



Stepping Out on Saturday Manitoba

Friendships Start Here

Therapeutic Recreation Program for Children with Fetal Alcohol Spectrum Disorder (FASD)



The Stepping Out on Saturday (SOS) Program is designed to offer children a fun day in a supportive environment where they can learn and practice friendship skills and gain strategies for self-regulation. Trained staff and a low child-to-adult ratio are key to a successful day. Through the intake process, a plan to support the unique needs of each child is developed. The program is offered in five Manitoba locations:

Bloodvein, Brandon, Selkirk, Thompson, and Winnipeg

Winnipeg SOS Program

The program is offered one Saturday a month. It is run by the Rehabilitation Centre for Children out of the SSCY Centre (1155 Notre Dame Ave., Wpg, MB) from 10:00 am – 2:00 pm. Applications are accepted on an ongoing basis.

PLEASE NOTE: During the COVID-19 pandemic, program hours and delivery may change. SOS Camp will follow Public Health Orders and policies set out by the Rehabilitation Centre for Children. Thank you for your understanding.



This program is for
children who...

Are age 5 to 12 years old

Have a diagnosis of FASD
or have been referred
for assessment at the
Manitoba FASD Network



For more information,
please contact:

SOS Winnipeg Camp Facilitator

Phone: (204) 258-6741

SOS Provincial Coordinator

Phone: (431) 276-3892

Email: lbennett@rccinc.ca



Stepping Out on Saturday Manitoba (S.O.S. MB)

Friendships Start Here

Winnipeg Program Information

What is SOS Day Camp?

The Winnipeg Stepping Out on Saturday Program (aka “SOS Camp”) is a therapeutic recreation program offered through the Rehabilitation Centre for Children. The program runs one Saturday per month. Two sessions are offered each year:

- The Fall Session (September – January)
- The Spring Session (February – June)

Program hours are 10:00 a.m. – 2:00 p.m. In Winnipeg, the program is held at the SSCY Centre (1155 Notre Dame Ave).

PLEASE NOTE: During the COVID-19 Pandemic, program hours and delivery may change. SOS Camp will follow Public Health Orders and policies set out by the Rehabilitation Centre for Children. Thank you for your understanding.

Who can join?

SOS Camp is for children who are age 5 to 12 years old and have a diagnosis of FASD (or are awaiting assessment).

What should families know about camp?

Families are responsible for pick-up and drop-off as well as sending the campers with a healthy lunch and appropriate clothing for indoor and outdoor play. Morning and afternoon snacks are provided. Children must be signed in and out of the camp by an authorized caregiver. Currently there is no cost to participate in this program. Participation is reviewed on a yearly basis.

What kinds of things do you do at camp?

We spend our day playing in small groups. Our supervision ratio is 1 adult : 3 kids, making for a fun and supportive group setting. The children do a mix of indoor and outdoor activities, including art projects, cooking, and physical play. Each camp also includes activities that are meant to help children gain friendship skills and strategies for self-regulation. We sometimes have special guests that visit us at camp (e.g., Indigenous Elder, art therapy, a music therapist, pet therapy, university students completing fieldwork placements, etc.).

How do I follow-up on what my child is learning?

We will send home a newsletter talking about our activities for the day and what skills we focused on at camp. Each camper also fills out a reflection sheet, to share their highlights of the day as well as any strategies they used to help them participate.

Who can I talk to if I have further questions?

Please call the Winnipeg Stepping Out On Saturday office at (204) 258-6741. You may also contact the SOS Provincial Coordinator at 431-276-3892 or at lbennett@rccinc.ca.

I've filled out the form, now what?

Send the completed application form to our office by mail or fax. Your child's name will be placed on our waitlist. When a spot becomes available for your child, the SOS Winnipeg Camp Facilitator will contact you to start the intake process. This includes an intake meeting and filling out consent forms.



Specialized Services
for Children & Youth
Together Is Better

Rehabilitation Centre for Children
1155 Notre Dame Avenue
Winnipeg, MB, Canada R3E 3G1
Tel: (204) 452-4311 Fax: (204) 477-5547
Web: www.rccinc.ca email: info@rccinc.ca





Stepping Out on Saturday Manitoba (S.O.S. MB)

Friendships Start Here

Winnipeg Program Application

Rehabilitation Centre for Children
 SSCY Centre 1155 Notre Dame Ave, Winnipeg MB R3E 3G1
 S.O.S. Program (204) 258-6741
 RCC: (204) 452-4311 Fax: (204) 477-5547

Application Date:			
Legal Guardian name(s):			
Child's Name:			Child's Gender:
Birth date:	Month:	Day:	Year:
			Child's Pronouns:
Diagnosis: <input type="checkbox"/> FASD <input type="checkbox"/> Awaiting assessment at the Manitoba FASD Centre			
Caregiver Name:		Caregiver Name:	
Relationship to child:		Relationship to child:	
Home phone:		Home phone:	
Other: Work/cell		Other: work/cell:	
Email:		Email:	
Home/Mailing Address:		Home/Mailing Address:	
City:	Postal Code:	City:	Postal Code:
If this child is involved with CFS, please fill out this section:			Social Worker:
Agency Name and Address:			
Phone:	Email:	Fax:	
Consent:			
Yes	No		
<input type="checkbox"/>	<input type="checkbox"/>	I am in agreement with this application to the Stepping Out on Saturday MB day respite program.	
<input type="checkbox"/>	<input type="checkbox"/>	I have received information about the S.O.S. MB camps.	
<input type="checkbox"/>	<input type="checkbox"/>	I consent to the SOS Program confirming diagnosis or assessment pending status with the Manitoba FASD Centre	
<input type="checkbox"/>	<input type="checkbox"/>	I understand that information about my child will be:	
		<ul style="list-style-type: none"> • Recorded at program location/ provider for service coordination. • Used in collecting non-identifiable data for provincial program evaluation. 	
_____ Signature of Legal Guardian		_____ Date	
For more information call the Winnipeg SOS Office: SOS Winnipeg Camp Facilitator, (204) 258-6741			
Applications can be faxed or mailed to the Rehabilitation Centre for Children, Attn. S.O.S MB FAX: (204) 477-5547			