

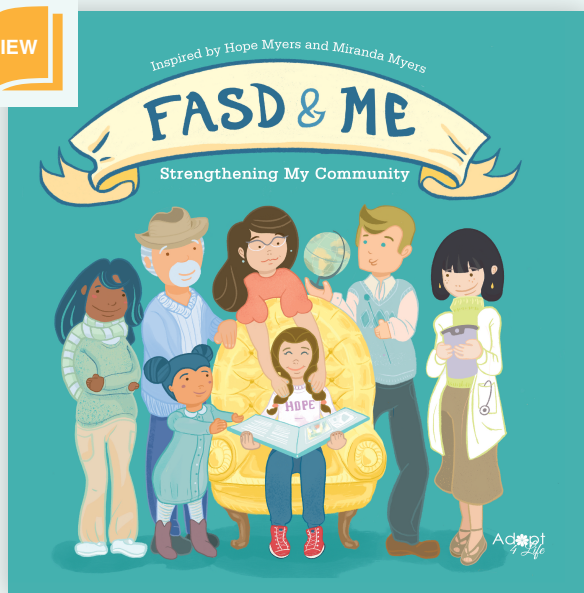
FASD & Me: Strengthening My Community

About Adopt4Life's FASD & Me Program

Adopt4Life supports hundreds of families within our community as they navigate the many paths to accurate diagnosis and long-term success strategies for their children living with Fetal Alcohol Spectrum Disorder.

We created the bilingual *FASD & Me* program to celebrate children and youth with FASD and their families and enable members of their communities to better

understand both their strengths and needs. The program provides current facts about FASD, a disorder affecting an estimated 4% of Canadians, and serves to dispel harmful myths and stereotypes. *The FASD & Me* resources have become valuable tools in Ontario's FASD community, frequently distributed by many FASD diagnostic clinics, provincial FASD Workers, support group leaders, and front-line workers to their clients.



FASD & Me Workshops

Adopt4Life offers virtual, interactive workshops based on the *FASD & Me* resources for community partners (i.e. educators, schools, service providers, etc.) alongside parents and caregivers. In these workshops, participants learn evidence-based strategies to support children and youth with FASD, and how to recognize the strengths in each individual. Ontario school teams and school boards can currently book a free facilitated workshop for their school community, made possible through a grant from Health Nexus.

Interested in arranging a workshop for your school, school board or community group?

Email workshops@adopt4life.com, including "FASD & Me" in the subject.

We will respond to your request to learn more about your group's needs and book the session.

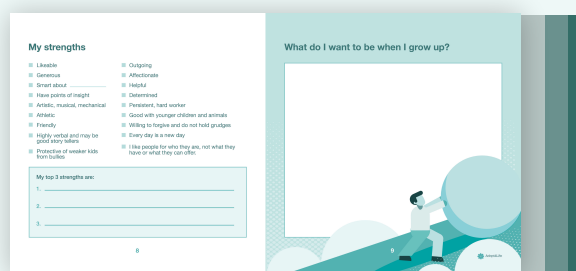


FASD & Me: Strengthening My Community

FASD & Me Booklet and Downloadable Worksheets

The *FASD & Me: Strengthening My Community* booklet is at the heart of the FASD & Me program, and was inspired by Hope Myers, an individual with FASD, and her mother Miranda. Since its inception, more than a thousand copies have been distributed, and the booklet is now available in English and French. The accompanying fillable worksheets allow children with FASD to explore their strengths.

Each booklet can be personalized by the individual with FASD, with places to share their strengths and challenges, triggers, goals, and strategies for success. The booklet also contains valuable FASD facts and information which serve to dispel common myths and stereotypes about FASD. These resources can in turn be shared with educators, relatives, neighbours, and other members of the child's network to better equip them to provide support.



Book Orders

To order books and access the printable worksheets, please visit www.adopt4life.com/fasd-and-me.

If you are an organization and interested in ordering 30 or more books, please email bookorders@adopt4life.com to arrange for discounted pricing.

To learn more about Adopt4Life and our parent/caregiver support programs, or to join our community of adoptive parents, kin, and customary care providers, visit www.adopt4life.com

