant. Clients can have up to 3 years of service. PCAP staff do not judge clients. They understand clients may have experienced hard times or trauma, even if they don't talk about it.

PCAP staff get to know their clients and help them choose their own goals. Together, they look for community services and resources to help reach these goals. PCAP staff provide encouragement, role-modelling, and creative problem solving.

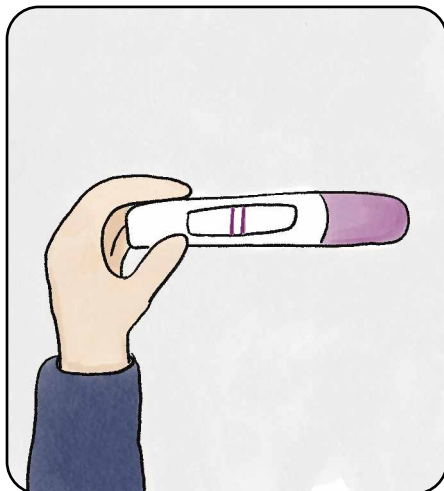
Find out more information by contacting your nearest PCAP program:

<https://alberta-pcap.ca/ab-pcap-locations/>

Hi!
I'm Jessica.



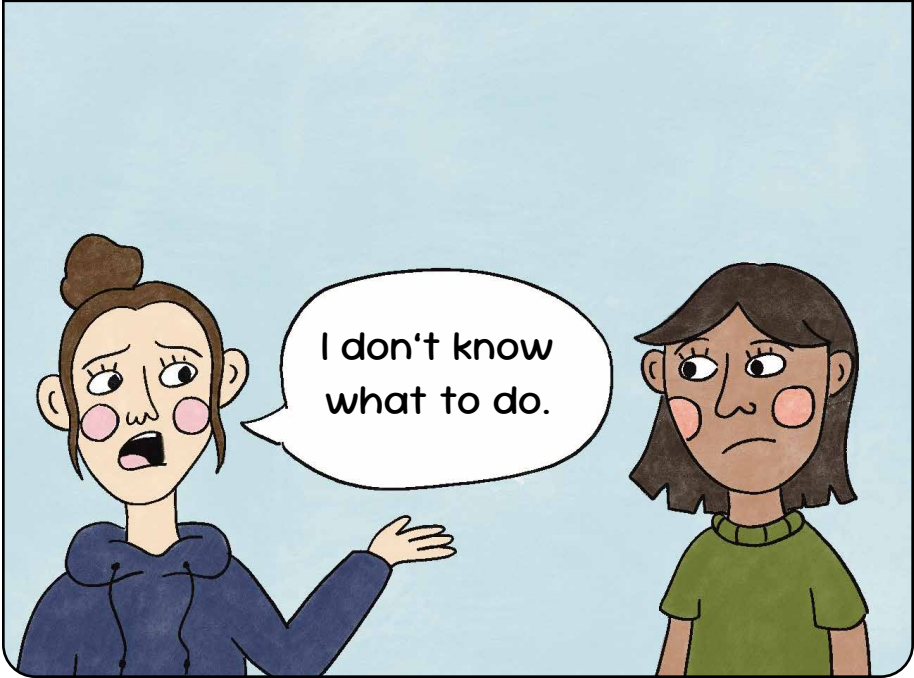
When I was 29, I found out I
was pregnant. I was so scared.



I was drinking lots
at the time and
I wanted to quit, but
I didn't know how.
It felt impossible.



A few months into my pregnancy I was still struggling. I decided to reach out to my friend for help.



She told me about a program that helped her. It was a 3 year mentorship program called PCAP that helped women that were going through the same things I was.



I looked to see if I qualified...

PCAP Intake:

1. Pregnant now or in the last six months
2. Used alcohol or drugs during pregnancy
3. Not well connected to other services

An individual may also be accepted, depending on space in the program, if they:

- Birthed a child with FASD
- Are still drinking alcohol or using drugs
- Can still have children

... I met the criteria, and I was accepted!

I met my mentor Sarah at a coffee shop.

