



EFAN

FASD - Frontline

February 2016 Issue

Inside this issue:

- 2
Recreation for All
- 3
What's Healthy Relationship
- 4
Healthy Risking VS Unhealthy Risking
- 5
Upcoming Events
- 6
Contact Info



Valentine's Day Ideas for Kids:

Get your family together for Valentine's Day with these fun activities

Cozy up on the couch:

Bring out the pillows and blankets, and get comfy for a [V-Day favourite](#), like *A Charlie Brown Valentine* or a sweet Disney classic, like *Lady and the Tramp*.

Add a splash of color:

Deck out your dining room in red, white, and pink with streamers and heart-shaped place mats made from construction paper

Eat in Cupid's kitchen:

Put a twist on dinner with a Cupid-inspired menu. Serve a Slice of Heaven (pizza) and In the Clouds (a root-beer float) for dessert.

Create a house of hearts:

Hide a few construction-paper hearts all over the house for the kids to find, suggests Kim Stoegbauer, a children's party designer and blogger with [Thetomkatstudio.com](#). The one who finds the most wins a special V-day treat, like a new book.

Ideas Source: <http://www.parenting.com/gallery/valentines-day-ideas-kids?page=3>

Photo Source: Multicultural Valentine's Day | Smart and Snazzy Kids

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



Recreation For All

By: Paul Pringle—Bissell Centre

We had the opportunity to hear Rylan Kafara from Inner City Recreation and Wellness Program (ICRWP) at January's frontline meeting. It was a reminder of the value and the many positives that come with recreational activity. Recreation is far more than sport activity and there are a wide diversity of programs that can play to many interests. Baseball, snowboarding, floor hockey, dragon boating, canoeing, horseback riding, camping, nature walks and gardening. Winter time might feel like the time to stay in, but rest assured there is fun activities going on. Oh yeah, music education that includes ukulele lesson jam, hip hop studio, multi-media lab and cultural continuity.

The Lady Flower Gardens tended to by staff and community members weekly, grew 16,023 kilograms (32,250 lbs) that was given to the Edmonton's Food Bank. Imagine meals prepared with Collective Kitchens with all those fresh vegetables. Community members who came out to participate, took home fresh vegetables at the end of the day. Recreation is a chance to meet new people, learn a new skill, exercise, socialize and just plain fun. Community events such as Heart of the City a music festival for all. The list of activities are too numerous to name them all, but one very unique program is the Pet Food Bank. Of course ICRWP is one of many routes to recreation. Consider your local community for activities, the YMCA, and the City of Edmonton.

- If you want to know more about the Inner City Recreation and Wellness Programs contact:
Rylan Kafara 780-860-6154
rkafara@boylestreet.org or rkafara@bissellcentre.org
- City of Edmonton: The Leisure Access Program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities.
http://www.edmonton.ca/programs_services/leisure-access-program.aspx
- The YMCA Opportunity Fund assistance for those on fixed or reduced income:
<http://www.northernalberta.ymca.ca/JointheYMCA/FinancialAssistance-OpportunityFund/tabid/91/Default.aspx>
- You can Google your local community to see what is happening in your area.

Photo source: www.boylestreetcl.com



Valentine's Day: What exactly is a Healthy Relationship?

By Patricia Ellison-Traverse—Bissell Centre

Everyone has romance on their minds on Valentine's Day. Social media, television shows and films are the driving force behind the idea of a perfect romance that includes lots of flowers, cards and chocolate. But what does a healthy (and romantic) relationship look like once Valentine's Day is over?

A healthy relationship

Healthy relationships are about communication and respecting each other's boundaries. A healthy relationship also has these traits:

- You share decision making tasks and both partners compromise sometimes.
- You can be yourself and discuss conflicts openly and honestly.
- You take part in activities you enjoy outside of the relationship.
- Your friends and family are an accepted part of your life.
- You feel supported by your partner, and celebrate each other's accomplishments.
- You're independent and able to take care of yourself.
- You treat each other with respect.
- You have some shared interests.
- You trust each other, and don't accuse each other of being disloyal.
- You don't force each other to do something you don't want to do.

You can laugh or find humor in all of life's ups and downs. Apply these characteristics of a healthy, happy relationship into your relationship.

Photo Source: Healthy Relationship Quotes For Teens. QuotesGram



The Difference Between Risking in a Healthy Manner vs Unhealthy Manner

Healthy Risking

- Desire to connect
- Responsible for self; doesn't take things personally
- No agenda; not controlling
- Vulnerable and validating
- Thinks of others, and has good self-care strategies
- Boundaries
- Conscious
- Views relationships as opportunities to connect
- Accepts outcomes & surrenders what is not mine
- Doesn't expect that his/her expectations will always be met
- Moves on if the other person is not available
- Knows how to surrender, let go and move forward
- Doesn't take things personal

VS

Unhealthy Risking

- Scared to connect
- Not responsible for self; takes most or all things personally—scared to be hurt
- Controlling; has agendas
- Won't be vulnerable or validate
- Thinks of self and how I will or could be hurt or harmed
- No boundaries
- Not conscious
- Views relationships as opportunities to get hurt
- Not accepting of outcomes; blaming and reactionary
- Expects own expectations to be met by others
- Unwilling to move forward/on if the other person is emotionally unavailable. Demanding and feels entitled to things happening the way they want. Can become stuck for months or years
- Won't surrender, let go and move forward
- Takes things personal



Step by Step Program

This program caters to men and women diagnoses with FASD and parenting
Here are some of the services they offer

- Identify personal goals
- Learn basic life skills
- Address housing and safety issues
- Access and integrate parenting information
- Connect with community supports and health care services
- Connect and explore employment and educational options

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

Upcoming Calendar Events

- EFAN Monthly Meeting— Supports & Services / Society—February 02, 2015
- Frontline Monthly Meeting—Parkdale School—February 9, 2015
- PCAP—Mentor Days—January 22nc and 223rd—Location TBD
- Coaching Families—Support Group—JAC—February 9, 2015
- McDaniel Youth—Support Group —East Office—Feb 2, Mar 1, Apr 5, June 7
- McDaniel Youth—Gear Up—East Office—Feb 9/23, Mar 8/22, Apr 12/26
- McDaniel Youth—Momentum—East Office—Feb 16, Mar 15, Apr 19, May 17
- FASD Adults Support Groups—Various Locations— Jan 13, Jan 20, Jan 27

EFAN

Educating and supporting communities

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

Edmontonefan@gmail.com
www.edmontonfetalalcoholnetwork.org



edmontonfetalalcoholnetwork.org



Facebook.com/EFANSociety



[@EdmontonEFAN](https://twitter.com/EdmontonEFAN)



Pinterest.com/efanedmonton

Edmonton and Area
Fetal Alcohol Network

A future free of Fetal Alcohol Spectrum Disorder.