



**EFAN**

# FASD - Frontline

March, 2015



## Inside this issue:

Success Story	2
It's OK to Laugh!	2
PCAP Partnership	3
Calming Strategies	4
February/March Upcoming Events	5
Contact Info	6

### St. Patrick's Day Ideas For Family Fun

St. Patrick's Day is an Irish holiday that is celebrated every year in March, but it's not just the Irish that enjoy this festive occasion. In fact, people around the nation celebrate St. Patrick's Day with parades, green attire and even parties that bring family and friends together. Speaking of family, there are a number of ways that you can make St. Patrick's Day a festive and fun-filled family holiday.

### Have A Party

Yes! A party! Who said you cant have a party without alcohol! If you really want to celebrate St. Patrick's Day, do so by hosting a party in your home. You can invite family, friends, neighbours and other local residents who share in your festiveness. Because the color green is so commonly associated with St. Patrick's Day, it's only natural that you would want to serve **lime JELL-O**, **ice cream** and even **green KOOL-AID** to your guests. Don't forget to decorate with the green theme in mind by using holiday plates, cups and napkins, table coverings, streamers and even balloons.

### Festive Dining

For Thanksgiving, many families eat turkey. For St. Patrick's Day, many families eat **cabbage** because, well, it's green. **Green beans, vegetables, spinach, fruits** and **other green foods** also remain popular choices for those looking to dine with the green theme in mind.

**So go ahead and have a blast the alcohol-free way!**

Edmonton and Area Fetal Alcohol (EFAN) Frontline Newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers. If you wish to share information or to be added to our e-list subscription, please contact [edmontonefan@gmail.com](mailto:edmontonefan@gmail.com)

## FASD Success Story

By: FASD Program in Edmonton

This individual has been struggling with a drug addiction for several years. Over the last eight months he has worked consistently to overcome his addiction.

He has been attending sessions with a mental health counselor and an addiction counselor on a regular basis. He is an active participant in the equine therapy program called Making Strides and reports this has helped him circumvent his triggers that can lead to drug use. He is an active member of Prosper Place Clubhouse where he goes a few times a week and he also assists with operations of the facility.

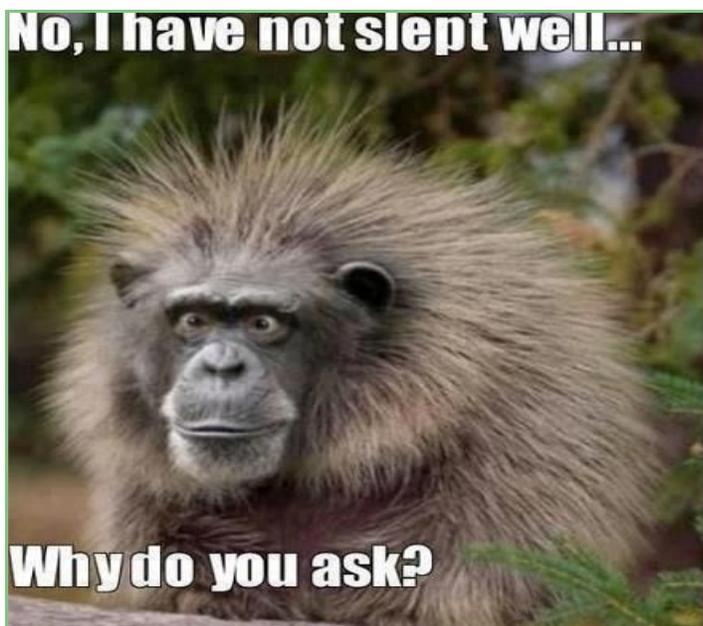
This is a place where he can learn some valuable skills that will lead to part-time employment for him. This participant was able to spend time with his children at Christmas who are in the care of his mother. He has not been able to see them since March 2014 and there has been challenges within this relationship. Up until recently he had access through telephone contact twice a month under the Parenting and Conduct Order.

Over the last few months he has been talking more often with his mother and it appears that the dynamics are changing in this relationship. His visit at Christmas was at his mother's place with his children and he will now be able to have them at his place for a few hours each Sunday.

---

## It's Alright To Laugh!

By: Omar Rayes

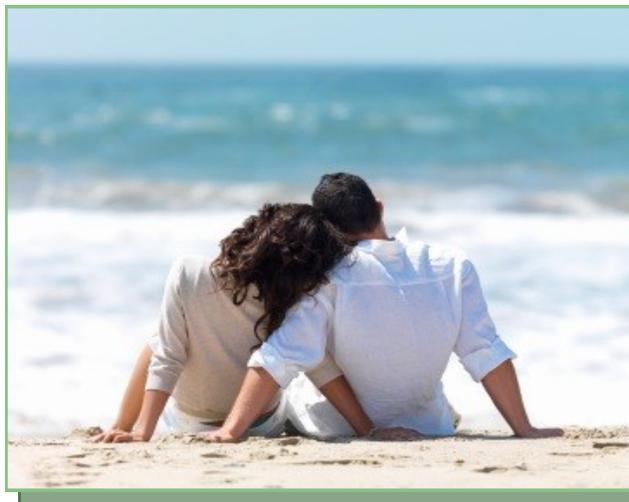


Not that we need permission to laugh. But sometimes, in the midst of the pressures of caring for those with disabilities, we forget that laughter is also a part of the journey. Dr. Seuss sums it up perfectly when he says, "I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities."

