



# MENTORS FOR YOUNG ADULTS WITH FASD

**We are pleased to introduce a brand-new text mentoring program supported by the Provincial FASD Family and Caregiver Support Group through Health Nexus.**

You are invited to join this project, in which you and your son or daughter (or client) can designate a *mentor* (someone you both trust), who will exchange “advice-and- support” text messages with the FASD-affected adult.

The mentor will receive virtual training on FASD during this time, as well as a significant honorarium upon completion of the project. Directly related expenses are also covered.

Do you love and support someone prenatally exposed to alcohol who is facing challenges in daily routines or relationships?

---

Would your son or daughter appreciate having support from a familiar person who is FASD-informed?

---

Contact Joan Rinker  
FASDtextmentoring@gmail.com

Check out Health Nexus  
[www.healthnexus.ca](http://www.healthnexus.ca)

---

And the virtual FASD course  
<https://canfasd.ca/online-learners/>