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MCAP *news* www.capmanitoba.ca

Sharing ideas, information, resources, struggles & successes

FASD AWARENESS DAY

International FASD Awareness Day in the City of Brandon

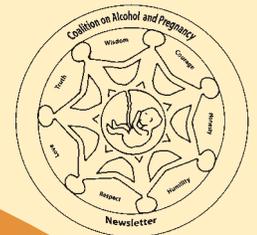
by Rodney Jones, Brandon & Area FASD Committee



A free BreakFAST (breakfast) was a highlight of the day on September 9, 2015 as the Brandon & Area FASD Committee brought sandwiches, coffee, juice and information about FASD and alcohol use during pregnancy to the community of Brandon.

Mayor Rick Chrest was on hand to officially proclaim September 9, 2015 Fetal Alcohol Awareness Day in the city of Brandon. The day began with the ceremonial ringing of bells at 9:09 a.m. (which are used in every

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**VOLUME 10
NUMBER 2**

MCAP News is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about FASD, a disability affecting those who have been exposed to alcohol in utero.

MCAP provides a forum for service providers, families and agency representatives throughout Manitoba with an interest in FASD to share ideas, information, resources, struggles and successes. MCAP facilitates this through regular meetings, special events, the MCAP website and this published newsletter. MCAP receives funding support from Healthy Child Manitoba. MCAP meets every third Monday of the month from 10 a.m. to 12 p.m. at the Healthy Child Manitoba Office. Teleconference available.

Contact kerrihiebert@mts.net for more information.

Stock image supplied by istockphoto.com.

Continued from cover

time zone from New Zealand to Alaska to mark the annual day) followed by a minute of reflection. Aboriginal Elder Frank Tacan of the Brandon Friendship Centre offered a prayer in both Dakota and English while his wife,

Deborah Tacan offered a smudge. Three Manitoba Liquor & Lotteries outlets in the city participated in awareness-raising efforts by handing out promotional drink coasters with purchases in the days leading up

to, on and shortly after September 9. The coasters were provided by the Brandon & Area FASD Committee and contained information about FASD and alcohol use during pregnancy.

The committee congratulates and salutes groups throughout the world who participated in International FASD Awareness Day this year.

A Carnival Atmosphere Sets Tone for International FASD Day

by Erin Klimpke, FASD Youth Justice Program

Thursday, September 10, 2015 marked the 5th Annual BBQ Celebration for International FASD Day sponsored by Healthy Child Manitoba in Winnipeg. The Riverview Community Centre

held 65 parents and 46 children who enjoyed a delicious meal catered by Danny's Whole Hog BBQ and Smokehouse. Guests were entertained throughout the evening with face and

tattoo painting, mini carnival games, a silent auction and a live performance from Isaac the Clown. Isaac started his act by teaching the children some basic circus skills and later entertained

the larger audience with tricks and a juggling act. Thank you to Healthy Child Manitoba for sponsoring the event and to all the volunteers who helped organize another successful event.

Myles Himmelreich Hits a Chord with Portage Event Attendees

by Barry Rud and Nancy Neufeld, Portage and Area FASD Coalition

"An amazing and very engaging speaker. 10/10"...This was just one of the unanimously positive responses to Myles Himmelreich's presentation at the October 23, 2015 FASD Awareness event held in Portage Manitoba.

The Portage and Area FASD Coalition decided to bring Himmelreich to Portage after featuring excerpts from his video, "Living with FASD: Myles Himmelreich" at a 2014 Manitoba Addictions Awareness Week event. The October 23 audience of about 70 included education personnel, workers from various social service agencies, as well as several folks living with FASD.

During his presentation, Himmelreich illustrated the factors that drove his behaviour and how behaviour can often be misinterpreted by those who are trying to help. By way of example, he shared how extreme sensitivity to the taste of a particular toothpaste or smell of a shampoo could lead to what could be seen as hygiene noncompliance. A solution to this issue could be as simple as involving the person in the selection of those products to ensure the person is able to tolerate them. Himmelreich also shared his own strategies for dealing with issues of sensitivity associated with FASD including having a fidget ring to help him focus, choosing

clothing based on the type of activity he is engaging in to limit irritation, and moving around when he presents.

