



FASD
FASD SUPPORT NETWORK
OF SASKATCHEWAN INC.

FALL 2008

LIVING WITH FASD

Feature Article:

Employment *Reconciling* **Dreams** *with* **REALITY**

www.fasdsupportnetwork.com

Board Members and Staff

The FASD Support Network of Saskatchewan is a provincial community-based organization. We are proud to be led by a volunteer board of directors. All of our board members are extremely committed and most are parents of children, youth or adults living with FASD. Board members, from various communities throughout the province, meet at regular intervals during the year to generate ideas and provide guidance to the staff of the Network. In years past, the board was a working board, meaning that members were actively involved in the daily activities of the office. As our organization has grown, the workload has obviously increased and the board has been transitioning to a governing board. However, the role of the board remains just as vital now as it was in the past. We continue to move forward and pursue our vision with energy and enthusiasm.

Board Members 2008-2009

Trudy Shingoose	Lisa Brownstone	Sylvia Nagy
Marion Tudor	Tracy Breher	Kim Skidmore
Sandy Overs	Marilyn Macdonald	Shirley Hellquist
Sharon Taylor	Rae Mitten	

*Beverly Palibroda,
Meghan McCammon,
Angela Schmolke,
and Megan Wood*



As summer came to an end, board members and staff of the Network said farewell to two highly valued staff members, Megan Wood and Meghan McCammon. We will genuinely miss them and will not forget the contributions they made to the Network. We wish both the very best in the future as they pursue further education and strive toward their individual goals and dreams.



Living with FASD

Fall 2008

Editor Beverly Palibroda

Living with FASD is published twice yearly by the FASD Support Network of Saskatchewan Inc. This publication is a benefit of a \$15.00 membership available by contacting the office.

Article Submission

Plans are underway for the next issue of *Living with FASD*. We welcome personal stories, poetry, photos, article reviews or research findings. To discuss submissions please contact Beverly by telephone (306) 975-0806 or E-mail at communications@fasdsupportnetwork.com

Deadline for submissions is **February 15, 2009.**

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President's Message

by Trudy Shingoose

Here we are again!

Summer is long gone, school is back in full force and the Christmas holidays are just around the corner. It doesn't matter what is happening in our personal lives, Mother Nature continues to remind us that time doesn't stop and change is inevitable.

In my family we are currently facing changes. My son is eighteen and redoing his last semester of high school to improve his grade point average before he applies to university. I don't know if it is necessary, but I think the anxiety of leaving the safety and comfort of home and moving to the "big" city has been a factor in his decision. As parents we also experience anxiety when our children face new challenges. We know more than anyone what our children's strengths, weaknesses, emotional reactions and limitations might be when facing challenges and the unknown experiences in life.

Individuals with an FASD may have to face these fears and feelings of anxiety on a daily basis especially when any type of change or transition occurs out of their daily routine. Naturally a parent or caregiver of someone living

with FASD could experience a greater level of stress and worry during their day because of these differences.

We as parents don't always have a solution or even know where to get help or answers at times. The FASD Support Network of Saskatchewan is available to answer questions, provide support, listen when you need to talk, help advocate for services and to help guide you to the resources you may need.

I invite our members and readers to join us in one of the upcoming training events, our second annual Parent and Caregiver Retreat or just give us a call or drop us an e-mail if you have any questions or suggestions.

Trudy



FASD Support Network of Saskatchewan

No one harms their baby on purpose.

Up to 300,000 people in Canada may have FASD

We support people with Fetal Alcohol Spectrum Disorder and their families.

To find out more about Fetal Alcohol Spectrum Disorder call us.

FASD Support Network of Saskatchewan

1-866-673-3276

Contact Us

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Around the Network Office

Once again, with the coming of fall, the Network office has gotten very busy planning community events. A few things that we have planned for the coming year include:

Parent and Caregiver Retreat November 21-22, 2008

Get ready for 2 days packed with information and sharing. This retreat will be a great opportunity for parents and caregivers to get together to learn more about FASD, share their own experiences and to make valuable connections with others who understand the journey of living with FASD. For more information call our office; contact information on page 12.

