



**EFAN**

# FASD - Frontline

June 2015

## HAPPY FATHER'S DAY

Pic Found on: [www.thesmashable.com](http://www.thesmashable.com)

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Wondering what to do on Father's Day? Look no further, here are a few ideas of fun activities to do as a family!

1. Tell them a story, but not one from a book. Make something up or tell them a few anecdotes from your childhood -- especially ones where you got into trouble.
2. Do something important in the community. Volunteer at a homeless shelter. Help Habitat for Humanity build a house. Or, if the kids are older, do some work for a cause they support.
3. Make a movie of the day. If you don't have a movie camera, take a few rolls of regular film, get them developed at a one-hour photo place, and make a scrapbook.
4. Pretend you like the tie they got you and wear it all day.
5. Listen. Set aside some time and let the kids know that you're available to listen to anything they have to say on any topic at all. Give advice only if they ask for it.
6. Visit or call or write your own father to wish him a happy Father's Day. If he's not alive, spend some time telling your kids about him.
7. Best of all: Do absolutely nothing. Spend a completely unstructured day with the kids doing exactly what they want to do. Ignore the distractions of the phone, email, bills, work, and errands, and focus completely on them. Top off the day with an ice-cream sundae.

Source: <http://www.parents.com/holiday/fathers-day/traditions/activities-to-make-fathers-day-special>

**Edmonton and Area Fetal Alcohol Network (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)

## Lady Flower Gardens Inner City Recreation and Wellness Program (ICRWR)



Often times the cost and limited access, affects our dietary choices. In particular fresh vegetables cost more than packaged or can goods. Vegetables are perishable, which makes it difficult to keep in stock, along with the facilities to store.

The Lady Flower Gardens Program facilitated by the ICRWR is opportunity to have access to fresh vegetables through their participation in growing and harvesting a vegetable garden. Lady Flower Gardens is the community development branch of Riverbend Gardens, the large market garden operation on the Northeast edge of Edmonton.

Doug Visser and his partner Kelly Mills started the project to improve access to healthy food for the inner-city community, and give them the opportunity to spend time in, and take stewardship of, a garden outside of downtown. ICRWR has been involved since 2013, taking weekly trips to Lady Flower as well as participating in the fall harvest in September.

A range of vegetables are planted - from carrots, pumpkins, peas, potatoes cucumbers, corn, beets, kale, spinach, to flowers and fruit like tomatoes and watermelons. The weekly trips consist of folks having lunch together, then getting rid of weeds and harvesting vegetables. Then participants bring the veggies back for themselves, friends, and inner-city kitchens and agencies. For example, they have already harvested spinach for the Edmonton Intercultural Centre.

The fall harvest results in thousands of pounds of root vegetables for the Edmonton Food Bank. Not only is Lady Flower a garden, but it is connected to an old growth forest which people can walk through and enjoy. Beside it is the North Saskatchewan river, and there's benches folks can sit on and relax. Additionally, it's the location for sweats and aboriginal teaching events. Essentially, it's a place our community is welcome, and a safe, relaxing location for folks to relax, work on challenges they're facing, and contribute to a program that is benefiting others. For more information and how to participate go on the links below:

There is transportation weekly to the garden to maintain. Participants are picked up at the Bissell Centre. It a place to learn how to garden, bring your expertise. Most importantly access to fresh vegetables.

Website <http://lfq1stnations.weebly.com/>

<https://www.facebook.com/LADYFLOWERGARDEN?fref=ts>

Contact to get involved: Rylan Kafara [rkafara@bissellcentre.org](mailto:rkafara@bissellcentre.org) 780-860-6154

## What is Success?

Success comes in many forms. It doesn't have to be a huge step or an achievement so to count as a success. The little steps one make counts as one too. You might be surprised, but even failure counts as a success! "Failure is not the opposite of success but rather, a part of success"—*anonymous*

"Success is the ability to go from one failure to another with no loss of enthusiasm,"—*Winston Churchill*. So Next time you fail, don't be hard on yourself. Stand up straight and start all over again, remember what Winston Churchill said, do NOT lose enthusiasm, keep going until you find your success. success!

## Alcohol, Pregnancy, and Partner Support



Here are five (05) ways partners can support Women:

Take a pause from Alcohol during the pregnancy by quitting or cutting down. Avoid drinking around her and in social situations when they are together.

Tell family, friends, and anyone offering her alcohol that there is no known safe time to drink alcohol during pregnancy and no known safe amount.

Offer her non-alcoholic drinks (e.g., mocktails) and bring non-alcoholic drinks to social events.

Take part in social and recreational activities with her that don't involve alcohol.

Help reduce the stress in her life. (You can ask her for specific details of how you might do this.)

**Found on: The Prevention Conversation Leaflets**



Various Summer Day/Over Night Camps  
Visit EFAN Website for the comprehensive list



Elizabeth Fry Summer Program  
Registration is on! EFAN site for registration

The Paint Off Whyte hosted by E-Fry.  
Get your tickets online. help raise funds for their upcoming housing initiative.



## Dreamcatcher

Dreamcatcher Association will present at the next Frontline meeting. Dreamcatcher is a psychological practice which believes in a holistic approach to healing and offers a wide variety of traditional and unique therapy to children, youth, and adults find healing balance, joy and personal growth.

Visit their website for more information:

<http://www.dreamcatcherassociation.com/AboutUs/tabid/56/Default.aspx>

### June/July Upcoming Groups/Meetings/Events

- McDaniel Youth Program—Men's and Women's Support Group—June 03, 2015
- EFAN Monthly Meeting—June 05, 2015—At DECSA
- Frontline Meeting—June 09, 2015—206 at Parkdale School —9: 00—11:00 a.m.
- Coaching Families Supports Group and BBQ—June 17—@ JAC
- McDaniel Youth Program—Men's and Women's Support Group—June 17, 2015
- PCAP Council—Presenting Dr. Gabor Maté—Thursday, June 04, 2015

### Ideas for Family Outings / Activities

- World of Boo—Alberta Art Gallery—Open till July 5th
- Tot-Time Child Development—Millwood's Centre—Tuesdays
- Stars and Strollers Movies—Cineplex Odeon North—June 03
- Dinosaurs Unearthed—TELUS World of Science
- TRi KiDs Triathlon Series—Terwillegar Rec Centre—June 28

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Edmonton and Area  
Fetal Alcohol Network

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**A future free of Fetal Alcohol Spectrum Disorder.**