Later in the day, through a cooperative arrangement between the Agassiz Youth Center, the Starfish Program and the Portage and Area FASD Coalition, Myles shared his story with ten youth currently residing at the Agassiz Youth Centre. The youth participating were all aware of their own FASD diagnosis prior to attending the session. Myles emphasized that while he lived

with FASD, he did not "suffer" from it and was not a "victim" of his circumstances. He talked about his struggles and successes and how it was important for him to understand his diagnosis so that he could make good decisions about what he needed to do in order to cope with life and to be able to advocate for himself. The young men attending the session listened attentively and thanked Myles for coming to visit with them.

In short, the day can be best summed up in the responses to one workshop participant—"Excellent, real and meaningful."

College Students Learn About FASD

by Colleen Tower, Flin Flon/Creighton FASD Committee co-chair



Flin Flon/Creighton FASD Committee members Tiffany and Shelly help serve breakfast during September 9th Awareness event

On September 9, 2015 the Flin Flon/Creighton FASD Committee once again took over the entrance of a local college to spread the word about FASD prevention. Committee members welcomed students to school with a complimentary BreakFASD (breakfast) of fruit, yogurt, muffins and juice and provided information about what FASD is and how it can be prevented.

Students were also invited to take part in an educational game throughout the breakfast hour that had them answer true or false questions about FASD. Each correct answer was rewarded with a chip to be entered to win a small prize. To help participants feel confident to play the game, the correct answers were listed on posters throughout the school entrance. Committee members also made themselves available to answer questions and chat with students and staff members.

Once breakfast was over and it was time for classes to start, committee members did a presentation to all students who were attending the high school continuing education program. The hour-long presentation included information about how to help pregnant women have healthy pregnancies. There was a strong emphasis on reasons why a woman may drink during pregnancy and how important it is for the people around her to not judge or shame, but to support her.

The last part of the presentation was a show and tell of various therapy tools that may be helpful to someone diagnosed with a FASD. The students found the tools interesting and had many questions about how they could learn more.

An FASD Awareness Day Partnership

by Shannon Foster, Interlake-Eastern RHA

On International FASD Awareness Day this year, the Interlake and Eastern FASD Coalitions partnered with the Interlake-Eastern RHA to sponsor informal meet-and-greet events held in Selkirk, Pine Falls, Lac Du Bonnet and two locations in Beausejour.

Along with yummy snacks and cupcakes, coalition members gave out squishy sensory balls that look like mini brains with "I Learn Differently" written on them. The mini-brain helps remind folks that FASD is a brain-based disability that can impact an

individual physically, cognitively and behaviourally. The mini-brain ball is also used as a tool to help children and youth focus while working on tasks.

Coalition members were grateful for the opportunity to network

with people from the community, colleagues from various agencies, as well as parents and caregivers who stopped by to grab a mini-brain and have a casual conversation about FASD.

12 Years of FASD Awareness in The Pas

by Dee Harvey, The Pas and Area FASD Committee

Greetings from The Pas! On Sept 9, 2015 The Pas and Area FASD Committee hosted its 12th Annual International FASD Awareness Walk. Throughout the year, the committee strives to keep FASD awareness at the forefront, but year after year this event provides a special opportunity for the community to recognize

the impact FASD has at both an individual and community level.

Many thanks to all of the dedicated community members from The Pas, Opaskwayak Cree Nation and surrounding areas who walked across the Chief Cornelius Bignell Bridge over the Saskatchewan River to acknowledge the

significance of the day. The walk ended at Oscar Lathlin Collegiate on Opaskwayak Cree Nation where a tasty lunch was served. Local dignitaries brought greetings and community residents, school staff and students were encouraged to visit the many display booths set-up around the hall.

Thanks also go out to The Pas Community Renewal Corporation and the Kinsmen Club for help funding our event, Oscar Lathlin Collegiate for providing the space, the local businesses that provided lunch, and all the individuals and organizations that helped with planning the day.



Walk participants reach their destination.

Looking After Each Other: A Dignity Promotion Project

by Ken Lamoureux, Healthy Child Manitoba Office

Every year, the Healthy Child Manitoba Office hosts an event called the Coalition of Chairs Annual Gathering. This two-day event brings together the chairs and co-chairs of the FASD coalitions from across the province to network, share ideas and hear presentations on research and best practices that will inform their coalition's work at the local level.

