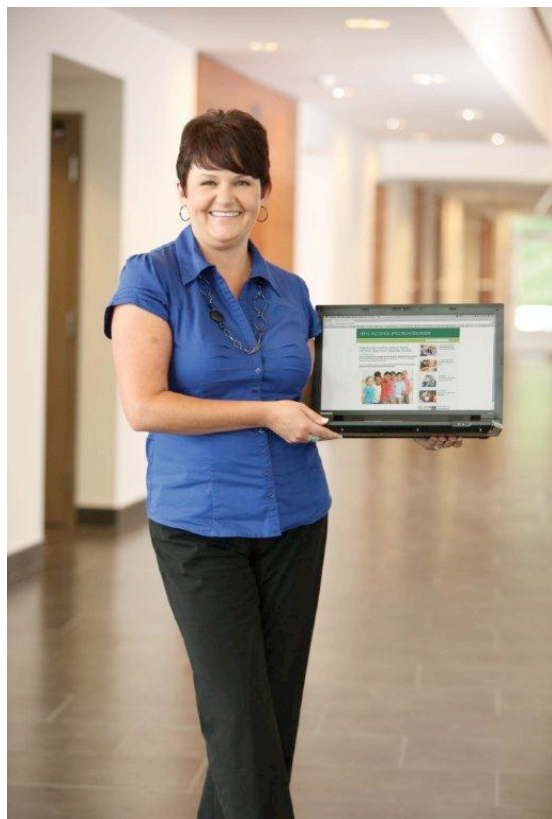


FASD|ontario news

EDITION 13
NOV 2012

The Newsletter of FASD Ontario Network of Expertise

NEW WEBSITE FOR WATERLOO REGION FASD ACTION GROUP



Picture: Karen Huber holding up new website

The Waterloo Region FASD Action Group is a collection of parents and professionals in Waterloo Region wanting to take on an active role in the prevention and awareness of FASD and advocating for the provision of effective intervention and support for those with the disability.

This year, in partnership with the Waterloo Region FASD Diagnostic Steering Committee and Lutherwood, grant money from the Ministry of Children and Youth Services was used to launch a website that offers strategies on the prevention of FASD, and strategies, tips and community supports for families, educators and other professionals that support children and youth with FASD. The website address is

www.fasdwaterlooregion.ca. If you wish to post an upcoming event please contact Karen Huber at khunert@lutherwood.ca

Other activities of the Waterloo Region FASD Action Group include:

- Tabled a resolution to advocate for an integrated provincial strategy on FASD at the Registered Nurses Association of Ontario annual meeting in April 2012, which was passed unanimously.
- Bringing awareness to the dangers of drinking in pregnancy for FASD Awareness Month by participating in media interviews and doing presentations for the public. Members of our group have joined FASD ONE working groups that include Mary Mueller, Prevention; Kathy Layte, Intervention and Support and Mary Cunningham, Education.
- Increasing awareness of the need for health and social service providers to: talk about the dangers of drinking in pregnancy, screen for alcohol use during preconception and pregnancy and connect women with appropriate community resources through presentations, workshops, handouts, newsletters
- Participation at the FASD Forum that is bringing Dan Dubovsky to Waterloo Region to share his message on November 12th.

Submitted by: Wendy McAllister

Purpose:

This newsletter was developed to help people in Ontario work together to address FASD. It reports on activities of FASD Ontario Network of Expertise (FASD ONE) and shares news of relevance to individuals, caregivers and service providers who work on FASD across Ontario.

For submission requirements and previous editions visit:

<http://www.fasdontario.ca/cms/newsletter>

Fetal Alcohol Spectrum Disorder (FASD)

"FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioural and learning disabilities with lifelong implications."

