



Brandon walkers enjoy a beautiful sunny day

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FASD AWARENESS DAY EDITION

MCAP www.capmanitoba.ca news

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Brandon Walk a Great Community Reminder

by Kim Akins, Brandon Interagency FAS/FAE Committee Inc.

On Friday, September 9, the Brandon Interagency FAS/FAE Committee Inc. recognized International FASD Awareness Day with an awareness walk and community BBQ in Princess Park.

We had great weather as committee members, parents, students from the Aboriginal Community Development Program at Assiniboine Community College, the Sweet Medicine Singers and Deputy Mayor Jim McCrae paraded down some of Brandon's main thoroughfares to raise awareness about FASD.

We finished the walk with a BBQ, where committee members and volunteers served hot dogs, drinks, cake and mocktails, courtesy of the Manitoba Liquor Control Commission. Everyone enjoyed the face painting as well as entertainment provided by Mariah Phillips and the Sweet Medicine Singers.

We were fortunate to have a parent speak at the event. Her words, both poignant and passionate, reminded us of why we were there and why everyone needs to continue to raise awareness about FASD in their communities.

The Brandon Interagency Committee would like to thank the sponsors who helped make this day a success: Brandon United Way, Brandon Friendship Centre, Manitoba Metis Federation, Kuipers Bakery, Career Connections, Pepsi, Maple Leaf, Shaun Cameron, Mariah Phillips, Sweet Medicine Singers, Manitoba Liquor Control Commission, 101 The Farm, City of Brandon and the Brandon Police Service.

If anyone is interested in learning more about FASD or about the committee, they can contact Kim at 204.725.3532 ext 2211 or find us on Facebook at "Brandon Interagency."



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MCAP News is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about Fetal Alcohol Spectrum Disorder, a disability affecting those who have been exposed to alcohol in utero.

MCAP provides a forum for service providers, families and agency representatives throughout Manitoba with an interest in FASD to share ideas, information, resources, struggles and successes. MCAP facilitates this through regular meetings, special events, the MCAP website and this published newsletter. MCAP receives funding support from Healthy Child Manitoba. MCAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

Contact kerrihiebert@mts.net for more information.

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Sept 9th Event Kicks-Off Program New Year in Flin Flon/Creighton

by Colleen Tower, InSight Mentoring Program

Once again the Flin Flon/ Creighton FASD Committee kicked off a new year of programming with activities to promote National FASD Awareness Day. As in years past a walk, organized with one of the local schools, was held on September 9th to promote community awareness of FASD. There was a great turn out, with 70 people participating. Also on the agenda this year were community displays about FASD, school announcements and “diaper bag” giveaways. The “diaper bags” containing a diaper, diaper cream, baby shampoo, a facecloth along with important information about FASD were a hit with expecting and new moms alike.

Dauphin Hosts First FASD Awareness Informational Session

by Twyla Gilroy, InSight Mentoring Program



Anne Lacquette speaks about the importance of supporting expectant mothers.

The Parkland Regional Health Authority (PRHA) along with stakeholders—the Dauphin Friendship Centre (DFC) and the Addictions Foundation of Manitoba (AFM)—hosted an information session on September 9, 2011 in recognition of International FASD Day. The event was kicked-off with words of welcome by Dan Knight, Director of Community Mental Health Services with the PRHA. Al Dowhan, Deputy Mayor of

Dauphin read the proclamation announcing September 9th to be Fetal Alcohol Spectrum Disorder Awareness Day. This was followed by a few words from Mr. Knight on behalf of Kevin McKnight, PRHA CEO.

Dauphin Friendship Centre Executive Director, Jeremy Smith and Robin Gambler, Program Coordinator of the Dauphin Friendship Centre spoke about their ongoing work and the continued

need of FASD prevention and education.

Nancy Bruyere, AFM Supervisor shared information regarding the organization’s policy of “fast tracking” women who are pregnant and the associated challenge that women need to ‘self-identify’ as pregnant to receive priority. Ms. Bruyere also encouraged everyone present to take a moment to honour the mothers and those living with an FASD.

Anne Lacquette, an Aboriginal leader in the region and a PRHA board member, shared a few words about the importance of communicating with young women who are becoming mothers and supporting them to not drink alcohol during their pregnancies. The balance of the afternoon played host to a come-and-go

information session with displays from the AFM, DFC, and the PRHA. Displays covered a variety of topics including; history of FASD, diagnostic criteria, prevention, strategies for working with individuals who have an FASD, and secondary disabilities. Attendees enjoyed cake and mocktails and took home mocktail recipes. Organizers were pleased with the turnout of about 50 people from around the community on this first FASD Awareness Day in Dauphin.



Participants wander display area, mingling and answering contest quiz questions along the way.

The Pas Community Walks Together To Raise Awareness About FASD

by Dee Harvey, The Pas and Area FASD Committee

Greetings from The Pas! On Sept 9th, The Pas and Area FASD Committee held its annual International FASD Awareness Walk. It was an incredible opportunity to recognize people who are directly or indirectly affected by FASD. Not only does this walk bring important attention to FASD, but it also informs individuals about its wide-ranging effects.