At the May 2014 gathering, the coalition chairs and co-chairs, along with other members of the FASD community, decided that they wanted to work together to address the issue of stigma in relation to FASD. This has led to the development of a province-wide, multi-year project to promote the dignity of Manitobans affected by FASD. The aim of the project is to promote dignity by shifting social attitudes in relation to FASD.

During this year's gathering, participants agreed that our new

project needed a name, which led to the idea of asking an Elder to do a Naming Ceremony. Aboriginal Elder Velma Orvis was asked to hold a Naming Ceremony in order to provide the project with a name. Velma agreed to hold a Naming Ceremony on September 21 in Winnipeg (and via telehealth for rural and northern members) and a name for our project was found – Looking After Each Other: A Dignity Promotion Project. Looking After Each Other is still in its development stage, but members have already started working on some activities in the areas of research, popular education and developing a common language that promotes dignity. We will make sure to keep MCAP members up to date moving forward.

Other HCMO Updates FASD Awareness Survey

Over the winter of 2015, HCMO contracted with NRG Research Group to conduct a telephone

survey with members of the general public within Manitoba. The primary purpose of the research was to gauge awareness and perceptions of alcohol use during pregnancy, understand people's familiarity with Fetal Alcohol Spectrum Disorder (FASD), and measure awareness of Manitoba's FASD Strategy. A total of 1,001 interviews were conducted over seventeen days and all surveys were completed within Manitoba to reflect the population distribution throughout the province.

If you are interested in learning more about the findings from this survey, the final report is available by contacting Gayle Mager by email Gayle.Mager@gov.mb.ca or by phone at: 1-204-945-3830.

InSight Program Evaluation

HCMO commissioned a report on the InSight Mentor Program by the Manitoba Centre for Health Policy to examine the long-term outcomes of the program. The final

report was released on October 7, 2015. In summary, the report found that the program was successful at reaching the intended target population, an exceptionally vulnerable group of women, and that overall the program makes a positive difference for women while they are in the program. The most positive findings were a significant increase in access to prenatal care, decrease in substance use both in and out of pregnancy, an increase in contraception use and increased service utilization, including children's attendance at the FASD diagnostic clinic. The report also found that most positive gains made during the program were not sustained after program exit.

If you are interested in learning more, you can find the three-page summary, the full report, an information graphic and a video interview with the lead author of the study on the [University of Manitoba Faculty of Health Science website](#).

“Making Sense of the Madness” Tour Hits Dauphin

by Twyla Gilroy, South Parkland FASD Coalition

Dauphin was the place to be on Monday, September 28 when Jeff Noble, founder of Noble Initiatives came to town. When he arrived in Dauphin, Noble was midway through his “Making Sense of the Madness” 2015 North American Tour. The goal of the tour is to spread Fetal Alcohol Spectrum Disorder (FASD) awareness and education across the continent. The tour includes 25 stops in cities small and large to empower, educate and energize FASD caregivers, support persons and allies. The theme for this year’s tour is “FASD 1oh1: Bringin’ It Back to Brain.”

Over 70 people converged on the Dauphin Friendship Centre to “rock the house” with Noble. It was a jam-packed day that had participants singing Jeff’s praises as they left at the end.

Noble’s charismatic approach kept participants engaged and laughing, even as he spoke about the serious issue of FASD, adeptly weaving education and information through stories and firsthand accounts.

Participants picked up on several provocative key messages including, “10 second kids in a 1 second world,” “Suspending someone with FASD from school is like suspending a blind person and telling them ‘when you come back from your suspension you better not be blind,’” and “Just because someone with FASD

can say ‘it’ doesn’t mean that they understand ‘it,’” “Often times their [people living with a FASD] expressive language is greater than their comprehension, making them appear more capable than they really are.” Other notable phrases included “Bring it back to the brain,” “Behaviour is a symptom,” “Interdependence versus independence,” and “IQ versus executive functioning.”

Noble challenged participants to consider the language they use when talking about FASD. Statements such as “confirmed alcohol exposure” rather than “admitted to alcohol use” help reduce the stigma and shame associated with FASD.