FASD and Employment Workshops

January 13, 2009 Saskatoon
January 14, 2009 Regina

With our changing economy, now is an optimal time to create employment opportunities for individuals with FASD. Following the success of a recent Employment Support Project delivered in Saskatoon, the Network would like to further inform community stakeholders about FASD and employment. This workshop will help to build momentum in this critical area of for persons with FASD.

FASD Prevention and Awareness in Academic Setting

Ongoing through 2008-2009

Now in the fourth year of delivery, this project continues to build and strengthen relationships with post secondary facilities through the province. FASD Consultants provide introductory FASD workshops to students in a variety of disciplines. Over the years we have delivered FASD prevention and awareness workshops to hundreds of students. For information call Jessica at 975-0806.

Training with Diane Malbin February 9-13, 2009

Well known FASD Specialist, Diane Malbin, will be coming to Saskatchewan to deliver training in the new year. Time spent learning with Diane Malbin is sure to enlighten and engage. This training will be of interest to parents and caregivers as well as professionals from all sectors of human service delivery. Ms. Malbin tends to challenge workshop participants to closely examine their understanding of FASD, process what they have learned, ask questions and work through the complexities of FASD. In doing so, she guides participants to a clear understanding of how they can “try differently rather than harder” in their support. More information and details will be shared in the near future.

What a Website!!

Did you know that the Network website was visited over 5000 times in the past year? There are lots of good reasons to visit our site:

- Download the entire set of 20 FASD Tips for Parents and Caregivers
- Read 15 archived issues of our popular newsletter, *Network News*
- Find answers to your questions in our Q and A section

A recent website visitor called the office and exclaimed “What a website!” She went on to tell me of the things that she found most helpful. If you haven’t visited lately, why don’t you pop in for a virtual visit? Change your bookmarks while you are there as we have a new website address.

www.fasdsupportnetwork.com



Logo Development and a new look for Network News and Living with FASD

By now you will have likely noticed that the *Network News* and this publication, *Living with FASD*, are sporting a new look. Many thanks to dblack. communications for your help with our visual identity.

Information and Resources

Parenting with FASD: Challenges, Strategies and Supports

Deborah Rutman, Corey La Berg and Donna Wheway

Review by Kim Skidmore

As a proud member of the Saskatchewan's FASD Speaker's Bureau, I was interested to see what this resource had to offer. I have found that many professionals and parents in Saskatchewan have made a giant leap in their understanding of "Basic FASD". What is needed now, is training in specific areas such as parenting strategies, housing, mentoring and employment. This will help parents and professionals understand and better support the individual with an FASD. I was hoping this resource would meet that need.

Parenting with FASD: Challenges, Strategies and Supports consists of a 28 minute DVD and a 43 page booklet.



Donna Wheway and Brenda Knight are two of the several professionals on the video who share their thoughts on brain differences and realistic expectations. The stars of the video though, are the parents with FASD who shared their lives. These parents spoke of their struggles with drugs, alcohol and lifestyles. They spoke of their struggles with parenting their children and their pain at losing their children to foster care.

If the stories ended there it would be the ending we all expected. The ending that has happened so many times before.

I was so proud to hear these parents speak of turning their lives around, getting their children home and their successes as they raise their children. They talk of the rewards they have in raising their kids because they love them and want to raise them. They speak of pride in themselves and their children and what they have accomplished together. These parents have come to appreciate the help and support from their family, friends and community.

I am also the proud mom of Deanna and proud grandma to her daughter Jahneva. Deanna has an FASD and is a wonderful, loving, strong and capable mom. As I read the booklet and viewed the DVD, I wished that I would have had this resource 5 years ago when Deanna was pregnant and doubting her ability to parent. How wonderful it would have been for Deanna to see and hear other parents with an FASD speak of being successful with their children. Her confidence would have soared if she had read this plain language, compact booklet full of strategies to help her before her baby was born.