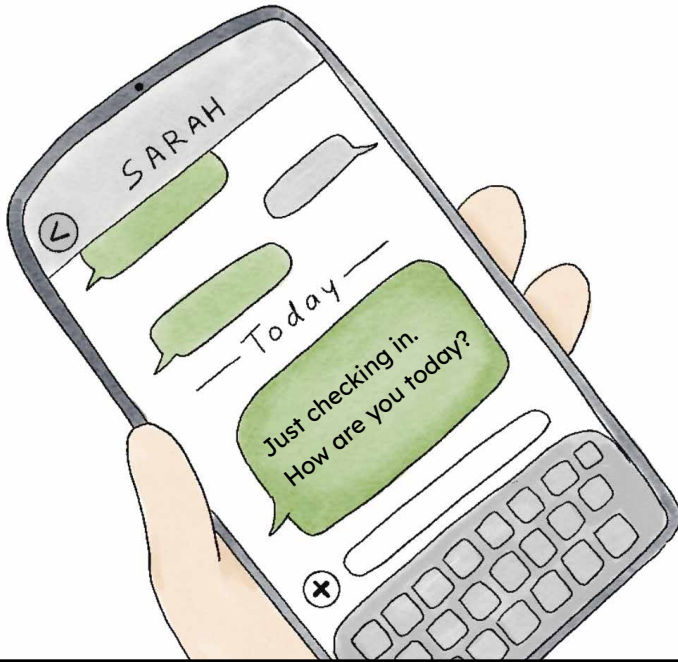


She smiled and waved me over.





Sarah helped connect me to an addiction treatment program. She checked in on me frequently.

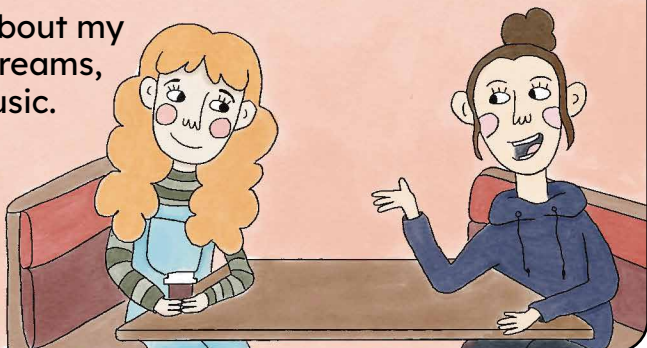


She made sure I had rides to my prenatal appointments. After every appointment she would call and check in on me.



What surprised me the most was that she wanted to know about ME, not just about my problems.

She asked me about my childhood, my dreams, my favourite music.



When I confided in her about my frustrations with the baby's father, she didn't interrupt.

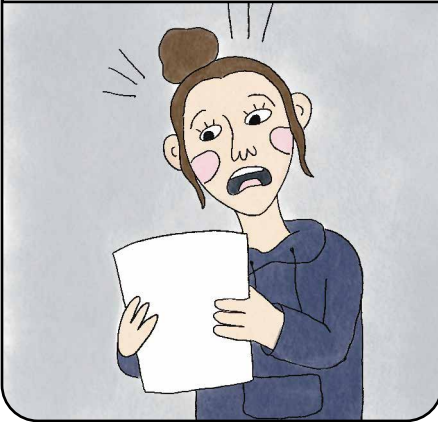


She just listened...

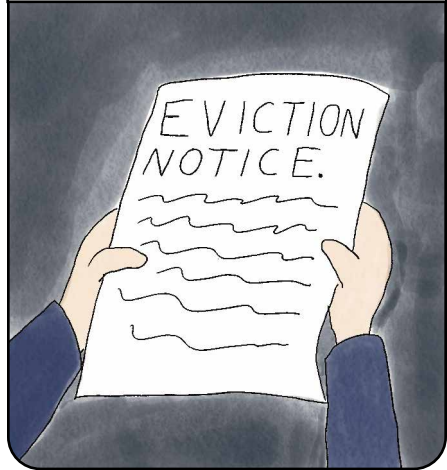
She made me feel seen and validated, and helped me grow more confident in myself. Our weekly check-ins became something I looked forward to.

Monday	Tuesday	Wednesday	Thursday	Friday
AA Meeting	Doctor Appointment	Meeting with Sarah!!!	Goal setting with Sarah	PCAP Activity Night!!

One afternoon I got a notice in the mail.



I was being evicted.



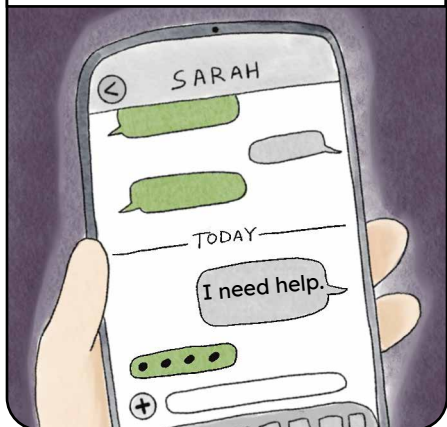
It was like the floor had disappeared from under me. I couldn't breathe.



