

# Circle of Friends

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WINTER  
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## President's Message

Welcome to 2009! We are anticipating a very busy year.

The FAFAM annual family picnic will be held on Saturday, June 20th from 1:00-3:00 at Kildonan Park (Sites 3 A and 3B), and will include a bounce, Inch the Clown, face painting, and a BBQ.

Our sleigh ride will be held on Sunday, March 1<sup>st</sup> from 1:00-3:00 at the Unique Corral, and will include sleigh rides, a bon fire, and a wiener and marshmallow roast. All are welcome.

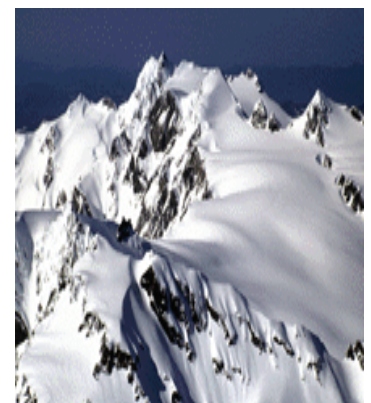
In regards to our workshops, we are pleased to announce that we have increased them from monthly to weekly. We are hoping to have the third book in our booklet series out by September 9, 2009, which will coincide with the Annual General Meeting and FASD Day. At this time we will also be reporting on the results of the feasibility study, which is now complete.

We are also working on a strategy to increase our membership. We encourage everyone to please fill out the application form for membership, which can be found in our newsletter, on our website, or by contacting our office @ 786-1847.

I would like to thank Mary Werba for her valued participation on the Board, and welcome Janice Reese as our new Treasurer.

A huge thank you to all our Board Members, Staff and Funders for supporting a **GREAT ASSOCIATION.**

Sincerely,  
Jim Feakes, President



**Welcome to 2009!**



Watch for these  
upcoming  
events:

- Support Group for Parents of Adolescents – Feb/Apr 2009
- Family Fun Event Sleigh Ride – March 2009
- Weekly Workshops Series – Feb/June 2009

Please watch for our **Spring/Summer  
Newsletter for full details on the following:**

- Annual Family Picnic – June 2009
- Walk for FASD – September 2009
- Annual General Meeting – September 2009



## Fetal Alcohol Family Association of Manitoba Support Group for Parents of Adolescents

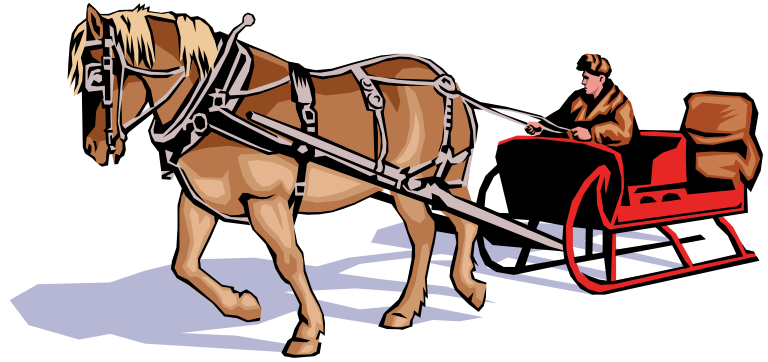
Are you the parent or caregiver of an adolescent with FASD? You are not alone. The Fetal Alcohol Family Association of Manitoba Inc is offering a **Support Group 12+ up for Parents of Adolescents with FASD** facilitated by Susan Opie, MSW, on Tuesday evenings, from 6:00-8:00 pm, beginning February 17, 2009.

Attending the group will give you the opportunity to network, share your experience, learn from the experience of others, and draw on the expertise of Susan Opie. Susan is incredibly knowledgeable about FASD and adolescents.

Refreshments will be served.

If you are interested in attending please register by calling our Office on Tuesdays or Thursdays @ 786-1847.

