

# FACTS AND STRATEGIES FOR SUPPORTING PEOPLE WITH FETAL ALCOHOL SPECTRUM DISORDER



## Presented by the Fetal Alcohol Resource Program, Citizen Advocacy Ottawa

We are offering a two-hour training session for professionals, families and friends supporting people with FASD.

You will have the opportunity to learn the basics about what FASD is, how to recognize it, the prevalence in our society and some of the challenges individuals face when they are prenatally exposed to alcohol. We will also share strategies and have a Q & A session.

**Cost: \$25.00 per person**

We will provide practical strategies to create success.

### About Fetal Alcohol Spectrum Disorder

Many Canadians are living with Fetal Alcohol Spectrum Disorder (FASD). Although FASD is present from birth, individuals are often not diagnosed until later in life when symptoms related to learning challenges and a range of social problems emerge.



citizen advocacy  
parrainage civique

**Space is limited so register early**

Call 613-761-9522 ext. 233 or email [scampbell@citizenadvocacy.org](mailto:scampbell@citizenadvocacy.org)

## WHEN & WHERE

**WEDNESDAY**  
**February 8**  
**10:00 am - 12:00 pm**

**ROOM 1-3**  
**312 Parkdale Ave**

### What is the Fetal Alcohol Resource Program?

Right now in the Ottawa area, there is no strong, comprehensive system of inter-related, complementary services and supports for individuals and their families affected by FASD. The Fetal Alcohol Resource Program aims to change this through education, community leadership development and community navigation. With these three capacities in place the Fetal Alcohol Resource Program will support the large numbers of people (children, youth, adults and families) affected by this permanent brain injury in the Ottawa area.