

Shannon Foster

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Interlake

Shannon Foster is a registered social worker who has gained her experience working with children, youth and families over the last 10 years recognizing their strengths and empowering them to reach emotional, spiritual, and psychological well-being. She works with individuals and their families/support networks to discover their needs and build on their strengths. She believes that growth and healing is always possible and to always be curious and enjoy the gifts each individual and family has to give.

Shannon has experience in the field of neurodevelopmental disorders, generally Fetal Alcohol Spectrum Disorder, childhood development and the impacts of mental health, trauma and other hidden forms of disability on the developing brain. She has worked in FASD prevention and intervention programs, the child welfare system and within private practice. Shannon is considered one of the leading professionals in working directly with adolescents with FASD and has worked as a Manitoba Key Worker, an FASD support program, from the time of the program's development and has multiple collaterals within the FASD field. Shannon implements more strength-based and empowerment theories into practical policy for community-based service programs and has enriched her experience by working for multiple Indigenous agencies and identifies as a Métis woman.