# Family Fun Event



Join us for an afternoon of outdoor family fun at  
**Unique Sleigh Rides**  
**1270 Sturgeon Road at Saskatchewan Avenue,**  
**Northwest Corner (St. James)**  
**Sunday, March 1, 2009**  
**1:00-3:00 pm**

**Bring the whole family**

Cost Free

1 Hour Sleigh Ride (1:00 pm)

Hotdog and Marshmallow Roast (1:00-3:00)

Let us know if you need a ride

To register call us at 786-1847 or toll free 1-866-890-1402

# Education

## Weekly Workshop Series

The Fetal Alcohol Family Association of Manitoba is pleased to offer another series of educational opportunity to families, caregivers and service providers living and working with people with FASD. The workshops will be held at the FAFAM Office 3rd Floor, 555 Broadway Avenue on Monday evenings from 7:00-9:00 pm. Refreshments will be served and bus tickets can be provided.

Please pre-register by calling our Office @ 786-1847

◆ February 9: 7:00-9:00 pm

*Advocacy & Collaborative Planning: Presented by Anne Kresta*

Learn how to work more effectively with education and support services providers to better support your child and your family.

◆ February 16: 7:00-9:00 pm

*Transition to Adulthood Planning: Presented by Anne Kresta*

Come and learn more about the revised protocol for transitioning students with exceptional needs from school to the community and how you can use it to plan for your child's future.

◆ March 2: 7:00-9:00 pm

*Inclusive Education: Presented by Anne Kresta*

All children in Manitoba have a right to an appropriate education. But what does that mean on a practical level. This workshop will provide you with some of the information that you will need as you negotiate the education system with your child and their educators.

◆ March 9: 7:00-9:00 pm

*Individual Education Planning (IEP): Presented by Anne Kresta*

IEP's are the cornerstone to some school supports that may be used with your child. The process of developing an effective IEP can sometimes be overwhelming. Come and learn how better to collaborate with your child's school in the IEP process.

◆ March 16: 7:00-9:00 pm

*FASD Basics: Presented by Lia Braun*

This session will offer basic information on FASD, including how alcohol affects the developing brain, the differences between the four FASD diagnoses, and discussion about the Brain Domains and behaviours associated with each of them.

◆ March 23: 7:00-9:00 pm

*What is FASD? Using "This is Me": Presented by Lia Braun*

This session will offer a brief review of the Brain Domains and associated behaviours, but will focus on presenting scenarios from the DVD "This is Me". Participants will be actively engaged in discussion and problem solving based on the scenarios.

◆ March 28: 9:00 am-3:00 pm

*Behaviour Detective: Presented by Lia Braun*

Participants must live or work with a person with FASD and should come with a specific individual in mind. The workshop focuses on observation of behaviours and problem-solving to find accommodations for the person with whom you live or work. This workshop will require participants to evaluate their own attitudes, belief systems and environments.

◆ April 6: 7:00-9:00 pm

*Strategies for Schools: Presented by Lia Braun*

This session will look at ways school personnel can adapt environments and methods to meet the needs of students with FASD. Behaviours associated with FASD will be reviewed and strategies for finding and implementing change will be explored.

◆ April 13: 7:00-9:00 pm

*FASD Prevention Curriculum for Grades 5-8: Presented by Lia Braun*

This session will be of interest to teachers wishing to incorporate lessons on awareness and prevention of FASD to their classes from Grade 5 - 8. These lessons can easily be adapted for older students and for adult audiences. The workshop will explore the curriculum and participants will leave with a selected handout of materials from the curriculum. The entire curriculum document including 2 picture books will be available from Frontier School Division for \$25.00.

◆ May 4: 7:00-9:00 pm

*Sensory Integration Dysfunction: Presented by Paula Cook*

This session will place an emphasis on reframing our perceptions of how individuals with FASD view the world, thereby giving parents, caregivers, educators, and daycare providers a better understanding of the behaviour and learning styles of children with FASD. This should lead to more effective strategies when working with these children in the school, daycare, and home environment.

◆ May 11: 7:00-9:00 pm

*Reframing Behaviour: Presented by Paula Cook*

Many times behaviour is misinterpreted. This session will look at how to broaden your spectrum on behaviours, and look at other interpretations.

◆ May 18: 7:00-9:00 pm

*Rage Event: Presented by Paula Cook*

◆ June 1: 7:00-9:00 pm

*VPA for Families: Presented by Rose Flaig*

"The Vulnerable Persons (Living with a Mental Disability) Act is based on principles that vulnerable persons should have the opportunity to make their own decisions and direct their own lives, with support if necessary. This workshop informs participants about the principles and spirit of the legislation, its impact on people, and facilitates discussion on how to turn value based legislation into value based living."