I had to laugh when I saw the "to do" list in the DVD that one mom had. It reminded me of Deanna's "to do" list she used for Jahneva's first year. Everyday she had it written out when to feed the baby, put her down for a nap, bath the baby, change her diaper etc. It was a very long list! At the time I thought to myself "how can she stand being so regimented? Just

do what needs to be done." Easy for me to say, but not easy for Deanna to do. With her list she was very consistent in meeting all of her daughter's needs. She knew she needed a visual list to help her succeed so she made her own list. Pretty clever because it meant that my granddaughter thrived during her first year. As Deanna's confidence and skill level grew, she was able to meet Jahneva's needs without the list. Jahneva is now 4 ½ years old, bright, intelligent and full of self confidence. And Deanna knows she is a good mom.

This resource speaks to hope. I wish it could be made available to all parents who have an FASD. Wouldn't it be great if doctors, public health nurses and community clinics had copies to hand out to anyone and everyone with a cognitive disability?

I am a firm believer in the old saying "it takes a village to raise a child." My daughter and the parents in this resource have come to understand that with support and help from their families, friends and members of their community they can parent their children well and in turn be a part of a community. This resource is a gem. Get several copies of it because I know you will be lending it out.

Community News and Activities

**The CUMFI
Wellness Centre**
315 Avenue M South
Saskatoon SK S7M 2K5
Phone: 975-0325



Background Information:
The CUMFI Wellness Centre was established April 1, 2007 through a partnership of the Saskatoon FASD Supported Housing Project and Central Urban Metis Federation

Incorporated (CUMFI), and is funded by the Saskatchewan Cognitive Disability Strategy (CDS).

The Service:

The major focus of the CUMFI Wellness Centre is mentoring services for older youth and adults with a cognitive disability. Mentoring is defined as providing support according to the unique needs and goals of each individual. It may include assistance:

- In obtaining and maintaining appropriate housing;
- In accessing required services and resources, including income security and health care
- In money management and bill paying;
- To building on strengths and interests to become involved in recreation, obtain and maintain appropriate employment, develop pro-social relationships and build self-esteem;
- In decision-making and remembering, as well as the many tasks that are part of daily living;.

These activities include one-on-one participation and teaching regarding personal care, nutrition & wellness, setting up daily routine charts, shopping, cooking, food safety, childcare, housekeeping, making and attending appointments, providing transportation and companionship, etc.

The exact activities that are undertaken with each person are individualized, according to their unique strengths, needs and interests.

Criteria for Services:

Diagnosis of a cognitive disability or characteristics consistent with a cognitive disability; limited or no services accessed through Social Services or CDS; ages 15 and older; in need of mentoring.

The Location:

The CUMFI Wellness Centre is located in the CUMFI building at 315 Avenue M South.

The Staff:

Project Coordinator, Eunice Bergstrom, (975-1949) along with 6 additional staff members provide flexibility so that they are available when necessary in the evenings and on weekends.

24 Hour Telephone Backup:

Backup is provided by the staff at Infinity House who are available 24 hours per day.

Resource Room:

A part of the CUMFI Wellness Centre is a resource room that provides a place for people to spend time or gather informational resources.

Aboriginal Family Services Mentoring Program

2910 – 5th Avenue
Regina, SK
S4T 0L3
Phone: 525 - 4161
Fax: 525 - 1283
E-mail: afsc@accesscomm.ca

The mission of the Aboriginal Family Services Mentoring Program is to be a support service that provides client centered care for individuals with Cognitive Disabilities and to create a healthy community that provides for the needs of all.

The AFS – Mentoring Program has a staff of five members that are well trained and have years of experience in home visiting and providing support services. They are well prepared to meet the needs and challenges of all the individuals and families that become part of the Mentoring program. Supports in all areas of life are offered including a variety of life-skills and social-skills.