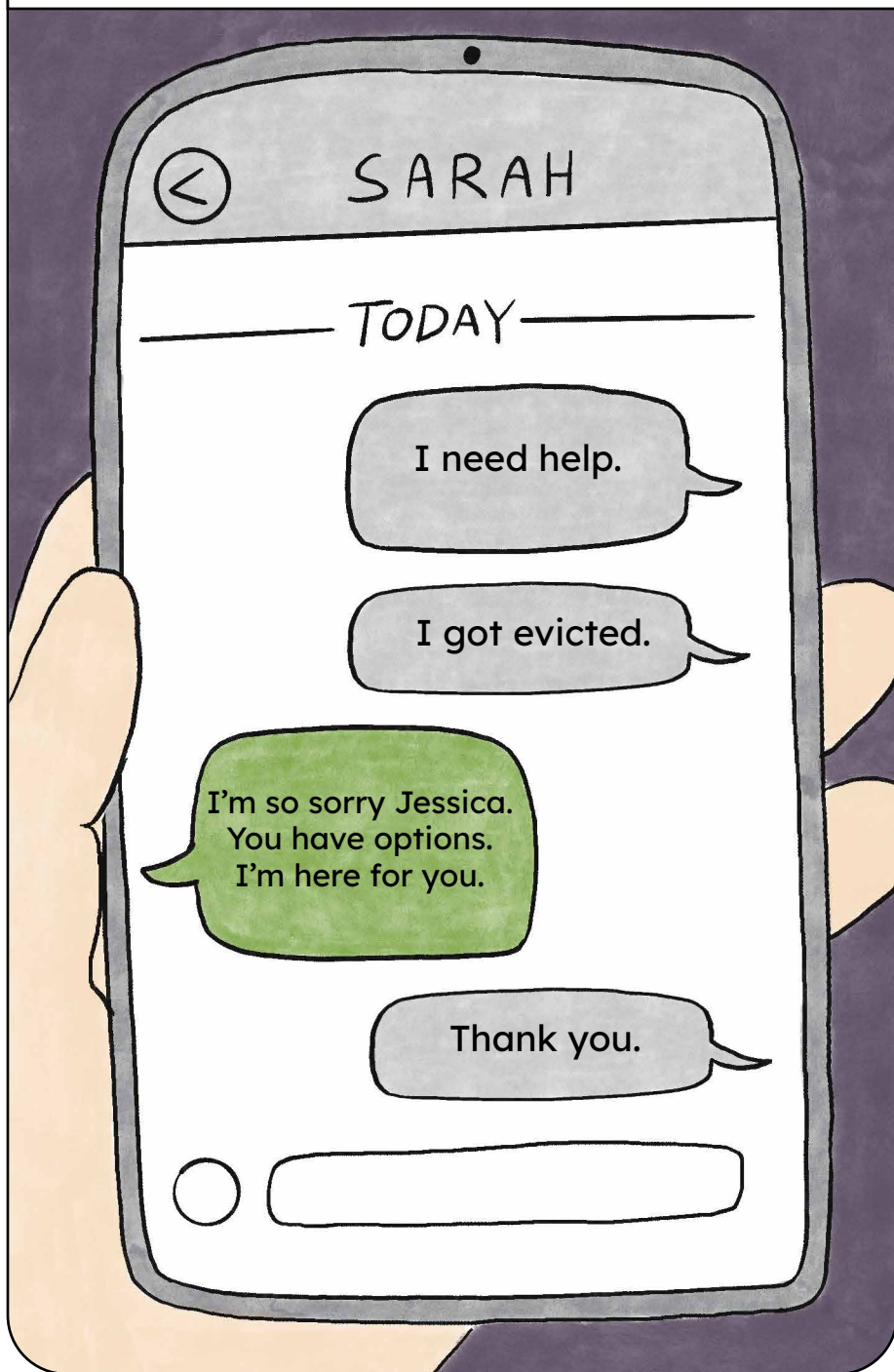
But then I remembered I wasn't alone anymore.