FASD: Canadian Guidelines for Diagnosis, 2005

Inside this issue:

FASD ONE Update.....	2
FASD ONE Education Working Group.....	4
Haldimand and Norfolk Health Unit.....	5
Current FASD Parent Support Groups.....	6
Local FASD Committees across Ontario.....	7
Call for Abstracts.....	8
Healthy Baby Healthy Brain Website from Best Start Resources.....	9
FIANO Update.....	10
Recognition of International FASD Awareness Day in Ottawa.....	11
Submissions to next newsletter.....	12

FASD|ONE

Fetal Alcohol Spectrum Disorder
Ontario Network of Expertise

FASD | ONE

Fetal Alcohol Spectrum Disorder
Ontario Network of Expertise



The goals and objectives of all FASD ONE activities and projects are:

- TO ACT as a collective voice for FASD service and care providers.
- TO FOSTER the awareness and education of Ontarians regarding the impact of alcohol use in pregnancy and the lifelong disabilities associated with FASD.
- TO PROMOTE a) the development and implementation of a comprehensive and coordinated service frame work b) increased diagnostic capacity and c) the availability of enhanced and standardized statistics about FASD.
- TO BE the “GO TO” organization in Ontario for expertise and resources on FASD.
- TO DEVELOP culturally appropriate FASD resources for urban Aboriginal communities and to ensure that resources respect the general multi-cultural diversity found in Ontario.
- TO SHARE new knowledge, best practices and materials through working groups and other expert linkages that enhance FASD interventions and prevention.
- TO ENCOURAGE a) the increased availability of trained/qualified service providers and care providers b) the development of a coordinated government FASD strategy for Ontario c) the undertaking and availability of evidence based, peer reviewed FASD research and d) the availability of culturally and linguistically appropriate FASD resources.
- TO CELEBRATE the gifts and successes of those living with FASD and of their service and care givers.

FASD ONE UPDATE

FASD ON continues to be busily engaged in a range of activities related to its goals and objectives. The network is blessed with a membership of parents/caregivers, volunteers and service providers who undertake this work with passion, commitment and determination. They, along with the local FASD community networks and everyone addressing FASD in our province are to be commended and congratulated for their considerable achievements. It is impressive to see what can be accomplished with so little funding and staffing resources.

FASD ONE continues to be grateful to the Public health Agency of Canada for both our annualized and special projects funding. To date, it is the only source of funding that has been accessed by FASD ONE.

FASD | ONEFetal Alcohol Spectrum Disorder
Ontario Network of Expertise**UPDATE CONTINUES...**

The following are just highlights of FASD ONE activities and accomplishments since the last Newsletter:

- In April, FASD ONE hosted a luncheon meeting for all Ontario conference delegates attending the “It’s A Matter of Justice” Conference in Vancouver, B.C. Approximately 20 people came together to meet each other and to share information about their involvement in addressing FASD in their local communities across Ontario.
- The FASD ONE chair moderated a one-day conference hosted by Georgian College in May, titled “FASD & Justice effective Community Response”.
- Participated in the “FASD ONE Mobilizing Communities” one day conference sponsored by the FASD E.L.M.O. Network in London, Ontario
- In June 2012, close to 30 local community FASD networks from across Ontario attended an information exchange and learning forum sponsored by FASD ONE. One could not help but be impressed hearing about the FASD public awareness, prevention and intervention work in which these networks are engaged. Many have little to no source of funding and engage in this work as parents/care givers, community volunteers or service providers. Common challenges to be addressed were identified.
- This September, with funding from the Public Health Agency of Canada, our Prevention Work Group implemented a province wide FASD Prevention Campaign. Posters and information with the message “No Safe Time, No Safe Amount, No Safe Kind” appeared in public transit locations, theatres and local media across Ontario.
- On September 22, the FASD ONE chair was a member of a panel presented at the Neuro Dev Net Conference held in Toronto. FASD is one of the 3 areas of focus of NDN, a national research group and the panel presentation, which was free to the public, focused on FASD. In addition to the conference registrants, close to 145 members of the general public also registered to attend. Other panel members included the Shulman Family- parents Arlene & Richard and daughters Camille & Jessica who are affected by FASD; Steve Catney, ED of Alliance Youth Services which offers specialized placements for youth affected by FASD, as well the first classroom in Ontario for youth affected by FASD; James Reynolds, Queen’s University professor involved in research related to FASD.
- At their April 2012 AGM, the Registered Nurses Association of Ontario passed a resolution seeking an integrated provincial approach to address FASD. FASD ONE helped address questions and concerns related to the resolution with the delegates and look forward to partnering with the RNAO as we all move forward to address FASD.
- Partnerships are being established with the VON (Victoria Order of Nurses), Neuro Development Research Network, the Care Givers Coalition of Ontario and the Canadian Prevalence Forum, sponsored by Healthy Children Manitoba.
- Planning for our 2013 Ontario FASD Symposium has begun, with a Symposium Planning Committee established and a Symposium Planner contracted. This is a follow up to the very successful FASD ONE Symposium attended by over 500 care and service providers in March, 2010.
- The distribution and promotion of the 3 major papers produced by the Intervention and Support Work Group continues. The three papers titled “Advancing Respite Services in FASD; Advancing Educational Practices in FASD; Advancing Effective Service Provider Practices in FASD” are available on our website at www.fasdontario.ca
- FASD ONE is in the process of developing a FASD framework to present to the provincial government as a roadmap they may wish to endorse as a way to address FASD across Ontario.
- The name of the Urban Aboriginal Work Group has been changed to the Aboriginal Work Group in order to include both on and off reserve Aboriginal communities. When FASD ONE was first established, funding was available only for off reserve Aboriginal community representation, but it has always been the wishes of FASD ONE to include those on reserve communities who wish to participate as well.
- An Education Work Group has finally been established. While the Intervention & Support Work Group has always addressed the education issue, FASD ONE believes that education related issues for those affected by FASD are of such significance and scope that they require the attention of a work group devoted specifically to this topic.

Sharron Richards
Chair, FASD ONE



SPRING FASD ONE FACE-TO-FACE MEETING OF ONTARIO FASD NETWORKS

The FASD ONE- Education Working Group (EWG) officially launched as of August 2012. Like all things school related, September has been a busy time! The Education Working Group consists of five members: The Lead, Mary Cunningham of KWC FASD Consulting, Kitchener, ON, the Co-Lead, Stephanie Jones of the Upper Grand District School Board, Guelph, ON, Danielle Reynolds of District School Board of Niagara, Niagara-on-the-Lake, ON, Laura Spero of Southern First Nations Secretariat, Thamesville, ON and Tracy Grant of Thames Valley DSB Trustee & Elgin, London, Middlesex and Oxford Network.

The Education Working Group is still seeking out new members. Specifically, the EWG is in need of members who live in central and northern Ontario as well as professionals who may be working at senior levels of boards of education, private schools, post secondary institutions and those who may be members of CODE, SEAC, CARSO & MACSE as well as other provincial initiatives including the current Ministry of Education Mental Health Strategy. If you would like to nominate yourself or someone you know, please email Stephanie Jones at jonesstephm@yahoo.ca

One of the most exciting projects that the Education Working Group is pursuing over the next year is creating an education related web page attached to the FASD ONE website. Stay tuned for more details as the work progresses!

Submitted by: Stephanie Jones

HALDIMAND AND NORFOLK ALCOHOL AND PREGNANCY 2012

The Haldimand-Norfolk Health Unit aims to enhance the knowledge of the health status of the community with a 2012 Report on Alcohol and Pregnancy and a video *Supporting Families with FASD in Haldimand -Norfolk*.

The 2012 report explores the public's knowledge of the potential effects of drinking alcohol during pregnancy on an unborn baby in Haldimand and Norfolk. The report examines the perceived risk of drinking alcohol during pregnancy and also the responses from health care providers. The video is a nine-minute educational video that depicts a local family and their story about living with FASD. The full report and video is available at www.hnhu.org.