Individuals can self refer to the program or organizations and family members can make a referral.



Regional FASD Committees

Why do we need Regional FASD Committees?

In several communities throughout Saskatchewan there are energetic groups of individuals who are members of regional FASD committees. The committees offer an opportunity to network with others who are interested in FASD. Committee members have a chance to actively get involved in making a difference in their home community. Each committee in each region differs; every community has local concerns and issues and also has unique local knowledge and skills needed to address those issues and concerns.

What do the Regional FASD Committees do?

The regional FASD committees are involved in providing community learning opportunities and developing partnerships with other groups. Such strategies enhance prevention, awareness and understanding of FASD. Because the committees are local grassroots initiatives the approaches and activities are more meaningful and can have greater influence.

Is there a Committee in my Region?

Currently there are committees in Battlefords, Flin Flon/Creighton, La Ronge, Lloydminster, Meadow Lake, Moose Jaw, Ile a la Crosse, Prince Albert, Regina, Saskatoon and Yorkton. ICall the Network for more information.

Saskatchewan FASD Speakers' Bureau

The Saskatchewan FASD Speakers' Bureau has been a well utilized source of knowledgeable speakers since 2004. The Speakers' Bureau is a collaborative effort between the Saskatchewan Prevention Institute and the FASD Support Network of Saskatchewan. There are currently 21 members and all members receive additional training through information and learning retreats held each year. Not only are the gatherings a networking and professional development opportunity for the speakers, but they also benefit countless others throughout province. When members of the Speakers' Bureau participate in further training, they in turn pass along this knowledge to others. Because each speaker is committed to providing information and training sessions, the information reaches a broader audience. We are confident in the ability of the speakers and the level of expertise that they can bring to a variety of events.

To book a speaker for an event call Bev Drew at the Prevention Institute at (306) 655-2459 or go online and fill out a form to request a speaker www.preventioninstitute.sk.ca.

Picture This: A Photovoice Exhibit

For those of you who are unfamiliar with Photovoice, or if you have not had a chance to see a Photovoice presentation, I encourage you to do so. Photovoice is a fascinating process that uses photography, group discussion and personal reflection to give a voice to the people who are most often unheard.



A recent Photovoice project titled *Picture This*, brought together five courageous women from Sioux Lookout, Ontario. The women involved in *Picture This* have children who are living with FASD. The women are all members of the Healthy Generations Family Support Program, an organization that has been providing services to Sioux Lookout for over a decade. The ongoing support from this program, over many years, was identified as the key factor that empowered these women to come forth and share their stories. When you watch this Photovoice presentation, you will see how the women have reflected their own experiences, told their stories and voiced their concerns. They are the experts—not outside professionals. Through powerful photos and stories, the women have defined for themselves and others, what is worth remembering and what needs to change.

Access Information:

Watch *Picture This* by visiting the website <http://citizen.nfb.ca/picture-this> or by searching the phrase -Picture This FASD. The video is about 20 minutes long and well worth watching.

National News, Research and Stories

The Public Health Agency of Canada's work on Fetal Alcohol Spectrum Disorder (FASD)

Since 1999, the Public Health Agency of Canada's (PHAC) Fetal Alcohol Spectrum Disorder (FASD) Initiative has worked to reduce the number of people affected by prenatal exposure to alcohol and to improve their lives. The PHAC is currently working to achieve the five goals set out in FASD: A Framework for Action, which are:

Increase Public and Professional Awareness

The PHAC is increasing public awareness of FASD, building the evidence base, and promoting information exchange by polling public and health professionals, as well as by developing and distributing publications about FASD. Health Canada and PHAC have worked together to provide practical answers to the questions of pregnant women through the Healthy Pregnancy public awareness campaign.