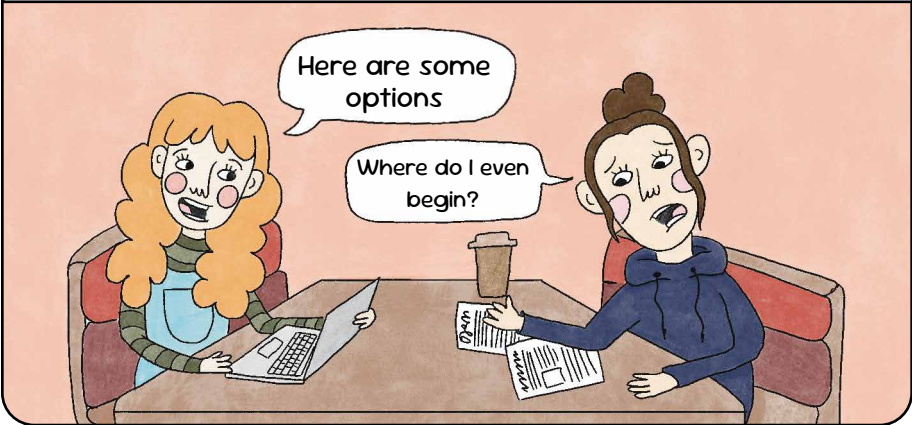
I texted Sarah.



When I wanted to give up, my mentor reminded me of what I've accomplished so far and my goals for the future.



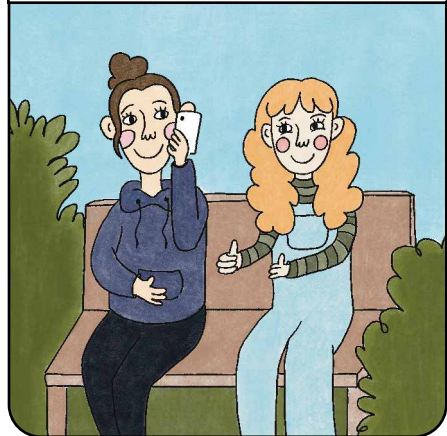
She connected me to housing programs



She helped me fill out paperwork



And make phone calls



Eventually, I had a new place lined up.



When my baby was born, I was worried.
But I was grateful that I didn't have to go through this
journey all alone.

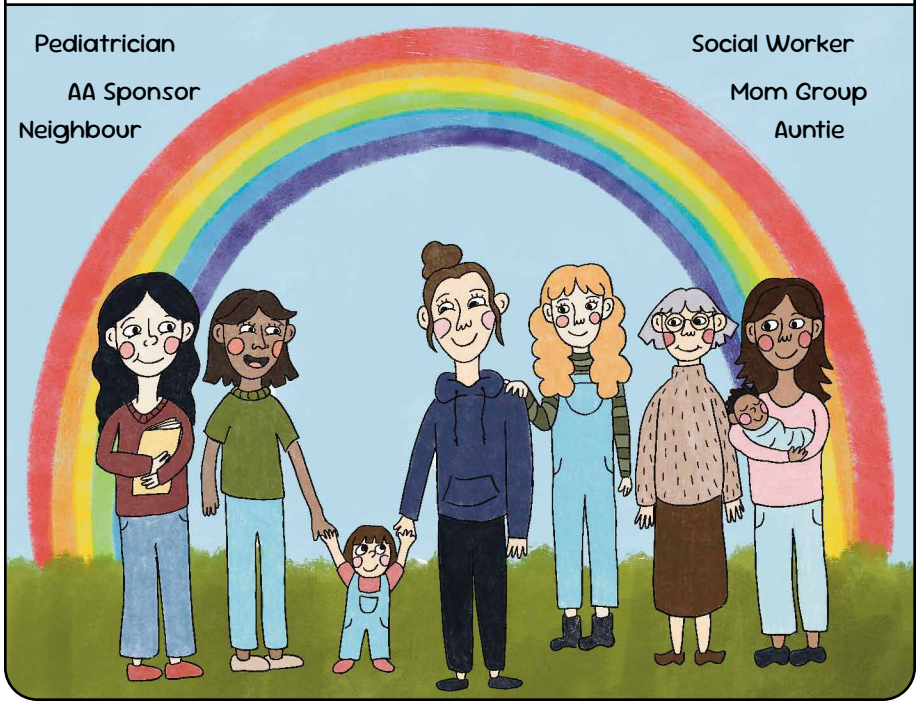


I still had many challenges, but each time I learned
something new and had more supports to keep going.





I may still have challenges, but now I know where to go.



I know I can always call Sarah if I need a bit of help



... And now I know how to offer help to other people too.



Learn more about
Parent-Child Assistance Program (PCAP) by
finding your nearest PCAP program:



Find additional resources here:
<https://alberta-pcap.ca/resources>

Alberta **PCAP** Council
Parent-Child Assistance Program