



EFAN

FASD - Frontline

December 2015 Issue

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Are you looking to get the most out of your precious time spent together with your family? Here are great ideas for family fun ideas and services after the presents have been unwrapped.

Get Outside:

Take a family walk, Play football in the backyard, Do something active together as a family

Start a New Tradition:

Talk to your family about what they 'd like to accomplish in the next year. Encourage every member of the family to write a goal down and save them in a special place until next Christmas. This would be a great new family tradition.

Serve Others:

Christmas is a great time to give back to your community. Many churches and community centers host meals for those in need- why not help out as a family?

Go Christmas Caroling:

Visit neighbours and friends in need of a little Christmas cheer, and sing familiar carols to brighten their day!

Get In On The Act:

Commit to do something good in remembrance of those who are not here with us.

Source: <http://www.babble.com/kid/8-ideas-for-family-fun-on-christmas-day/>

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

CHRISTMAS SEASON IS UPON US!

By Patricia Ellison-Traverse



Christmas Season is upon us! It is a time to celebrate with friends and families, and to reconnect with those that we may not see during the rest of the year. Food is a part of the festive experience and is often just taken for granted. For many Edmonton's families, however, there is the constant worry of adequately providing food for Christmas.

The price of food has increased and often food security is a concern. How does one provide a festive Christmas meal on a very limited budget? One wonderful option available to families is the Christmas Bureau. The Christmas Bureau provides a Christmas food hamper that consists of turkey, ham and all the fixings. The Christmas Bureau also gives the family or individual an option to choose gift cards instead of a hamper.

There are 100 agencies that facilitate the Christmas Bureau application and if a person has a connection to an agency, the application is available. Also, a person can call the Christmas Bureau directly to be placed on their list by calling 780-414-7695. The Christmas Bureau phone lines open November 19th.

Speaking of food and Christmas here is an excellent Christmas drink!

COCOA SLEIGH RIDE HOT CHOCOLATE

Ingredients

- 1 instant cocoa
- 3 tablespoons whipped cream
- 1 tablespoon red and green candy sprinkles
- 1 maraschino cherry

Directions

In a large mug pour 6 to 8 ounces of hot water over instant cocoa; mix well until dissolved. Spoon whipped cream onto cocoa; top with candy sprinkles and a cherry.

MERRY CHRISTMAS EVERYONE!

SUPPORT GROUP FOR ADULTS WITH FASD

By Paul Pringle

As you may recall I wrote an article in October on group support titled: Build It and They Will Come. Since then there has been progress and ideas put forth, around the themes for group supports. It was important to understand the needs of adults with an FASD.



The McDaniel Youth program has carried a format that has shown to be functional and speaks to the needs of people experiencing challenges in their lives. Based on this success and to keep it familiar, the adult group will continue with the same model. It is positive, supports the idea of continuity and is a consistent framework that allows people to have an idea of what to expect. Group support will run for 3 consecutive weeks of the month, starting on the second Wednesday of the month.

The location will switch between 2 agencies which are the Bissell Centre and Catholic Social Services. Both offer resources and a meeting space that is connected to theme of the group for that week. Bissell Centre has a computer room for a resource search and filling out forms or applications. If childcare is needed to attend the group, the Bissell Centre daycare, is a free resource, based on availability and the needs of the family. They can accommodate children up to Kindergarten.



Drop-in for assistance with:
Application Forms
Finding Resources to meet needs

Date: Jan 13, Feb 10, Mar 09, 2016
Time: 1:00 PM - 3:00 PM
Location: 10527 96 Street - Bissell Centre



Find Support in each other
Meet other people with FASD
Talk and share

Date: Jan 20, Feb 17, Mar 16, 2016
Time: 1:00 PM - 3:00 PM
Location: 9137 Jasper Ave - Catholic Social Services



Come in to build independence
&
Learn a skill at a time

Date: Jan 27, Feb 24, Mar 23, 2016
Time: 1:00 PM - 3:00 PM
Location: 9137 Jasper Ave - Catholic Social Services

Please Contact Paul Pringle (Community Educator FASD) for more information and participation.
@ 780-423-2285 Ext. 316 / Email: ppringle@bissellcentre.org

5 Money-Saving, Stress-Less Holiday Shopping Tips

*“If saving money is wrong, I don't want to be right.”
William Shatner*

Here are a few tips on Christmas shopping survival tricks. These tips will help you stay sane while navigating holiday shopping madness:

Make a list:

Write down everyone you plan to buy a gift for, no matter how small the gift may be. Include ideas of what to give each person, along with the maximum amount you're willing to spend. Don't forget to list the people who will receive holiday tips, such as your doorman, babysitter, and mail carrier. This will help you manage your holiday budget.

Start Early:

Keep your eyes open, remember it's often when you are not looking is when you stumble on that perfect gift. Keep looking and once December hits, you'll be glad that you already have some people crossed off your list. Just make sure to keep all your advance gifts in a designated (and hidden, if necessary) spot so that you don't forget a purchase you made in advance.

Do online Research:

If you're unsure of which specific item to buy (for example, you want to buy your husband a digital camera but don't know what brand or model is best), search for reputable online reviews. You can check sites with user reviews and ratings, such as Amazon.com to find out which products have the most positive feedback.

Get no-Cost Holiday Shipping:

Last-minute shoppers, here's a gift for you. On December 17, 2012, more than 1,000 online merchants, like [Best Buy](http://BestBuy.com) and [L.L.Bean](http://L.L.Bean.com), will offer free shipping with delivery by Christmas Eve. (Go to freeshippingday.com for details.) Prefer to get your [Christmas shopping](#) done early? Peruse this list of popular e-retailers that offer gratis shipping now through December 20.

Do It Yourself:

There's an abundance of homemade pickles, hand-knit hats, and handcrafted stationary these days, thanks to a growing obsession with all things crafty, artisanal, and homespun (just look at all the unique things for sale on Etsy.com). If you're creatively inclined, avoid mall madness altogether and bake a batch of cookies, sew personalized tote bags, or make beautiful earrings for friends and family. If you need to learn a new skill, look into classes in your neighbourhood or invest in a how-to book—there's one for just about every craft out there.

Source: <http://www.realsimple.com/holidays-entertaining/holidays/christmas/money-saving-holiday-shopping-tips/>
more

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 December / January 2016

- EFAN Monthly Meeting— Supports & Services / Society—December 01, 2015
- Frontline Monthly Meeting—Park Dale School—December 08, 2015
- Coaching Families—Support Group—JAC—November 17, 2015
- McDaniel Youth—Support Groups—East Office—Dec 01, Dec 08, and Dec 15
- McDaniel Youth—Boost—East Office—Nov 3, and Dec 1, 2015

Ideas for Family Outings / Activities

- Tot-Time Child Development—Millwoods Town Centre—Dec 01, 2015
- Tours for Tots—Art Gallery of Alberta—Dec 01, 2015—Drop in Morning
- Kids Club—Boonie Doon Centre—Dec 17, 2015—10 am—Noon
- New Year's Eve Edmonton—New Year Lights—Call 311 for location

EFAN

Educating and supporting communities

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Edmonton and Area
Fetal Alcohol Network

A future free of Fetal Alcohol Spectrum Disorder.