Participants, a mix of professionals and caregivers, also had opportunity to explore several displays highlighting FASD services and supports available in the region.

The South Parkland FASD Coalition considers this to be another successful event of bringing awareness and education about Fetal Alcohol Spectrum Disorder to south Parkland. The group continues to partner with community groups to facilitate further learning opportunities about FASD.



“Making Sense of the Madness” on Opaskwayak Cree Nation

by Carie McIntosh, The Pas and Area FASD Committee

Beautiful fall weather welcomed Jeff Noble to Opaskwayak Cree Nation on September 27, 2015. The day marked yet another pit stop on his “Making Sense of the Madness” North American Tour. Noble stopped off at the Kikiwak Inn en route from Calgary to Dauphin, Manitoba. Notable stops on his tour included Los Angeles, California, The Lakeland FASD Centre and Atlanta, Georgia. An audience of educational

assistants, early childhood educators, parents/foster parents, and service providers were ‘wowed’ by Noble’s ability to explain Fetal Alcohol Spectrum Disorder in plain, understandable language. The day was filled with many personal stories of young people he had worked with and, in some cases, helped raise. Noble also shared the wisdom he has gained from many of the FASD ‘heavy hitters’ including Diane Malbin,

Dr. Jackie Pei, Dan Dubovsky, and David Boulding. Those in attendance experienced many ‘a-ha’ moments.

Locally, the event was generously sponsored by Northern Learning and Support Centre with hands-on help from The Pas and Area FASD Committee. Attendees were treated to lunch and information booths, as well as giveaways from the

FASD committee including pamphlets, Frisbees, keychains, magnets, pens and balloons.

The Northern Learning and Support Centre and the Pas and Area FASD Committee hope to bring Noble back to the area in order to further our learning.

The following quotes were taken from the presentation by Jeff Noble.

Everyone has a brain. Everyone’s brain is different. Everyone’s brain works for them. So why do we treat everyone like their brains are the same?

Expectations are premeditated resentments.

We think they think the way we think we should think.

If people do not in some way, mourn their losses, they will continue to live in the past; regret the present; and fear the future.

Anywhere there is alcohol, there is Fetal Alcohol Spectrum Disorder.

FASD is a health issue, not a criminal one.

events

The Brandon & Area FASD Committee Presents:

How to Survive (and Thrive): Raising a Person With FASD

Dan Dubovsky, MSW
FASD Specialist & Clinician

6:00-8:30 pm, Monday, November 30, 2015
Victoria Inn, Brandon, Manitoba

- Why do we see what we do in individuals with FASD?
- How can we think differently about the behaviours we see so we can change our approach?
- Understanding the losses that families experience.
- Reducing stress and adding humour as essential elements.

A Free Evening Event for parents and primary caregivers of persons with FASD. Registration is limited to 150 seats and will be on a first come first serve basis.

REGISTRATION DEADLINE: November 16.

Supporting With Understanding: Improving Outcomes For Those with FASD and Their Families

Dan Dubovsky, MSW
FASD Specialist & Clinician

Tuesday, December 1, 2015, Victoria Inn, Brandon, Manitoba

- What is going on with individuals with FASD?
- Why are they experiencing what they do?
- Why it is important to identify those with FASD and recognize what is happening.
- What can we all do to improve outcomes for those with FASD, their families and the service providers who work with them?

A One-Day Conference for parents/caregivers, educators, mental health and other clinicians, family services workers, child and family services workers, law enforcement/corrections/justice/probations personnel, addictions and substance use treatment workers, public health, families first support personnel, physicians/nurse practitioners and others in support of those with FASD.

Early Registration \$100 or a table of 8 for \$720 (\$90 per person)
Registration \$125 per person after October 9th.

REGISTRATION DEADLINE: November 16.

To register, please contact: **Cindy Stumme**, Society for Manitobans with Disabilities
Room 140-340 9th Street, Brandon, Manitoba, R7A 6C2 (204) 726-6160 cstumme@smd.mb.ca

Manitoba Coalition on Alcohol and Pregnancy (MCAP) and the Manitoba FASD Family Network 2015 - 2016 Information Series

November 27, 2015 - Strategies for the Home—Living with FASD

January 29, 2016 - This is Me My Life Book

February 26, 2016 - FASD and Mental Health

All sessions run from 12:00 to 1:00 pm. To see the most up to date information about MCAP info sessions check out our website at capmanitoba.ca. There you will also find out more about how-to-register and about future info sessions.