Develop and Increase Capacity

Health Canada and PHAC work to increase the capacity of communities, organizations and professional groups to prevent FASD and support those affected.

Increasing capacity includes pulling together the resources, skills and knowledge that already exist in families, communities, regions, governments, private industry and non-government organizations. It also includes filling in gaps with additional training, sharing of best practices, knowledge and other resources.

The FASD National Strategic Projects Fund builds and strengthens the capacity of collaborating organizations to identify and address issues relating to FASD for the Canadian population.

Create Pan-Canadian Screening, Diagnostic and Data Reporting Tools and Approaches

Some noteworthy results have also been achieved in this area. Tools and resources have been developed for use at the community level or for training to improve the capacity of communities to meet the needs of those affected with FASD. This goal also supported the development and distribution of national guidelines for the diagnosis of Fetal Alcohol Syndrome (FAS) and the related disabilities that make up FASD. These guidelines were published in the Canadian Medical Association Journal in 2005.

Expand the Knowledge Base and Promote Information Exchange

Work is being done to increase knowledge and understanding of the life conditions that affect the health and well-being of those with FASD; what works and what does not work to support those affected by FASD throughout their lives; the root causes of why women drink while pregnant; what works and does not work in supporting women to reduce or stop drinking during pregnancy; and the permanent impact of alcohol exposure on the developing fetus.

Increase Commitment and Support for Action on FASD

This goal includes coordinating efforts and contributions to create a comprehensive system of interrelated services and supports. The work of the Health Portfolio shows commitment to support a full range of partners and groups working in the FASD field. Future work will build on the foundation of networks already established to make sure that it covers all bases.

© Public Health Agency of Canada Date Modified by PHAC: 2008-03-20
Accessed 2008-07-09 from www.publichealth.gc.ca reprinted according to guidelines from Public Health Agency of Canada. Other documents are also available to download.

How to Respond to Suicidal Talk

Nathan Ory Has a New Book Available

Working with People with Challenging Behavior, 2nd Edition (2007).

An excellent resource with intervention strategies, clear examples and practical information. Suitable for parents, caregivers and professionals.

By Nathan Ory

Initial caution about when NOT to counsel:

Some people don't know how else to evoke a caring response from others. They may try to prompt others to step into the role of counselor so that they can seek sympathy or use this as an excuse to vent their anger. This type of suicidal talk is functional and habitual. Remind the person that they will need to bring up their feelings with their designated counselor. Agree with them that they have lots to be unhappy about, but your interest is in having a good time with them right now. Then move on.

Some people have been so traumatized by their history that every time they do talk about what makes them feel depressed they are re-living it and re-traumatized by the active memory. They become more suicidal following this discussion. This type of suicidal talk is traumatic and pathological. As above, agree with them that they have lots to be unhappy about, they deserve better, and you are going to give them better. Then move on with a positive plan for the day.

When you have decided that it is appropriate to counsel, here are some ideas:

Those of us who support persons with FASD may hear something like the following example of suicidal talk:



–What's the point of living if your mother gives you away?"

We need to have ready access to supportive counseling responses. Here are some that have been useful to others:

–We picked you." –You are here now." –You are safe now." –This is where you belong now."

Create concrete anchors that will remind her that she is not alone. For example:

–Your watch means that I always have time for

–Remember; be in the moment with the person you are supporting. ”

you." –Your watch means that I will always watch out for you." –Your watch means that there is always something there to remind you." And sing the lyrics to that song with her.

Many persons with FASD have low self esteem and may feel suicidal when they blame themselves or feel ashamed of themselves.

The following are strategies that have been used by others that have been very concrete –antidotes" to the in-the-moment emotional response that we need to divert:

Sleep on a happy face pillow case. Silk screen onto pillow case pictures of the swimming trophy, baseball team. Create visual posters with self-affirmations such as a picture of the sun with –The good comes back. Remember the bad feelings are like a cloud passing in front of the sun."