Submitted by: Angela Swick

PRINTER-READY MATERIALS ON ALCOHOL AND PREGNANCY

Printer-ready materials on alcohol and pregnancy in multiple languages are available from BestStart.

You can see these resources and get needed images at:

http://beststart.org/resources/alc_reduction/index.html

(Top resource on page)



LIST OF CURRENT FASD PARENT SUPPORT GROUPS

Algoma FASD Caregiver Support Group Sault Ste. Marie and
Algoma Contact: dcaputo@algomapublichealth.com

Barrie South FASD Family Support Group Location: Barrie Contact:
boos.kur@rogers.com or spereira825@rogers.com

Chatham-Kent FASD Support Group Location: Chatham-
Kent Contact: Jennifer@rjck.org or 519.380.0931

Dryden Native Friendship Centre Location: Dryden Contact:
jwessel.dnfc@drytel.net

Elgin-St. Thomas FASD Parent Support Group Location: St.
Thomas Contact: diane_white@rogers.com

FASD Caregiver Support Group Location: Townsend Contact Peggy
Thorne - pthorne@hnreach.on.ca or Michelle Wingrove -
mwingrove@hnreach.on.ca

FASD Group of Ottawa Location: Ottawa Contact: rosse@ncf.ca
Hamilton FASD Support Group Location: Hamilton Contact:
bstanley@cogeco.net

**FASD Parent Association of Toronto, Support through
Education** Location: Toronto Contact: smhfasssupport@aol.com

FASlink Fetal Alcohol Disorders Society Location: Bright's
Grove Contact: info@faslink.org or www.faslink.org

fasWorld Fetal Alcohol Support Group of Niagara Location: St.
Catherines Contact: Indigomaman@aol.com website:
www.fasworldfassupportgroupofniagara.weebly.com

fasWorld Family FASD Support Group Location: Toronto Contact:
ogradey@pathcom.com

Fetal Alcohol Support and Information Network Location: Thunder
Bay Contact: fulton@northroute.net

Fetal Alcohol Support and Information Centre Location: North
Bay Contact: elainecousineau44@msn.com

Guelph FAS Parent/ Caregiver Support Group Location:
Guelph Contact: shiona.watson@cogeco.ca

The Kingston and Area FASD Learning and Sharing Group.
Location: Kingston Contact: etate@kdacl.on.ca

Healthy Generations Parent Support Group Location: Sioux
Lookout, ON Contact: healthy@slhacl.on.ca

Helping Hands for FASD Youth Support Group Contact:
Sharon Pereira 705-791-5809; Lynda Westlake 705-716-0902
website www.hh4fasd.com

**London FASD Foster and Adoptive Parent Support
Group** Location: London Contact: ktomanec@caslondon.on.ca

London FASD Support Group Location: London Contact:
cha@soahac.on.ca

Mount Forest FASD Caregiver Support Group Location:
Mount Forest Contact: shiona.watson@sympatico.ca

**Niagara Parent Support Group for Alcohol Related Neuro-
developmental Disorders** Location: Port Colborne Contact:
chaymes@itcanada.com

The Peel FASD Parent Support Group Contact Person: Steve
Catney Telephone: 905-897-6660 E-mail:
allianceyouthservices@bellnet.ca

Peterborough County FASD Committee Location:
Peterborough Contact:
peterborough_fasd_committee@cogeco.net

Wabano FASD Support Group Location: Ottawa Contact:
cipeltier@wabano.com

Waterloo Fetal Alcohol Syndrome Support Group Location:
Waterloo Contact: mbonnie@region.waterloo

Windsor-Essex FASD Support Group Location:
Windsor Contact: Susan Smith 519-776-6891 or 519-817-6687

