

WELCOME EVERYONE TO THE CREATIVE SUBSTITUTE FOR “BUILDING CIRCLES OF SUPPORT!”

We are living in a unique and challenging time. As we had to cancel our yearly Building Circles of Support via Telehealth, we are working to find creative and interesting ways to stay connected with the FASD community throughout Manitoba, while at the same time following the guidelines outlined by the Manitoba Government, Shared Health Manitoba and the SSCY Centre. As always, the wellbeing of the children and families we serve is our highest priority. It is our goal to continue to provide support and education to those of you who are interested in learning more about FASD. We recognize that the way we do this might look a little different for now. We thank you for your patience and understanding as we find our way through this complicated moment in time.

We realize that your “ME” time might be very scattered, disrupted, unpredictable, chaotic, and precious at this time of uncertainty, and we encourage you to take the time that is needed to stay healthy both physically and emotionally. CANFASD has written a [blog post on Managing Stress Surrounding COVID-19](#). For those of you who were looking forward to the Building Circles of Support FASD Series, we did not want to leave you without any information. So, we have put together a list of resources which we will be sending to you weekly on Mondays, to give you something to look at throughout the week. Rather than send you this information all at once, as this may be too daunting and overwhelming, we will be posting a topic each week to give you some good information on what is easily accessible online from your homes. As an introduction to FASD, this week’s resources are:

1. [**CANFASD Website’s Information for Caregivers.**](#)
? This guide will help you understand FASD and will attempt to answer many questions that you may have as caregivers. We specifically direct you to the [Caregiver Training](#). This training is lengthy but can be done in chunks of time, rather than all at once, so you can take the movement breaks you need.
2. [**Learn About FASD From the University of Waterloo**](#)
? Another website to check out is available from the University of Waterloo. This website gives an overview of FASD and encourages you to shift your thinking about FASD, as well offers some strategies and tools.
3. [**Myles Himmelreich**](#)
? Knowing that the above might be a bit lengthy for some of you, we have also added a link to videos about FASD created by Myles Himmelreich. Myles Himmelreich is an adult with FASD who shares his story about Living with FASD in an entertaining yet educational way.
4. [**A Social Story Explaining COVID 19 to your Child**](#)

- ? ***This resource can help to explain COVID 19 to your child in a visual and interactive way. Social stories are a great way of teaching all kinds of individual skills or topics to kids with FASD, who often have strengths in their visual learning.***

We hope that this is some information that might help you get through the next few months and welcome your comments/questions and concerns. Even though you are working at home individually on your computer practicing social distancing, we would like you to know that you are not alone and we would like to make support available to you via telephone or other electronic devices. Below are a list of FASD coordinators or contacts throughout Manitoba. Please contact the Coordinator or designated contact in your area if you have any questions and concerns at this time:

<u>In Winnipeg</u>	<u>Interlake Eastern RHA</u>	<u>Prairie Mountain Health</u>	<u>Southern Health</u>	<u>Northern RHA</u>	<u>Norway House Cree Nation</u>
Dorothy Schwab (FASD Educator) Phone: 204-258-6604 Email: dschwab@rccinc.ca Yumna Gill: (MB FASD Center Social Worker) Phone: 204-258-6611 Email: ygill@rccinc.ca	Devon Ungurain (Beausejourer) Phone: 204-268-7434 Email: dungurain@ierha.ca Andrea Dell (Selkirk) Phone: 204-785-7789 Email: adell@ierha.ca	Dawn Milne Phone: 204-578-2487 Email: dmilne@pmh-mb.ca Twyla Gilroy (Dauphin) Phone: 204-622-6223 Email: tgilroy@pmh-mb.ca	Ashley Darling (Portage La Prairie) Phone: 204-856-2044 Email: adarling@southernhealth.ca Marijke Vonderbank (Steinbach) Phone: 204-346-7039 Email: mvonderbank@southernhealth.ca	Joanne Wyman (The Pas) Phone: 204-623-9649 Email: jwyman@nrha.ca	Lucy Muswagon (Norway House) Phone: 204-359-6704 Email: lmuswagon@nhcn.ca

We look forward to sharing more resources with you next week!

Sincerely,

-Manitoba FASD Center and FASD Network



World Health
Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