Have affirming phrases:

–Remember you used to walk small, now you walk tall." Have him rehearse, –You can't push my buttons because I just keep moving them." Have a laugh, while giving him a –comeback" that will make him feel in control.

Remember; be in the moment with the person you are supporting.

Your positive and upbeat emotional response will function for them as a positive emotional surfboard they can ride on through their momentary storm.

© Nathan E. Ory, M.A. (2007)
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International News, Research and Stories

Elephant Tamer™

Michael L. Harris, M.A., L.P.
Indian Health Board of
Minneapolis, Inc.
Article 3 in a series of 3



Previous articles discussed the story of the six wise men who couldn't see an elephant they were describing, and formed entirely different (but wrong) ideas about it. This metaphor reminds us to consider the whole FASD Elephant™—brain damage and behaviors—when trying to solve a challenge involving a person with FASD. The Ten Brain Domains were reviewed next, so that the “parts” of the FASD Elephant™ can be identified in order to think of new solutions based on the FASD person's needs, rather than using the same old unsuccessful interventions.

This article focuses on why the usual or traditional interventions don't often work.

Think of an elephant trying to function in our world. She'll dig around in the dresser drawers with her trunk and leave a

mess on the floor. She won't sit down since she breaks chairs. She'll refuse to do homework because pencils are too small to use. And just imagine bringing her into a grocery store—taking peanuts behind your back and eating them without paying!

—The fact is,
there's a mismatch
between our world and
what a person
with FASD can do. ”

What would you do to tame a “bad, disobedient” elephant? Yell at her to clean up her mess? Insist she lose weight so she won't break chairs? Take away her Nintendo (which she probably broke already) until her homework is finished? Call the police for stealing peanuts?

These interventions obviously won't change the elephant, but they will create headaches for you and anxiety or low self-esteem for the elephant.

That's because the elephant isn't really being bad or disobedient. She's just being an elephant, and our world is not set up for elephants.

To “tame” this elephant, we'd

have to alter the environment, our expectations, and what we do—use baskets for clothes instead of dressers, build sturdier chairs, abolish homework, and leave her at home when we shop for groceries.

Our world isn't set up for the FASD Elephant™ either. To make things work, we have to do something different, rather than try harder to make a person with FASD change. The fact is, there's a mismatch between our world and what a person with FASD can do. Usual interventions don't work well because we're asking the person to do something she simply cannot do.

Always focus on the FASD brain damage to craft interventions and accommodations that will work. We have to be the first to change, because a person with FASD may not be able to. If we insist she do things our way, then we'll never be an Elephant Tamer™—only full of headaches and heartaches. Do something different.

*Reprinting this article is welcomed; however, please contact the author before doing so ~ article 3 of 3.
© 2007 by Michael L. Harris ~
www.FASDElephant.com
To read articles 1 and 2 of the series visit the website:
www.FASDElephant.com*

Questions and Answers

Employment: Reconciling Dreams with Reality

by Megan Wood

Q: How can you encourage someone with FASD to follow their employment and education dreams, while at the same time keeping in mind what that individual is capable of doing and the support they will need?

Individuals with FASD are like all others when it comes to goals and dreams. They aspire to things like family, careers, financial success and education. These dreams should be encouraged and respected; individuals with FASD are capable of having many successes in their lives, including long-term employment. However, individuals with FASD often have difficulty with discovering what type of work matches their unique abilities and skills. Misperception of their own skills and abilities, as well as misunderstanding of the necessary steps for different career paths, can often lead to unrealistic and even grandiose employment goals for individuals with FASD.

As an Employment Support Coordinator with the FASD Support Network of Saskatchewan, I often found myself in the uncomfortable position of trying to rectify an individual's career goals with the reality of her or his ability to achieve those goals. I believe that supporting an individual to pursue a job that would set her up for failure would be unfair and unkind; therefore there are times when it is necessary to evaluate why a certain goal may not be a good option. Although this is often necessary, it can be a disappointing process for someone with FASD.

