

# SUPPORTIVE RESOURCES FOR PREGNANT PEOPLE CONSUMING ALCOHOL

**This resource list is intended for people who are pregnant or have been recently pregnant and are (or have been) consuming alcohol. The organizations below are located in Newfoundland and Labrador and focus on supporting people in safe and non-judgmental ways.**

## fasdNL

fasdNL is a provincial organisation that educates, networks, and shares resources across Newfoundland and Labrador. fasdNL focuses on increasing awareness of fetal alcohol spectrum disorder (FASD) and its related issues among individuals, families and communities.

fasdNL offers resources, training and support for individuals and families who are impacted by FASD across the province. They offer a free monthly group for parents and caregivers of individuals with confirmed or suspected FASD. This space is intended to be a safe space for members to ask questions or advice, share frustrations and daily living strategies.



contact@fasdnl.ca



<http://www.fasdnl.ca/what-we-do.html>

## Managed Alcohol Program

MAP is a harm reduction approach for women and nonbinary people in St. John's who drink. We believe that if someone is being harmed by their alcohol use, abstinence (not drinking at all) is not always the answer, and not always possible. Drinking alcohol is a socially accepted activity that can sometimes put people at risk.

MAP helps people make their lives safer by providing an individual, stable supply of alcohol, and any health or social support that a person may need in order to reduce the harms that they face related to their alcohol use.



becky@sjwomenscentre.ca



709-725-8700



## Planned Parenthood: Newfoundland & Labrador's Sexual Health Centre

Planned Parenthood is a non-profit, pro-choice sexual health centre that promotes positive sexual health and 2SLGBTQIA+ inclusion through education, community partnership, information and services within an environment that supports and respects individual choice. The office is based out of St. John's, but they serve all parts of the province. They work with community-based and government organizations to achieve the goals of positive attitudes toward sexuality, responsible sexual practices and preventive health care.

Their services are available to anyone regardless of age, race, ethnicity, gender, gender identity, gender expression, socioeconomic status, physical or mental ability, sexual orientation, religion, religious creed, national or social origin, marital status, family status and political opinion.

They have a sexual health clinic operating on an appointment-only basis; and pregnancy tests and peer support sessions are walk-in based.



(709) 579-1009



[www.plannedparenthoodnlshc.com](http://www.plannedparenthoodnlshc.com)

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## Momma Moments (Choices for Youth)

Momma Moments currently operates in St. John's and Conception Bay South, where groups meet once a week for programming that emphasises overall wellness - mental, physical, spiritual, and social - for both mother and child. Young mothers have access to healthy recreational activities, as well as resources and discussions on topics of family building, income supports, mental health, education, nutrition, and more.

This program is a peer-to-peer support and strengths-based group for young parents or pregnant mothers, providing moms and their children with wrap-around support to navigate the challenges of motherhood. For some moms in the program, they often face traditional challenges of motherhood in addition to social isolation, financial demands, and limited social and family support. With the help and advocacy offered through the program, mothers can overcome barriers, build brighter futures, and break cycles of intergenerational challenges.



(709) 754-0446



<https://www.choicesforyouth.ca/family>



## Right Here, Right Now: Drop in Counselling

Right Here, Right Now counselling is a drop-in counselling program that provides single session therapy to women and non-binary people (18 and over) in the St. John's area about anything at all that is impacting their lives. Drop-ins are available on Tuesdays and Wednesdays between 12pm-5:30p.m. Evening appointments are available – please call by 5:00 to make an appointment for that evening. Counselling is also available on Zoom or by phone.



(709) 753-0220



[www.sjwomenscentre.ca](http://www.sjwomenscentre.ca)



170 Cashin Avenue Extension, St. John's, NL

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## Lifewise

Lifewise is the only provincial organization in Newfoundland & Labrador created by and for individuals living with mental health and addictions issues. We exist to support and encourage individual recovery through self-determination, while working to break the stigma surrounding these issues in society.

The Warm Line is a non-emergency, non-crisis telephone support and referral service. People with lived experience receive training to operate the service. Struggling? Need someone to talk to? Call the warm line. Talk to people who've been there and who get it. It's anonymous and confidential. It's open 10am until Midnight every day.



1.855.753.2560