

Living with FASD... FINDING PURPOSE

a one day 4-part motivational workshop

Part 1:

**Foster Care and School
Sensory Sensitivities**

*What works?
What's really going on?*

Part 2:

**Leaving Home
Misunderstood by Justice**

*Navigating the world
How do you find purpose?*

Part 3:

**Resiliency
Mental Health**

*Accepting yourself
How do you get there?*

Part 4:

**The Process
FASD, a full body diagnosis**

*Personal growth
Strengths and limitations*



Myles is a well-known motivational speaker on FASD, having presented nationally and internationally for many years sharing his experiences in living with FASD. In his work as a mentor to other youth and adults with FASD, Myles has helped them to understand and accept that we all share similar struggles and the desire to succeed. As well as working as a consultant, Myles has done a great deal of work with the media. Most recently, Myles was part of a ground-breaking study on the health and physical issues of adults with FASD. Myles' goal is to help others with FASD find their voice and to help society understand that we are greater when we are united and work together.

Myles Himmelreich

www.myleshimmelreich.com

When:

**Wednesday
APRIL 5 2017
9am-4pm**

*registration at 8:30am

Where:

Bethany Community Church
1388 Third Street
St. Catharines

*breakfast & lunch
provided

Register:

Contact Danielle Reynolds:
hdr@bcassociatesinc.com

Professional: \$75
Student/Caregiver: \$25
Individual with FASD: \$25

*ideal for:
professionals
caregivers &
individuals with
lived experience*

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