



**EFAN**

# FASD - Frontline

November 2015 Issue



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### **Winter Family Fun Games**

Edmonton Winter can be cold and harsh, but it can also be fun! The winter provides endless ways for one to become creative, inventive and adaptive in modifying the elements. Using the winter outdoors as a theme, parents can provide an opportunity for kids to experience some winter fun and physical activities. All you need is warm clothing and some creativity.

### **Active winter lookout:**

Create a scavenger hunt that has the kids identify and gather items that they can see from various parts of your yard, block or in the local park.

### **Frosty walks:**

Grab a breath of fresh air by taking a walk around your neighbourhood or a nearby local park. Invite neighbours, friends or pets along.

### **Group activities:**

If you have a group of several kids together, you can have them engaged in fun snow games -- great for winter birthday parties!

### **Dog sled race:**

Kids can take turns being pulled by their "dog teams" around a marked course on a toboggan.

### **Snow pile:**

Groups have five minutes to build the highest snow pile.

**Source:** [http://www.canadianliving.com/relationships/family\\_connections](http://www.canadianliving.com/relationships/family_connections)

**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)

## Bissell Centre—Drop in Support Services



The Bissell Drop-in Centre is a space for men and women to socialize, support basic needs with resources, and connecting to information regarding food, employment, and housing programs among others. The Drop-in Centre provides individuals with access to showers, telephones, laundry facilities, daily newspapers, and information regarding other relevant resources. The Centre also provides weekly services and recreation activities such as bingo, haircuts, arts and ,crafts, literacy development, card games, other recreational activities, and legal aid supports.

The Centre provides donated hygiene products when available Items include; toothbrushes, toothpaste, feminine hygiene products, shampoo, soap, and razors with shaving cream. Foot care products is provided by Capital Health Community Health Nurses.

Bissell's Adult Supports and Mental Health Workers, work closely with the Drop-in Centre. The Adult Support Workers assist with advocacy call professionals, write letters of supports, and when needed accompany individuals to appointment; make referrals to other agencies, provide assistance with medical issues, and offer emotional support.

An Intake Resource Worker is also available Mondays, Wednesdays, and Fridays to meet with community members who have immediate needs such as medical care, clothing vouchers, social assistance, and advocacy. Alberta Health Services Addiction is also available on site. For more information and counselling. Emergency clothing to those in need is also available through the Bissell Community Closet Program.

**Bissell Drop-in Centre:** 10530 - 96 Street, Edmonton, Alberta  
**Hours:** 7:00am - 4:30pm (Monday - Friday) / 12:00pm - 4:00pm (Saturdays)

**Source:** <http://www.bissellcentre.org/community/drop-in-centre/>

## ON MY WAY TO LIFE: FASD GOT IN THE WAY A GOOD NEWS STORY BY TERRY M.

Written by Paul Pringle

Terry was referred to Well Communities and Well Families now Fetal Alcohol Spectrum of Services at the Bissell Centre, in 2007. He says it was a time of confusion, frustration and he felt like he was spinning his wheels, by doing the same thing over again. He didn't have a reliable source of income and was experiencing challenges with employment and money management. He felt like he was not in charge of his life and this left him feeling discouraged.

Terry shared, that he wondered if he was affected by Fetal Alcohol Spectrum Disorder (FASD), as he displayed behaviour that was connected to FASD.



Terry is a person that takes pride in his accomplishments, which left him with some frustration, as he could not always get the results he wanted. He had a family of 3 children and was concerned about what he may be teaching his children, if they used him as an example. Terry came from a genuine place, but didn't understand how FASD impacted his life and for the longest time he had no idea that this was a possibility. Terry moved forward and was supported by his advocate to pursue an assessment. You can imagine the relief and finally an answer to his challenges, how powerful that was, when he received his diagnosis.

There was element of self-forgiveness, he could adapt to his abilities and Terry was able to communicate to others how he is best supported. This also led to a monthly income through AISH and more supports for his family.