◆ June 8: 7:00-9:00 pm

*"Watch, Wait and Wonder"-Attachment and Children with FASD:*

*Presented by Julia Wellwood and Karen Johnston, FASD Outreach Team*

This workshop will explore the key principles involved in creating strong, healthy attachment. When interacting with your child, you "watch" your child's face, "wait" for your child to engage you, and "wonder" what is in their heart and mind. Join us to learn more about attachment and implications for children with FASD.



# The Manitoba Foster Family Network

Our 2009 Conference will be held in The Pas/OCN, Manitoba and will be themed

**“Families Helping Families:  
enriching our communities one child at a time.”**

The event will focus on assisting foster children to have a record of their history and a connection to their community. We are very excited about this event and look forward to exploring ways for caregivers and agencies to work together in the best interest of children in care.

**The 2009 event will be held  
June 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>  
@ Kikiwak Inn, OCN**

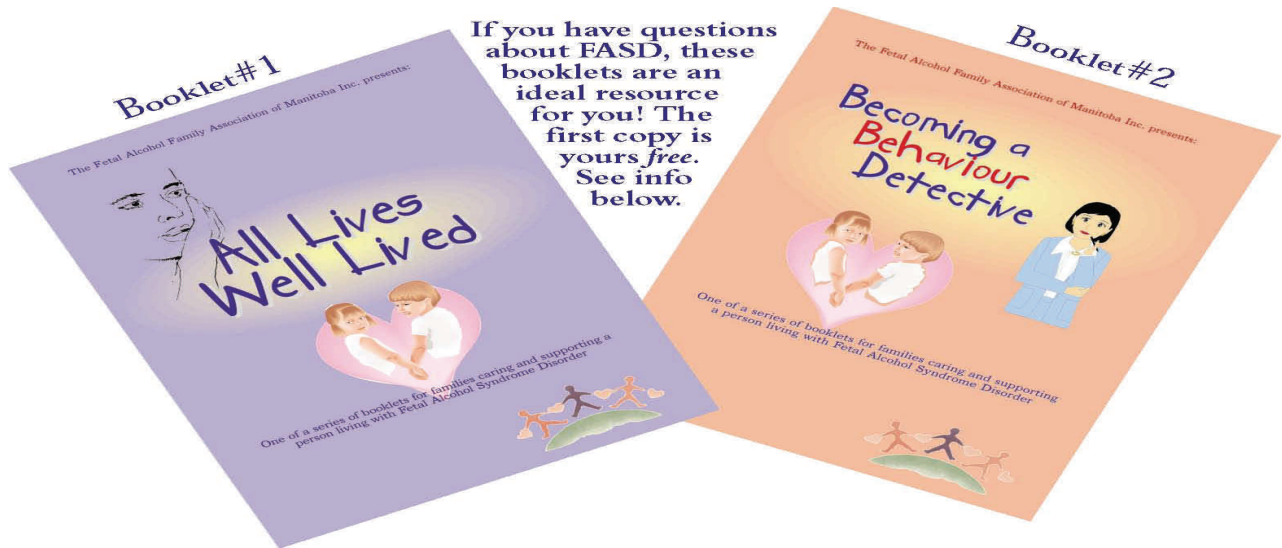
Please mark your calendars and  
keep an eye on our website  
**[www.mffn.ca](http://www.mffn.ca)**  
for updates and registration materials.

If you are interested in  
assisting in the planning of this event, please contact our main line  
at 940-1280 or email to [manfost@mts.net](mailto:manfost@mts.net)



*Fetal Alcohol Family Association of Manitoba (FAFAM) launched our NEW BOOKLET series in September and have had an overwhelming response. If you have not yet had the opportunity to purchase your set(s) we still have a limited supply available.*

These two helpful, easy-to-read booklets on FASD will be of interest to parents of persons living with FASD, caregivers, organizations and their staff and community groups concerned about FASD.