Sessions may be available via tele-videoconference in some areas. For more information check out the MCAP website capmanitoba.ca

These are **FREE** sessions sponsored by the Manitoba Coalition on Alcohol and Pregnancy (MCAP) and MB FASD Centre.

Hat's Off to MCAP Member Karen Beaudin on Receiving the Order of Manitoba



Karen Beaudin

Ms. Karen Beaudin, a Métis civic employee was announced as one of the 12 recipients of the Order of Manitoba this year.

The Order of Manitoba is the highest honour in the Province of Manitoba and recognizes those who've made a tremendous contribution to the social, cultural or economic well-being of Manitoba.

She is a woman who strives, in all she does, to make Winnipeg a better place for the most vulnerable people in society.

Karen started out her career with the City of Winnipeg as a Dental Assistant, then moved on to the position of Community Development Worker and is presently working as a Community Resource Coordinator for the Downtown and Elmwood CCA.

Karen is approaching her 22nd anniversary with the City of Winnipeg.

Karen Beaudin holds Bachelor of Arts and Social Work degree as well as a Certificate in Management and a Human Resource Certificate. In 2002, she initiated the City's Aboriginal Employee Group and serves as its spokesperson. Founded to provide Aboriginal employees with program supports and information about training, education and scholarship opportunities, it also works to dispel any negative stereotypes about the community among co-workers.

A proud supporter of the Métis movement, she has given countless hours to various Aboriginal events. She has also given her time to many community boards including serving as a member of the Métis Child, Family & Community Services board. She is currently active on two boards in Winnipeg's North End including Ikwe Widdjittwin, an Aboriginal women and children's crisis shelter, where she is Vice-Chair. She also co-chaired Seven Oaks Parents in support of Aboriginal Education for a number of years, where the group was successful in obtaining funding to provide after school programming in the Seven Oaks School Division.

Karen Beaudin's commitment to youth is longstanding. She is a volunteer soccer coach for a female 14 and under team from Central Community Centre. As well, in addition to having raised two great boys, she continues to serve as a foster parent of some very special angels.

Visit [Order of Manitoba](#) to learn more.

Reprinted with permission from the City of Winnipeg. Original article can be found on the [City of Winnipeg website](#).



In the last issue of *MCAP News*, readers were asked to send in questions about FASD that they would like to have answered by a FASD expert.

Q: *If I know somebody who is pregnant and using alcohol and she has asked me for help to stop drinking, where can I go or who can I talk to?*

A: Here in Manitoba there are many different sources of help for women who are using alcohol and would like to stop. Talking to a doctor, nurse or counsellor may be a place to start. If she is interested in attending an

addiction treatment program, you can find a listing of provincially funded services at gov.mb.ca/healthyliving/addictions/index.html and there are several private programs as well. It may be helpful to know that addictions agencies give priority placement to women who are pregnant.

There are also community-based programs in some communities across Manitoba. Some of those can be found in a guide called the **FASD Services in Manitoba Resource List** which can be downloaded from the **Healthy Child Manitoba website**, ordered free within Manitoba by phoning 1-204-945-2266 or 1-888-848-0140, by e-mailing healthychild@gov.mb.ca.



WIRED

An excellent article about the positive impact disability can have within families titled, “Strength in Diversity: Positive Impacts of Children with Disabilities” is now available online @ blog.vanierinstitute.ca/children-disability-positive-impacts-children-family/

Manitoba Liquor and Lotteries has recently updated their Be With Child Without Alcohol resource guide. The guide is available in English, French, Cree, and Ojibway free of charge as a download or in print. Learn how you can Be With Child Without Alcohol or help a pregnant woman you know do the same withchildwithoutalcohol.com

Healthy Child Manitoba is pleased to announce four new resources aimed at service providers who work with girls and women. A series of one-page tip sheets were developed, based on work by the BC Centre of Excellence for Women’s Health, to support service providers in having conversations with women about alcohol, pregnancy and contraception. The sheets cover a range of situations and are titled:

- *It is Safest Not to Drink During Pregnancy: What Does This Mean?*
- *Why do Girls and Women Drink During Pregnancy?*
- *Pregnancy, Alcohol, and Trauma-informed Practice.*

- *Treatment and Care for Pregnant Women who use Alcohol and/or Other Drugs.*

There are also more comprehensive downloadable documents available on each topic by clicking the “More Information” link beside each one-pager.

