



Are you looking for help to ensure a healthy pregnancy and the best start for your baby?

“Lets provide the best possible care for your growing baby’s environment.”

Be Safe—No Alcohol .



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Community Support Program



**Aboriginal FASD
& Child Nutrition**

**“Assisting Families to lead
Healthy Lifestyles”**

**N’Swakamok Native
Friendship Centre**



What is FASD?

Fetal Alcohol Spectrum Disorder

Its and umbrella term used for a range of disabilities caused when a women drinks alcohol during pregnancy.

Complications may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

How Alcohol Affects the unborn Baby

Alcohol is a teratogen. A teratogen is a substance that interferes with the normal growth and development of the unborn baby.

Characteristics of Individuals with FASD

- ⇒ Learning & Memory difficulties
- ⇒ Speech and Language deficits
- ⇒ Behavioral Problems
- ⇒ Sensory, hearing & vision deficits
- ⇒ Short attention span
- ⇒ Impulsive behaviors
- ⇒ Easily overwhelmed and over stimulated
- ⇒ Facial abnormalities
- ⇒ Poor comprehension of social rules and expectations

FASD is 100% preventable!

Support Services

- ⇒ Support for pregnant women in preparing for a healthy pregnancy .
- ⇒ Support for families who are affected by FASD. The child does not have to be diagnosed of FASD to benefit from this program.
- ⇒ The program serves the urban Aboriginal Community.
- ⇒ Provides education and prevention awareness.
- ⇒ The program provides support to families and individuals of all ages.

PRENANCY IS A SACRED TIME



Take the healthy path & don't drink alcohol during pregnancy.

Programs

- FASD Education & Prevention
- FASD Resources Library
- FASD Day—September 9th
- Cultural Awareness
- Traditional Healer Visits
- FASD Parent Support Circle
- Home & Office Visits
- Pregnancy Assistance
- Referrals & Advocacy for parent & child
- Emergency Assistance
- One-on-One support for individual and/or families
- Child Nutrition
- Healthy Pregnancies Program
- Referrals to Diagnostic Clinic

