

## Spectrum Connections

The Spectrum Connections Program provides individualized services to transitional youth and adults who are impacted by FASD and are ineligible for other government support programs. This program supports youth and adults living with FASD to function interdependently within the community while increasing their functionality and quality of life with the aid of environmental adaptations.

## Referral Process

All referrals are categorized into one of three categories: Adults (individuals 18+), CFS Youth (individuals aged 15-21, in the care of Child & Family Services), and Youth at Risk (individuals aged 15-17, who are not in the care of Child & Family Services).

Referrals are received from a number of different sources, including self-referrals. To obtain a referral package, please see the contact information referenced below. When submitting a referral, please include all necessary supporting documentation including assessments and social history. Once the intake process is complete, program eligibility is determined by an Intake Review Committee.

## Eligibility

Individuals deemed Eligible for the Spectrum Connections Program must:

- Want the service (voluntary program);
- Have a formal diagnosis within the fetal alcohol spectrum OR confirmed alcohol exposure in-utero;
- Be ineligible for Community Living disABILITY Services, Provincial Alternative Support Services, and/or Community Mental Health;
- Be a minimum of 15 years of age;
- Live within the City of Winnipeg limits; and
- Benefit from a maximum of 3 to 4 hours of support per week.

## Agency Overview

The Spectrum Connections Program is just one of five programs offered by Life's Journey. Life's Journey is a not-for-profit agency that has been supporting youth and adults living with neurodevelopmental and co-occurring disorders since 2005.

Life's Journey is a disability focused service provider with significant input from clinical services including psychology, psychiatry, & elder as well as an addictions coordinator. We strive to provide services that are clinically informed, culturally relevant, wellness oriented, relationship & strength-based, with environmental adaptations for individual disabilities & challenges.

Life's Journey provides service in a variety of settings including family support, supported independent living, various outreach housing settings, home share (foster), shift staffed residences & day program. Life's Journey Inc. offers similar service out of Steinbach and Brandon through the Rural Connections Program.

**For more information please contact us.**

Life's Journey Inc.  
125 Higgins Ave.  
Phone: 204-772-1591  
Fax: 204-772-1784



Life's Journey Inc.  
Miikana Pimatiziwin

*FASD Services*  
**Spectrum Connections**  
*Helping Manitobans Living With FASD*



Life's Journey Inc.  
Miikana Pimatiziwin

**Services available to eligible 'CFS Youth',  
'At Risk Youth' and 'Tier 1 Adults'**

- Up to 4 hours of weekly Outreach Support Mentorship
- Clinical Case Management
- Individualized Transitional/Case Planning
- Community Resource Information/Assistance with Referrals
- Cultural Services
- Advocacy
- Access to Wellness Programming
- Addictions Programming
- Access to Clinical Consultative Services (Psychological & Psychiatric)
- Family Support / consultation services for those involved
- Housing Support
- Food/Meal Program

**Services available to eligible  
'Tier 2 Adults'**

- Clinical Case Management
- Individualized Transitional/Case Planning
- Community Resource Information/Assistance with Referrals
- Access to : Agency Programming, Cultural and Clinical Services
- Food/Meal Program
- Housing Support
- Family Support / consultation services for those involved
- Advocacy
- Outreach Support Mentorship on an as needed basis (less than Tier 1 or Youth participants)

**Services available to eligible  
'Tier 3 Adults'**

- Community Resource Information/Assistance with Referrals
- Food/Meal Program
- Family Support / consultation services for those involved
- Advocacy
- Access to Clinical Consultative Services (Psychological & Psychiatric)

**Services Available to the Community**

- Consultation Services
- Assistance with Referrals
  - Training Services