Hardcopies can also be ordered by phone 1-204-945-2266 or email healthychild@gov.mb.ca.

On September 9, 2015 the FASD Center for Excellence held a webinar titled “Healthy Baby, Healthy Life: Provider Perspectives and Roles in Addressing FASD: A Free Webinar” and now you can check it out on their website.

Check out two more websites that also host webinars and archive them:

N.O.F.A.S (National Organization on Fetal Alcohol Syndrome) and CAPHC (Canadian Association of Paediatric Health Centres)

As always, to learn more about MCAP and stay up-to-date on all that we have going on, you can find us at capmanitoba.ca



M A N I T O B A

FASD CENTRE

Building Circles of Support

For Parents of Children with Fetal Alcohol Spectrum Disorder (FASD)

Thursdays from 4:30-6:30PM

For all participating locations outside of Winnipeg.

- April 7, 2016
- April 14, 2016
- April 21, 2016
- April 28, 2016
- May 5, 2016
- May 12, 2016
- May 19, 2016
- May 26, 2016

INFORMATION SERIES

Parents, caregivers, other family members and professionals who support children recently seen or diagnosed at the Manitoba FASD Centre.

TOPICS INCLUDE

- What does it mean that my child has FASD?
- How will FASD affect their behavior, school performance and social interactions?
 - How can I help others understand my child's disability?
 - How can I help my child understand his/her disability?
 - How can I help my child develop his/her strengths?

Please note that we will be discussing a different topic each week. We encourage you to attend for the entire 8 weeks. For more information contact a FASD Diagnostic Coordinator.

Manitoba Coalition on Alcohol and Pregnancy (MCAP) – Membership Form

Thank you for your interest in the Manitoba Coalition on Alcohol and Pregnancy (MCAP). MCAP membership is open to all Manitobans with an interest in fetal alcohol spectrum disorder (FASD). MCAP will facilitate representation from across the province through the use of teleconferencing technology. Anyone may attend a MCAP meeting, however only voting members may participate in making decisions for MCAP. There are no membership fees or dues. Members must complete and submit annually a membership form confirming their intention. The type of membership chosen reflects the level of commitment to MCAP. Voting members are encouraged to attend meetings regularly to ensure quorum can be established at each meeting. Voting members are asked to let the MCAP administrative co-ordinator know when they are unable to attend a meeting.

Name: _____ Date: _____

Organization (if applicable): _____

Mailing address: _____

Tel: _____ Fax: _____ Email: _____

Please indicate the type of member you wish to be:

Individual Voting Member: An individual voting member is a person with an interest in FASD, who is not representing an organization. Voting members are committed to attending meetings on a regular basis and are engaged in MCAP activities.

Organizational Voting Member: An organizational voting member is a person representing an organization. The membership will be held by the organization, which will appoint a representative to vote at MCAP meetings, participate in MCAP events and receive minutes and correspondence. Each organization will have one vote. An alternate may attend meetings to represent the organization. The organization is committed to providing a representative to attend meetings on a regular basis and engage in MCAP activities.

Individual Non-Voting Member: An individual non-voting member is a person not representing an organization, interested in receiving the *MCAP News* and invitations to MCAP events but does not wish to participate in the operation of MCAP. Individual non-voting members are encouraged to attend MCAP meetings, however if they wish to participate in the administration of MCAP they must change their membership to a voting member.

Organizational Non-Voting Member: An organizational non-voting member is an organization with an interest in receiving the FASD News and invitations to MCAP events but does not wish to participate in the operation of the MCAP. The organization will identify a contact person to receive information. The organization is encouraged to send a representative to attend MCAP meetings, however if they wish to participate in the administration of the MCAP they must change their membership to a voting member.

Ex officio non-voting member: MCAP funders.

Please mail the completed form to:
Kerri Hiebert, MCAP Administrative Co-ordinator
299 Truro Street, Winnipeg, MB R3J 2A2