**ASK US ABOUT TRAINING EVENTS FOR YOUR COMMUNITY ON TOPICS SUCH AS:**

- Basic knowledge about Fetal Alcohol Spectrum Disorder
- Becoming a Behaviour Detective
- Planning for Individuals
- Education Planning

**GETTING YOUR COPIES:**

***Your first copy is free. Ordering an additional 2 -10 copies will cost \$5. each; while ordering 11-25 copies will cost \$4.50 each. Simply fill in the order form below. Payment is to be by cheque only, made out to "FAFAM, Inc."***  
**Download is available on our website @ [www.fafam.ca](http://www.fafam.ca) under Links.**

Payments are to be made to FAFAM, 3rd Floor - 555 Broadway, Winnipeg, MB R3C 0W4.

For more information call Fran Mercer, Executive Director @ (204) 786-1847.

Name: \_\_\_\_\_ Shipping Address: \_\_\_\_\_

Phone: \_\_\_\_\_ City & Postal Code: \_\_\_\_\_

Quantity: Booklet #1: \_\_\_ Cost (based on quantity - first one is free): \_\_\_\_\_

Quantity: Booklet #2: \_\_\_ Cost (based on quantity - first one is free): \_\_\_\_\_

My Cheque for \$ \_\_\_\_\_ made payable to FAFAM, Inc. is enclosed.

**Advance Notice**  
**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, Canada

March 11th - 14th, 2009

**Conference Description:**

FASD is a window through which to view the state of our world. While it has a profound impact on individuals, families and all aspects of society, it is also a stimulus for change. This international conference will provide a forum to discuss and examine current research, policy and practice that will assist parents, caregivers, service systems and governments as they strive to prevent FASD and to provide a range of supports for people living with it. **The emphasis of this conference will be the practical application of various forms of research covering these broad areas:**

- Biomedical
- Health
- Clinical Diagnosis & Assessment
- Legal, justice, corrections
- Social Services
- Education
- Family
- Community

The conference will enhance our knowledge and collaboration, sharing findings of researchers and frontline professionals with recognized expertise and from diverse cultures. Individuals living with FASD, their parents and families, professionals, communities and policy makers will be present and will speak throughout the conference.

**Conference Goal & 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 future 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

**Who Should Attend:**

Aboriginal support program workers; administrators/managers; alcohol and drug counsellors; caregivers; community members; corrections workers; dentists; dental hygienists; educators; education paraprofessionals; employers; employment counsellors; elected officials; family members; family support workers; family and specialty physicians; faith communities; FASD key workers; friendship centre workers; government ministries and departments; infant development consultants; infant mental health clinicians; international indigenous communities; judges; lawyers; mental health counsellors; midwives; nurses; parents; people with FASD; police; policy makers; prevention workers; program providers; public and private funders; psychologists; researchers; registered clinical counsellors; social workers; students; supported child development consultants; teachers; vocational rehabilitation service providers and youth care workers.

**Registration Fees:**

Early Bird Rates will be available in October 2008. Watch our website for more information!

**CONFERENCE HOTEL:**

**The Fairmont Empress, Victoria, BC, Canada**

Standard Guest Room \$114.00

Toll free: +1-800-257-7544 Direct: 1-250-384-8111

**ALTERNATIVE ACCOMMODATION:**

Please check our website for alternative accommodation options:

[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

**\*\* We suggest you book your room NOW as we anticipate that our room block will fill up quickly. *Don't miss staying at this heritage hotel!* To reserve a room, please let hotel reservations know that you are booking under the Fetal Alcohol Spectrum Disorder Conference room block.**

**The CAP series:  
noonhour FASD info sessions  
the coalition on alcohol and pregnancy (CAP)**

**Friday, January 23, 2009**

From back alleys to boardroom:  
Is the face of drug use in Winnipeg changing?  
David Colvin, Prevention and Education Consultant. Addiction Foundation of  
Manitoba

This presentation will explore local trends in drug use.