LOCAL FASD COMMUNITY GROUPS ACROSS ONTARIO

Chatham-Kent FASD Support Group

Contact: Jennifer@rjck.org or 519-380-0931

Mamaweswn, North Shore Tribal Council

FASD Program- Priscilla Southwood Priscilla@mamaweswn.ca

FASD Durham Committee- Durham Region

fasd@rfecydurham.com

Grey-Bruce FASD Community Mobilization Committee- Grey and Bruce Counties

bfowensound@bmts.com

Hamilton FASD Community Initiative- Hamilton

www.fasdhhamilton.ca

Donna Marcaccio, Executive Director of Rygiel Supports for Community Living

Linda Dayler, Executive Director of Catholic Family Services of Hamilton

Jodi Brooks, Resource Team Contact

jbrooks@cfshw.com

905-527-3823 Ext. 267

FASD Coalition,

Algonquin Child and Family Services- Huntsville

lexell@acfs.on.ca

Kingston FASD Action Network- Kingston

Donna Clarke-McMullen 613-544-3400 Ext. 2328

clarked@hdh.kari.net

FASD E.L.M.O Network-

London; Co-chairs Tracy Grant and Tracey Ashby

fasd.elmo@gto.net

FASD North; North Bay/ Nippissing District

AmandaD@metisnation.org or ecousineau@cccnip.com

FASD Coalition of Ottawa

cfortier@ottawayoungparents.com

Niagara FASD Network Group

Bernadine@qua@facsniaagara.on.ca ; nhall@bethesdaservices.com

The Peel FASD Steering Committee; Shefalika Gupta

905-890-5222 ext. 228

Peterborough FASD Committee

fasdpeterborough@cogeco.net

Renfrew County and District FASD Committee

cforteath@rcdhu.com

Algoma FASD Committee; Sault Ste. Marie and Algoma

dcaputo@algomapublichealth.com

Simcoe County FASD Coalition 1-877-721-7520 ext. 7191

FASD Advisory Committee; Simcoe County

Six Nations of the Grand River Territory FASD Circle

degowadihsnye@sixnationsns.com

Sudbury and Manitoulin FASD Network

charlotte.miller@ourchildren-ourfuture.net

Thunder Bay FASD Program mparkes@norwestchc.org

FACT Coalition (Cochrane (district) and Timmins)

normac@porcupinehu.on.ca

Toronto FASD Coordinating Network- Gloria Chaim

gloria_chaim@camh.net

FASD Networking

Committee of Waterloo- Wellington-Dufferin

mmary@region.waterloo.on.ca

FASD Coalition of York Region 1-877-464-9675 Ext 2015

If you have a FASD Committee and would like to be listed on our website please email

Yvette Nechvatal-Drew at yndrew@durham.girls-inc.org

Call for Abstracts

First International Conference on Prevention of FASD Fetal alcohol spectrum disorder

A conference about
Preventing harm from alcohol use during pregnancy

Edmonton, Alberta, Canada | September 23-25, 2013

www.fasdedmonton2013.ca/FASD-Prevention

We are now accepting abstracts for submissions under three main categories:

Panel presentations (90 minute sessions): Submission deadline January 28, 2013

Preconference workshops (Full or half day sessions): Submission deadline January 28, 2013

Oral or poster presentations: Submission deadline February 28, 2013

To submit your abstract, download the appropriate form at: <http://www.fasdedmonton2013.ca/FASD-Prevention/Abstracts.aspx>

Speakers include:

Sterling Clarren (US/Canada), Diane Black (Netherlands), Philip May (US), David Butler-Jones (Canada), Ilona Autti-Rämö (Finland), Amy Salmon (Canada), Edward Riley (US), Tom McLellan (US), Tatiana Balachova (Russia), Denis Lamblin (France), Nazarius Mbona Tumwesigye (Uganda), Akinori Hisashige (Japan), Elizabeth Elliott (Australia), Myles Himmelreich, Dorothy Badry, Malcolm King, Nancy Poole, Daniel Goldowitz, Ab Chudley, Don Fuchs, and Jacqueline Pei (Canada).

This is the first international conference to address the primary, secondary, and tertiary prevention of FASD. Plenary sessions will promote discussion and reflection on promising and innovative approaches for prevention of FASD, such as alcohol policies and approaches to address the social determinants of health. Sessions will identify barriers to FASD prevention and possible solutions for overcoming these obstacles. The conference will serve as an international knowledge exchange and networking forum for those interested in FASD prevention, bringing together key experts from around the globe.

