

what women said about how the program helped them

“My mentor never gave up on me,
even when I gave up on myself”

“My mentor let me pick my own
goals, what was important to me,
and she just helped me make them
come true”

“Everyone should have a mentor.
They’re helpful and they don’t
judge us. Its nice to know that
someone is there to support you
when you need it”

“I stand up for myself more now.
I voice my opinions instead of
hiding them”

InSight is a program that works

InSight programs across manitoba

Dauphin

Dauphin Friendship Centre
204-638-5707

Flin Flon

Primary Health Care Centre
204-687-1350

Portage la Prairie

Portage Friendship Centre
204-239-6333

The Pas

Primary Health Care Centre
204-623-9670

Thompson

Northern Health Region Offices
204-677-5372

Winnipeg

Aboriginal Health & Wellness Centre
204-925-3750

Winnipeg

NorWest Co-op Community Health
204-938-5998



NORTHERN
HEALTH REGION



InSight
program

mentor empower support

Support for pregnant
women and new
mothers who use
substances

about InSight

An intensive, three-year support program available to women who are:

- aged 18 years or older
- using alcohol or drugs
- pregnant (or have a baby less than 1 year old)
- not well-connected to community resources

If this sounds familiar, you might be a perfect fit!

In this program:

You set your own goals and these goals are supported by a mentor, no matter what the goal is.

We work with you and we will never force you to do anything you don't want to do or make you feel guilty.

We respect you and honour your ability to make the best possible choices for you and your family.

this program can help you access

- housing
- transportation
- prenatal care
- parenting support
- elders
- harm-reduction services
- drug or alcohol treatment
- birth control
- services that address domestic abuse and violence

We will be your advocate (a support person in your corner) when dealing with:

- income and social assistance
- child custody or care issues
- the criminal justice system
- the healthcare system

be good to you

our promise

- we will never give up on you
- we will be a support to you over three years
- we will work with you to meet your goals whatever they may be!

We want to see:

- healthy environments for women and children
- women who are empowered to reach their goals
- healthy babies and children
- women who make connections within their communities

know yourself forgive yourself trust yourself