

FASD Peer Support Project

The FASD Peer Support Project provides support for older youth and adults who are affected by FASD.

Weekly Support Group

A facilitated weekly group addresses topics such as life skills, employment, education, self esteem, relationships, strategies for successful living, and cultural exploration.

One on one support

One on one support consists of personal assistance and mentorship, to overcome barriers.

This may include, but is not limited to, support with:

- budgeting skills
- advocacy
- referrals
- assistance in meal planning
- goal planning
- organizational skills

All FASD Services are free of charge.

Family Connections Office
4908-49th Street, PO Box 981
Yellowknife, NT X1A 2N7
Fax: (867) 669-7826
Web: www.ykacl.ca

Living and Learning with FASD Project

Phone: (867) 873-9069
E-mail: fasd@ykacl.ca



Production of this brochure has been made possible through a financial contribution from the Public Health Agency of Canada

FASD Peer Support Project

Phone : (867) 766-4296
E-mail : fasd2@ykacl.ca



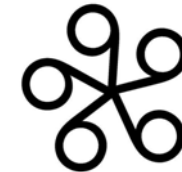
Health and Social Services

Yellowknife Association
for Community Living

Living and Learning with FASD Project

and

FASD Peer Support Project



zero alcohol for nine months

Together, our community
can prevent FASD.



What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a term which describes a broad range of physical and intellectual disabilities, including brain injury. FASD affects people whose mothers drank alcohol during pregnancy. FASD is permanent and cannot be cured.

FASD occurs in all races, religions, cultural backgrounds, countries, economic statuses, and ages.

Did you know that we usually cannot tell just by looking if a person is affected by FASD?



No amount of alcohol is safe during pregnancy.

Living and Learning with FASD Project

The Living and Learning with FASD Project provides support for families with children who are affected by FASD, and to youth and women at risk of drinking alcohol during pregnancy.

Family Support

Our direct support services may include, but are not limited to:

- outreach
- support groups
- home visits
- family advocacy
- life strategies

FASD Resource Library

The library has books, games, and materials about FASD and related issues. Library materials are available for loan throughout the NWT.

Workshops and Presentations

FASD workshops are tailored to suit the needs of each individual organization or audience.

Topics may include:

- what is FASD?
- effects of FASD on infants, children, youth, and adults
- parenting strategies
- teaching strategies
- supporting women to not drink alcohol during pregnancy or breast-feeding
- building community awareness and prevention efforts
- issues in post-natal alcohol consumption by parents and caregivers



It takes a community to prevent FASD.