This conference will be of interest to:

Government officials

Policymakers in health, education, justice, and social services

Researchers in the fields of FASD, alcohol and addictions, social determinants of health, social sciences, and social marketing

Service providers and healthcare professionals

Those affected by FASD, their families, and other caregivers

Students

Teachers and educators

For more information, please visit the conference website at:

www.fasdedmonton2013.ca/FASD-Prevention

Participants attending this conference may also be interested in our [Consensus Development Conference on Legal Issues of FASD](#), which will take place in Edmonton on September 18-20, 2013.

HEALTHY BABY HEALTHY BRAIN WEBSITE

The Best Start Resources Centre has launched a new website for parents.

Submitted by: Louise Choquette

www.HealthyBabyHealthyBrain.ca. This website offers parents many suggestions to help them support their baby's brain development. The website has 15 short videos on topics such as nutrition, sleep, play, literacy, physical activity, attachment, self-regulation, discipline, stress, etc. The website is for future parents and for parents of children aged zero to three.

The videos show real-life situations that were filmed with families from Ontario. In some of the videos, Dr. Jean-Victor Wittenberg, a child psychiatrist, comments on the parent-child interactions. Sylvie Boulet, a registered dietitian, also provides nutrition comments. Throughout the series of videos, the experts offer practical suggestions for parents, based on proven practices.

More information on all the topics covered by the videos is also available on the website and through links to related websites. The website is available in English and French (French URL is www.BebeEnSanteCerveauEnSante.ca). All the videos can be shared through online social networks.

The website is organized using the following key messages:

- "Start early." Outlines the importance of prenatal health and of early interaction with babies.
- "Love builds brains." Focuses on attachment, on baby's needs and on developing self-regulation in young children.
- "Playing builds brains." Provides suggestions of ways to boost baby's brain with everyday fun and games.
- "Health builds brains." Offers health and wellness tips related to nutrition, physical activity and sleep.
- "Baby's world matters." Emphasizes the importance of creating good environments through routines, childproofing and reducing stress for young children.

The website development was based on results from a recent survey of 512 parents in Ontario (details available in the report *Early Brain Development, Parent Knowledge in Ontario*, available at beststart.org/resources/hlthy_chld_dev).

The survey revealed that parents are aware of the importance of the early years. At the same time, parents are not sure which toys and foods they should give their baby to help with brain development. They want to know what activities they should do with their young child. They also want to know about research recommendations, because they are bombarded with persistent ads for children's products.

The survey also indicated that parents of young children like to learn about parenting using interactive websites.

www.HealthyBabyHealthyBrain.ca has been designed with the needs of busy parents in mind. The website is easy to navigate and the videos are fun to watch. Over 60 parents have field-tested the website prior to the October 2012 launch.

Experts were consulted in the development of the website to make sure that the information was based on research. The videos emphasize the importance of attachment and relationships and encourage parents to interact often with their babies, in a positive way. The everyday situations depicted show all of the little things parents do with their baby impact on their development.

The website will be promoted through the Ontario Early Years Centres and through health care providers. Parents have indicated that they receive most of their parenting information through these sources.

This website was developed by the Best Start Resource Centre of Health Nexus, a not-for-profit organization based in Ontario.



To help your baby have a healthy brain,
visit this interactive website:
www.HealthyBabyHealthyBrain.ca

best start
meilleur départ
by/par health NEXUS santé



FIANO UPDATE



The goal of the Government of Canada's Fetal Alcohol Spectrum Disorder (FASD) Initiative is to provide leadership and to collaborate with partners to prevent FASD and improve the outcomes for those already affected. The Public Health Agency of Canada is the federal lead on FASD in Canada, in partnership with Health Canada's First Nations and Inuit Health Branch, which has the federal lead with respect to First Nations and Inuit communities.