Mount Carmel Clinic Boardroom  
886 Main Street  
11:45 am -12:45pm  
Register by Jan. 21 with Deborah Kacki [582-8658, Interagency\_FAS@shaw.ca]

**Friday, February 27, 2009**

Pregnancy and substance use:  
From research to practice and policy  
Nancy Poole, Research Associate, BC Centre of Excellence for Women's  
Health

This presentation will be a telehealth presentation from British Columbia

Location: PsychHealth Building [Room PX238-238], 771 Bannatyne Avenue,  
11:45 am -12:45pm  
Register by Feb 25 with Deborah Kacki [582-8658, Interagency\_FAS@shaw.ca]

# Kid's Corner

## Salt Dough Heart Pins & Magnets

Salt dough is a really fun medium and you can make so many things from it! Try these adorable heart-shaped magnets for the refrigerator and pins to give as gifts.

### What you'll need:

- ½ cup salt
- 1 cup flour
- ½ cup water
- Wooden spoon
- Rolling pin
- Extra flour
- Heart-shaped cookie cutters
- Magnets
- Pin backs
- Hot glue
- Acrylic paint (pink, white, red, light blue, yellow, white, pink, silver)
- Pink and orange glitter glue
- Gold glitter paint
- Toothpick
- Paint brush
- Acrylic sealer
- Wax paper
- Cookie sheet



### How to make it:

1. Preheat the oven to 250 degrees F.
2. Mix together, salt, flour, and water until dough is formed.
3. Knead the dough on a floured surface until the mixture is elastic and smooth. If dough is too sticky, sprinkle with flour and continue to do so until stickiness is gone. Do not add too much flour as this will dry out the dough and cause it to crack before it's baked.
4. Roll out the dough to about ¼" thick with a rolling pin that has been dusted with flour.
5. Use different sized heart-shaped cookie cutters to create as many pieces as you like.
6. For smaller children, use a single shape to make it easier at painting time. For older children, you can double up and even triple some of the hearts for a 3D affect as we did (see photo).
7. Place all hearts onto an ungreased cookie sheet and place into the preheated oven.
8. Bake for 2 hours.
9. Remove from oven and allow to cool completely.
10. Paint with acrylic paints, glitter glue and/or glitter paint and spray finished projects with acrylic sealer.
11. To write the words on the conversation heart pins, use a toothpick dipped in white paint.
12. Hot glue a round magnet to the back of larger hearts to hang on the fridge, and a pin back to the conversation hearts.

### Tips:

- To make 3D polka dots, simply roll salt dough into small ball shapes and place on top of heart before placing into oven.
- Parents should not allow small children to handle a glue gun as burns can occur. Older children should be closely supervised if allowed to handle it themselves.
- Salt dough will not keep for later projects as it gets hard and cracks. Depending on how many hearts you plan to make, you can either halve the recipe or double it.





FETAL ALCOHOL FAMILY  
ASSOCIATION OF  
MANITOBA INC

3rd Floor-555 Broadway Avenue  
Winnipeg, Manitoba  
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Toll Free: 866-890-1402  
Fax: 204-940-1283  
Email: [fafam@mts.net](mailto:fafam@mts.net)



**Stronger Together**

*FAFAM is a proud recipient  
of funding from the:*

*United Way of Winnipeg  
and  
Healthy Child Manitoba*



Putting children and families first

**FASD Information Manitoba**  
**A toll free line offering information on FASD and support to  
parents, caregivers, and professionals.**  
**1-(866)-877-0050**

The Fetal Alcohol Family Association of Manitoba Inc is a charitable, not-for-profit, provincial organization dedicated to providing advocacy, support and education to families caring for, and professionals working with, people with Fetal Alcohol Spectrum Disorder. We are committed to improving and developing services that will be respectful, knowledgeable, and responsive to the needs of families and communities.

## *Are You A Member?*

The FAFAM invites you to consider becoming a member, or if you are, and have not yet, renewing your membership. As a FAFAM member you receive the "Circle of Friends" newsletter, become eligible to vote at our Annual General Meeting, receive "perks" such as conference subsidies, tickets to events, and workshop subsidies. At present we mail out approximately 1400 newsletters on a quarterly basis to families and organizations interested in what we do. Of those who receive the newsletter only 20 are current paid members. We appreciate your support and hope that you will consider making your affiliation with us official by sending us your name, mailing address, telephone



## *We need your support!*

number and email address, along with a cheque or money order in the amount of \$5.00 to: **3rd Floor, 555 Broadway Avenue, Winnipeg, MB R3C 0W4.** Annual membership fees expire the end of August.

Thank you!