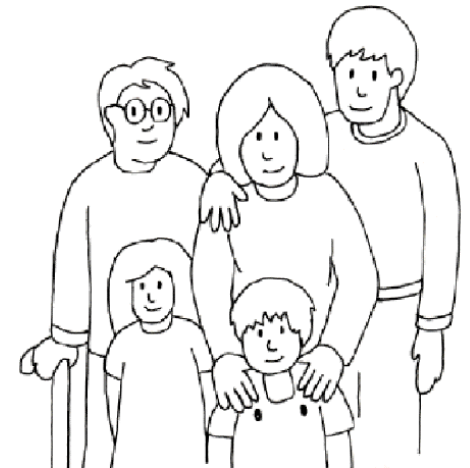




Understanding Fetal Alcohol Spectrum Disorder (FASD)



Our Vision is:

A climate in Saskatchewan
where persons with a
Fetal Alcohol Spectrum Disorder
are productive and valued
members of our community.

Please return your membership form to:

FASD Support Network of Saskatchewan Inc.

**510 Cynthia Street
Saskatoon, Saskatchewan
S7L 7K7
Fax: 242-8007**



Contact us for Information and Support:



John V. Remail Center
510 Cynthia Street
Saskatoon, SK S7L 7K7

Phone: 975-0884

Fax: 242-8007

Toll Free: 1-866-673-3276

Visit us at www.skfasnetwork.ca

**A support network for those impacted by
Fetal Alcohol Spectrum Disorders in Saskatchewan
Working to improve lives
We thank you for your support!**



What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term used to describe the range of disabilities that can occur in a person whose mother drank alcohol while pregnant.

The disabilities caused by alcohol exposure are present from birth and can include physical, learning and behavioural difficulties. FASD is often called an *invisible disability* because the signs and symptoms of FASD may go unnoticed or be masked by other things in the individual's life. Most people with FASD look just the same as everyone else, but they have some differences in how their brain works that make life difficult for them.

Did you know...

- "FASD is considered the leading cause of developmental and cognitive disabilities among children in Canada" (Health Canada 2006).
- In Saskatchewan, it is believed that 1 in 100 people may be affected by prenatal alcohol use (Saskatchewan Prevention Institute 2005). However, these are estimates and researchers stress that these numbers are likely higher.
- With appropriate supports, people with FASD can be productive members of society.

Characteristics

A child, youth or adult with a Fetal Alcohol Spectrum Disorder may:

- Have memory problems
- Have difficulty with math, telling time and managing money
- Be impulsive
- Act younger than her or his age
- Have poor judgment and poor decision making skills
- Be depressed
- Be hyperactive
- Have sensory problems (reacting to temperatures, sounds, bright lights or busy places)
- Need time to process information and may need more time to learn things
- Have trouble with social skills, knowing/using boundaries and maintaining friendships
- Be a concrete thinker; learns best by doing



There is Hope...
And There is Help....

Membership/Donation Form

As a member of the FASD Support Network of Saskatchewan you will receive copies of our Network News and Living with FASD publications. Include your email address on this form and you will receive messages from the Network with details regarding upcoming events.

- I wish to become a member of the FASD Network and am enclosing my \$15.00 membership fee.
- ___ I am a parent or caregiver of an individual with FASD.
I will have voting privileges.

OR...

- I am enclosing a donation of \$_____
(Charitable receipts will be issued on all donations over \$10.00)

Contact Information:

Name _____

Address _____

Phone _____

Email _____

Organization _____

- I have included my email address and wish to be added to the Network's emailing list so that I can receive information about upcoming events and training opportunities.

Date: _____