Collaboration and intersectoral approach to program and service delivery can reduce the incidence of FASD and help improve outcomes for those affected and their families. The FASD Intergovernmental Action Network of Ontario (FIANO), which is made up of Ontario representatives from various federal departments and provincial ministries, continues to share updates to ensure our efforts are not duplicated. For further information regarding the federal FASD Initiative please visit the PHAC website at

<http://www.publichealth.gc.ca/fasd>

The Ministry of Children and Youth Services delivers the Aboriginal FASD and Child Nutrition Programs, which combines healthy lifestyle and nutrition-based activities with FASD education and interventions using a holistic delivery model. The program was created in 2000-2001 in response to requests made by Aboriginal leaders for an FASD program. Services are delivered by 20 Aboriginal organizations in communities across Ontario, both on and off reserve. The program has been renewed until March 31, 2014. The Ministry of Children and Youth Services recognizes that FASD is not specific to Aboriginal communities.

**Submitted by: Donna De Filippis,
Program Consultant and FASD Ontario Regional Lead
Public Health Agency of Canada, Ontario and Nunavut Region
180 Queen Street West, 11th floor
Toronto, ON M5V 3C7
416-954-9754**

Please note that our Internet email address will now use a period instead of an underscore.

Donna.De.Filippis@phac-aspc.gc.ca

RECOGNITION OF INTERNATIONAL FASD AWARENESS DAY IN OTTAWA

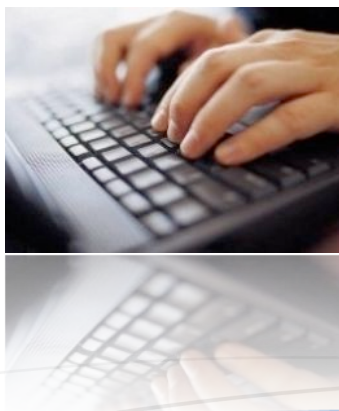


Photo of Derek DeBeer

Ottawa: The FASD in the Park series, which brings families together to share tips, find solutions and enjoy an evening in the park, joined members of the FASD Coalition of Ottawa for a barbeque and a drumming circle in recognition of International FASD Awareness Day. The event featured Derek DeBeer, drummer, percussionist and songwriter, acclaimed as one of the leading performing artists on Sabian Cymbals, Pearl Drums, Rim Shot Sticks and Remo Skins. Derek, originally from Zimbabwe and presently residing in Ottawa, led a lively drumming circle.

The Coalition would like to thank those who attended and found the beat of their drum, and a special thanks to the community volunteers.

Submitted by: Diana Fox



NEWSLETTER SUBMISSIONS:

We want to hear what is happening in your area. Are there some exciting developments or activities your FASD Committee is currently working on?

If you have a news submission for the next issue or feedback about FASD Ontario news, please email the editor, Yvette Nechvatal-Drew at yndrew@durham.girls-inc.org

Newsletter Submissions Criteria

Submissions and content suggestions are welcome. Examples include information about:

- Ontario FASD workshops or conferences
- National or international FASD conferences
- New FASD resources
- New FASD services in Ontario
- Photos of recent FASD activities in Ontario
- Short articles about recent Ontario FASD initiatives/news/events
- Submissions or inquiries can be sent to info@fasdontario.ca

Inclusion of submissions is at the discretion of the newsletter task group. We reserve the right to edit submissions for length, grammar, consistency, etc. The opinions and accuracy of the information in submissions to the newsletter are the responsibility of the original author.

For those submitting photos or identifying individuals in an article or at an event, please note that it is your responsibility to ensure you have the subject's permission for the posting. Please be especially sensitive to the identification of children and other vulnerable individuals.

It is the responsibility of the person submitting the photo/article to ensure they have permission to do so. This necessary form can be accessed on website.



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Also available in French

FASD | ONE

Fetal Alcohol Spectrum Disorder
Ontario Network of Expertise

c/o Girls Incorporated of Durham

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