A good starting point is to look at the reasons why that individual may not recognize what job would be suitable. Some individuals may not have the ability to understand the different tasks of a job, or have a skewed idea of what a job entails. When the job duties are fully explained, these individuals may understand that the job would not be right for them. For example, someone might really want to work with computers, until they learn that they would have to use math, which they hate doing! Other individuals may be well aware of what is needed to do a job or to pursue a specific career but they are unable to see their own limitations as they do not have insight into their own skills and abilities. With such individuals,

you may see a pattern of unsuccessful work as they continue to attempt positions that are a poor fit for their specific abilities. They likely have difficulty noticing patterns over time and do not attribute the lack of success to their own limitations. These individuals might need help in understanding more about their disability and their individual strengths. If possible, set someone like this up with a vocational evaluation that highlights their individual strengths.

After the evaluation, go through the results with the individual and create a list of jobs that would be a better match with their interests, abilities and lifestyle.

After using these strategies, some individuals with FASD may still dream of working in a profession that is unrealistic. It will often be necessary to help the individual identify just what it is about that dream job appeals to them. Perhaps there can be a new path created based on the part of the dream job the individual aspires to. One example of such a situation is a person who dreams of being



ing a teacher but does not have the ability to go to university. A support worker or family member could help this individual discover what it is about being a teacher that they would enjoy; perhaps they want to work with children. Maybe this individual will never be a teacher, but would make an excellent day care worker or playground attendant. Recreational and volunteer activities can also be used to help realize a dream – maybe she could volunteer at a summer camp, or be a leader of the church youth group.

This can be a long and painful process and individuals with FASD will often need to compromise in many areas of their lives, which is difficult for the individual and for families. What is important to remember is that even when dreams seem unattainable, they give us important insight into the interests and passions of someone with FASD, insight that the individual often would not be able to provide to you in other ways. By using this information and making adjustments when necessary, we can help an individual with FASD find employment that gives a sense of meaning and belonging in their life.



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The vision of the FASD Support Network of Saskatchewan, a parent-led organization, is for individuals with Fetal Alcohol Spectrum Disorder and their families to recognize themselves as safe, supported, valued and contributing members of the community.

To reach this vision we provide support to people with Fetal Alcohol Spectrum Disorder, their families and circles of support by:

- Providing information and education
- Promoting early assessment, diagnosis and intervention
- Advocating for the development of life-long support services for individuals with FASD
- Establishing partnerships
- Working to increase awareness of FASD



Upcoming Events and Learning Opportunities

The 3rd International Conference on Fetal Alcohol Spectrum Disorder Integrating Research, Policy, and Promising Practice Around the World: A Catalyst for Change



Victoria Conference Centre
Victoria, BC
March 11th—14th, 2009

Registration Fees: Early Bird Rates will be available in October 2008. Watch for more information!

Telephone: 1-604-822-2801
Email: ipinfo@interchange.ubc.ca
www.interprofessional.ubc.ca

Conference Goal and Objectives:

The conference goal is to highlight international research and promising practice as a catalyst for promoting social inclusion and creating healthy communities. Participants can expect to:

- Learn about the current practical application of leading research around the world and its potential to effect change
- Learn about ways to engage multiple communities at multiple levels and build capacity
- Establish and nurture linkages across families, communities and international networks
- Foster clinical and community based research

Alcohol and Pregnancy Important Learning Opportunity

MDcme.ca offers online learning in the medical field. In conjunction with the Public Health Agency of Canada and its partner organizations, MDcme.ca is pleased to announce the availability of a free accredited online course for physicians and allied health professionals regarding preventing and addressing alcohol use during pregnancy.

The course, *Fetal Alcohol Spectrum Disorder Module 1: Preventing and Addressing Alcohol Use in Pregnancy* is available by visiting the website at: www.mdcme.ca/

Scroll down to find this course and other learning opportunities.