What an amazing turnout this year! So many dedicated and enthusiastic individuals from The Pas, OCN, and other local communities walked across the Saskatchewan River Bridge to single out this special day. Even the 30 degree heat could not wilt people's spirits! Local dignitaries acknowledged the significance

of the occasion and the impact FASD has on not just one person, but the whole community.

Special thanks go out to the Opaskwayak Cree Nation (OCN) Youth Centre for providing the space to hold our event, and Extra Foods for providing refreshments. Thank you to all the individuals and organizations that helped with the planning. Lastly, it goes without saying that a big thank you goes out to the other members of the The Pas and Area FASD Committee. Their hard work and dedication are inspiring. The Pas and Area FASD Committee appreciates everyone coming out to join the walk and here's to another great year!

Thompson Celebrates With Two Events

by Chantal McClelland, InSight Coordinator and Sherry Osborne, FASD Diagnostic Coordinator

Thompson residents were able to enjoy two free events as part of FASD Awareness Day activities this year. Both activities were successful in creating public awareness of Fetal Alcohol Spectrum Disorder and attracted many individuals throughout the region.

A Lunch & Learn event was hosted by the Addictions Foundation of Manitoba on September 8. Sherry Osborne, FASD Diagnostic Coordinator for the Burntwood Region; Ellana Zoller, Stepping out on Saturday Thompson Facilitator; and Chantal McClelland, InSight Mentoring Program Coordinator joined forces and briefly presented on their roles and their respective programs with the aim of clarifying and promoting "FASD: Assessment, Intervention and Prevention."

An awareness walk, community BBQ, visual displays and an interactive

FASD awareness trivia game took place on September 9. FASD Awareness Day supporters congregated at the point of departure wearing their FASD Awareness Day t-shirts. The group took a 2km walk through public streets, carrying an awareness day banner, to the site of the BBQ.

Upon arrival, participants were invited to browse FASD related displays and pick-up pamphlets and resources. While waiting in line for their free BBQ lunch, participants could try their luck and spin the "FASD Awareness Day Wheel of Fortune." With each spin, participants were asked a trivia question related to FASD and were awarded prizes for their efforts.

The BBQ, which was held over the lunch hour, had almost three times

events

**Promising Practices,
Promising Futures Alberta FASD Conference**

**November 21, 22, 2011
Hyatt Regency Calgary Hotel
Calgary, Alberta**

Keynotes: Dr. Gabor Mate and Dr. Martin Brokenleg

We invite you to join us in this important multidisciplinary conference focused on Fetal Alcohol Spectrum Disorder (FASD) and its impact on individuals, families, communities and society at large.

This conference will be of interest to: caregivers and families, individuals with FASD, teachers, teacher aides, social workers, nurses, speech language pathologists, physical therapists, occupational therapists, psychologists, physicians, alcohol and drug workers, mental health workers, community workers, family support workers, program providers, vocational rehab service providers, elected officials, government ministries, lawyers and policy-makers.

REGISTRATION FEE: \$150.00
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as many participants as the 100 who were able to come for the 11 a.m. awareness walk. The Burntwood Regional FASD Committee was very pleased with the turnout and received very positive feedback from participants. A big thank-you needs to be extended to the Burntwood Regional FASD Committee, The Hello Parents

Network of Thompson, as well as Burntwood Parent Child Centred Committee for funding the event in conjunction with Burntwood Regional Health Authority. And of course a big thank-you to all of the volunteers who helped make this year's events a success.

Norway House Walks to Winnipeg

by Lucy Muswagon, Norway House FASD Awareness Walk



On Thursday, September 1, participants of the annual FASD Awareness Walk departed Norway House en route for Winnipeg. Stopping in Sea Falls, Jenpeg, Ponton, Grand Rapids, St. Martin, Ericksdale and Warren for food, rest and sleep we were greeted by friendly faces and wonderful hospitality that kept us going.

On September 9th we arrived in Winnipeg where we met at 720 Broadway and walked to the Legislative Building for presentations by Hon. Jim Rondeau; Corey LeBerge (lawyer); Darlene Osborne and Brian Cromarty (counsellors); Sue Mozdzen (Southern RHA), and myself.

That same afternoon we got ready, packed up and came home. It was another successful walk and we thank everyone who made it possible along the way.

FASD Family Network Celebrates Day with Special BBQ

by Mary Cox-Millar, FASD Centre

On a remarkably hot and sunny September 8, over 150 people gathered for the FASD Family Network Get-Together at Riverview Community Centre. Families came from all over the city. There was a BBQ, pony rides, temporary tattooing, face-painting, Plinko, parachute games and displays. Children's entertainer, Aaron Burnet played and sang. There were draws for gift baskets for teens, children and adults.

The event provided all with a unique opportunity to acknowledge FASD Awareness Day and, in particular, to welcome the Norway House walkers who attended and enjoyed the barbeque and games along with the rest of us. Over 40 volunteers made the day possible. Special thanks to the planning committee. The event was truly a celebration of life, of possibility, of family and friendship.