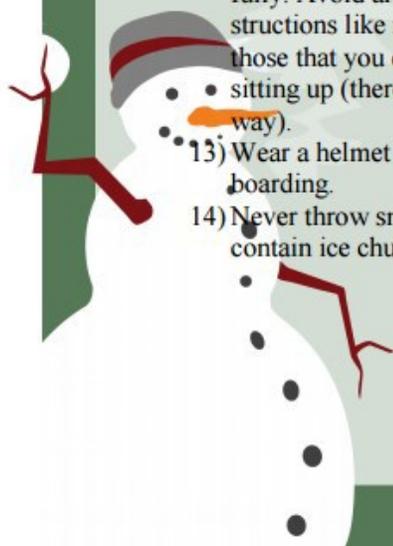
Terry enjoys activity, you could always find him coming out to the Friday afternoon floor hockey and playing ice hockey in a recreation league. He also worked part time with a moving company, where Terry was able to establish a solid relationship and communicated to his employer, the challenges with FASD. This information was very helpful for both Terry and his boss, as they learned how to communicate. This also help Terry's boss to understand what he was capable of and how to give out work duties in ways that Terry could manage. This was a significant change to the working relationship and it created ways for Terry to show his strengths. Terry has the ability, to pay attention to the fine details, he is a good communicator and takes pride in what he accomplishes. If he scored a goal, stood up for himself, or tried something new it is important to Terry. He even went back to school, as he thought of working in security or law enforcement. He did some upgrading, however his obvious skills and the relationship with the company he worked for, created another opportunity.

Terry is now a sub-contractor for his moving company. He has established himself as a moving packer, where he comes in and packs household items to get ready for a move. This includes valuables and essential items to the people that are relocating. He has two employees working for him and when there is down time, he is working directly for the moving company. Terry showed me with pride some of his customer comments, "amazing, friendly, put me at ease, and professional" He has been so successful, he no longer receives AISH benefits and provides for his family with his work income. He even has an accountant for his own business. Terry never forgets where he comes from and some of the struggles he had along the way, he says, "it keeps him humble". You can see the light in his eyes and the glow in his face when he shares that he feels good and considers himself a contributing member of Society.

**GO TERRY!**

## Winter Safety

- 1) Have extra pair of mittens in your pockets.
- 2) Keep an extra set of mitts, toque and scarves in your vehicle.
- 3) Wear a hat as most your body heat is lost through your head.
- 4) Think layers when you venture outdoors into the chill of winter. Clothes filled with down, Polartec, or other manmade insulating materials offer the best protection. Wear a hat and use mittens if possible (they're warmer than gloves).
- 5) Know the Warning Signs of hypothermia: lots of shivering; cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate.
- 6) Check the temperature before you leave home and dress appropriately.
- 7) If your clothes are wet, change as soon as possible. Wet clothing will cause your body to get cold quickly.
- 8) Always have extra food and bottle water, in the house.
- 9) Install a carbon monoxide detector in your home.
- 10) Never leave an electric heater unattended.
- 11) Maintain house furnace annually.
- 12) If sledding is your sport, choose your hill carefully. Avoid areas that are too steep or have obstructions like rocks or trees. The best sleds are those that you can steer; the safest way to ride is sitting up (there's less risk of head injury this way).
- 13) Wear a helmet when skiing, skating, or snowboarding.
- 14) Never throw snow at other people. Snowballs can contain ice chunks and stones.
- 15) When leaving your house, plan your trips to avoid long periods of time spent outside.
- 16) Have a safety kit in your car that contains the following: extra winter clothing, blanket, candle, snacks, shovel, and flash light.
- 17) Always back car out of attached garages to let it warm up with door closed, to prevent carbon monoxide from getting in your home.
- 18) Always leave the house with a fully charged cell phone.
- 19) Give yourself extra time to drive to your destinations.
- 20) Take your time while driving
- 21) If you do not drive, organize rides to and from your events, whenever possible.



## Coaching Families Program

Some of the services this program offers include:

- Helping parents connect with community resources
- Teach about FASD
- Help develop strategies
- Assist in connection with FASD clinics
- Provide monthly support groups

If you or anyone you know is need of this kind of services, please call their Intake at **780-975-4896**

### Upcoming Calendar Events November / December

- EFAN Monthly Meeting— Supports & Services / Society—November 03, 2015
- Frontline Monthly Meeting—Park Dale School—November 10, 2015
- Coaching Families—Support Group—JAC—November 17, 2015
- McDaniel Youth—Gear up—East Office—Nov 10, Nov 24, and Dec 8, 2015

### Ideas for Family Outings / Activities

- Tot-Time—Millwood's Town Centre—Nov 03, 2015—10-12 noon
- Tours for Tots—Art Gallery of Alberta—Nov 04, 2015—10-11 am
- Deadmonton Haunted House—10233 Jasper Ave—Nov 06—7, 2015
- Junior Chef Classes—West Edmonton Mall—Nov 14, 2015—From 10am

# EFAN

## ***Educating and supporting communities***

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Edmonton and Area  
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***A future free of Fetal Alcohol Spectrum Disorder.***