

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

Would You Like To:

- ❖ Learn about how to be a fabulous parent?
- ❖ Get information on how to plan a good future for you and your kids?
- ❖ Discuss ways to deal with worry and stress?
- ❖ Learn ways to organize your money?
- ❖ Learn how to deal with disabilities caused by FASD?

The Hope Foundation of Alberta and Catholic Social Services will be offering a six-session, 12 hour group program of education and peer support for parents with FASD. This group will provide a comfortable place for participants to discuss issues of concern.



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)

Who: This program is for individuals with FASD who are parenting all program participants must be connected with a mentor or Support worker in order to be part of the program.



*This program is designed to increase hope
And develop positive thinking.*

**For more information or to
register, please contact:**

Denise Plesuk

Denise.Plesuk@catholicsocialservices.ab.ca

Ph: 780.378.2523

Or Sharon Schultz

Sharon.Schultz@catholicsocialservices.ab.ca

Ph: 780.378.2539