## Supporting mom's partner is key in providing support for mom

By: Paul Pringle

Many women are more likely to avoid alcohol during pregnancy if their partners support them in doing so. Conversely, women find it more difficult to reduce their drinking when their partners oppose that decision or take steps to undermine their efforts. If a woman's partner is supportive of her decision regarding reducing alcohol use during pregnancy, service providers can involve partners in supporting healthy alcohol-free pregnancy" (Let's Talk Campaign, 2014).



It is also recognized that this is not limited to partners and it includes persons who play a significant role in the woman's life. The PCAP Partner (Parent Child Assistant Program) was created based on this premise and to increase capacity for the family, to support a healthy environment for the child. Referrals come from PCAP and Adult Advocacy Programs supporting persons with an FASD.

In some cases, partners are estranged from their children, have a desire to be involved in the child's life but do not know how to. When the program was being designed, we spoke with Dr. Richard Amaral, a registered Psychologist who consults for the PCAP Program out of Seattle. He spoke of an innate drive in men to support and provide for their families. "Men and partners want to be helpful or help in a way that they think is important." (Nicole Pike PCAP Partner Advocate, Bissell Centre). Other observations are, partners do not know how to support the mother and engage with their children. People will come with their perception of fatherhood and motherhood, based on their own experiences, history and role models. There are situations where participants do not have the resources to meet basic needs and that affects access with their children.

The assumption of the program is no matter how much involvement there is, it will have an effect on the child's life. The PCAP Partner program strives to discover the strengths and goals participants are pursuing. Recognizes that collaboration, often times leads to positive outcomes and can help, the partner to determine the best way to support, even if it means learning how to take care of oneself. If you would like more information on the PCAP Partner Program please contact:

**Omar Reyes**  
**FASS Wait List Support Worker**  
Bissell Centre  
Office: 780.423.2285, ext. 157  
Fax: 780.441.3580  
[www.bissellcentre.org](http://www.bissellcentre.org)



# I'M FEELING REALLY UPSET!!!!



## I need to...

1.



### CALM DOWN

Take some big deep breaths and try to relax my body.



2.



### USE WORDS

Talk calmly to the person who is making me upset and tell them what is wrong.

or

Talk to my mum, dad or teacher and tell them what is wrong.

Crying and yelling makes it hard for people to understand and help me.



3.

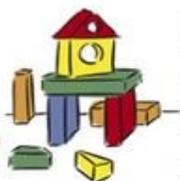


### FIND A QUIET PLACE

Find a quiet space where I can calm my body and relax - I could do some deep breathing, read a book, colour in, think about my favourite things, hug a special toy or go for a walk.



4.



### DO SOMETHING FUN

Be kind to myself and play with something I really like, or find a friend that I can play happily with, or give my mum or dad a cuddle.



# The Verto Project

For Youth 16—22 Years of Age

**This 12-week program starts every four weeks and you get paid to attend! The project includes employment development, personal development, technology training, conflict resolution training as well as health and wellness, volunteerism, life transition and leadership development.**

***Call Youth Recruitment Coordinator to Register @ 780-444-3348***

## March/April Upcoming Events

- EFAN Strategic Planning Day—Mar 03, 2015—Chateau Louis Kingsway—8:30—4:00 p.m.
- McDaniel Youth Program—Men's Group—March 04, 2015
- Frontline Meeting—Mar 10, 2015—206 at Parkdale School —9: 00—11:00 a.m.
- McDaniel Youth Program—Women's Group—Mar 18, 2015
- I am a Parent Conference—Mar 21, 2015—10740 - @ 10740 19 AVE— 9:30—4:00 p.m.

## Ideas for Family Outings / Activities

- Indiana Jones—The Exhibition—Telus World Science
- Winter Warmth Bonfire—John Janzen Nature Park—March 01, 2015
- Story Time Club—Weekdays and Weekends—Royal Alberta Museum
  - Edmonton Valley Zoo—Get close to the Animals!
  - Free Family Activities @ Edmonton Public Library

**EFAN**

Visit our blog

Like us on Facebook

Follow us on Twitter

#2, 9137 Jasper Avenue  
Edmonton AB, T5H 3T2

[Edmontonefan@gmail.com](mailto:Edmontonefan@gmail.com)  
[www.edmontonfetalalcoholnetwork.org](http://www.edmontonfetalalcoholnetwork.org)

