

Handling Life's Problems in a Hopeful Way, A Support Group for Parents With FASD



Hope is a commonly understood term that links positive feelings, thoughts, actions and interactions. It can be drawn to attention through conversation, symbols and experience of the senses. These properties can be put to good use in conversations about the barriers that make it difficult for people with FASD to function in our society. Discussions that call attention to hope can be framed around practical issues that confound parents with FASD, such as dealing with bureaucracy, getting services, managing resources and forming healthy relationships.

What:

A six session, 12 hour program of education and peer support for parents with FASD. The program will be offered for 6 consecutive Tuesdays beginning Tuesday April 20- 2010.

Who:

This program is available for parents with FASD, all program participants must be connected with a mentor or program in order to be assisted with transportation, child care and any other supports the individual requires.

Facilitator:

This program will be facilitated by three leaders including: a Psychologist from The Hope Foundation, a co-leader from The Hope Foundation and a staff member of Catholic Social Services with expertise in mentoring people with FASD.

Things We Might Talk About:

- How to be a fabulous parent
- How to plan a good future for you and your kids
- How to deal with worry and stress
- How to organize your money
- How to deal with disabilities resulting from FASD

When:

The first group will start April 20th, 2010
12:30pm - 2:30pm and will run for 6 weeks.
(April 20th - May 25th)

Where:

Hope Foundation of Alberta
11032 89 Avenue (Edmonton)

For more information or to register a participant, please contact:

Denise Plesuk

Denise.Plesuk@catholicsocialservices.ab.ca

Ph: 780.378.2523

Or Sharon Schultz

Ph: 780.378.2539

Sharon.Schultz@catholicsocialservices.ab.ca