

CANADIAN FASD MENTORING PROJECT

Have you heard of the Canadian FASD Mentoring Project?

The purpose of this project is to raise awareness of FASD by providing workshops to Aboriginal Head Start sites in Urban and Northern communities (AHSUNC) across Canada.

A group of FASD mentors from across Canada has been trained to deliver these workshops. During the workshops, mentors will share information about alcohol, pregnancy, FASD, and strategies for working with individuals who may have FASD and their families.

What are AHSUNC sites?

Canada has 134 Aboriginal Head Start Urban and Northern off-reserve sites in Canada. These sites provide community-based early intervention, preschool, or daycare services to Indigenous children and their families.

Many AHSUNC projects are located in remote areas where on-site training is particularly hard to come by. Having FASD Mentors travel to these communities is a valuable opportunity.

What are the goals of the FASD workshops?

Delivering culturally appropriate workshops to:

- increase knowledge about FASD prevention, diagnosis, and support strategies
- decrease stigma about FASD and alcohol use
- increase understanding about trauma and support trauma-informed care
- build capacity to address FASD and support healthy families in communities
- share evidence-based information

Who are the FASD Mentors?

There are 19 Mentors across the provinces and territories of Canada ready to provide FASD workshops to the AHSUNC sites.

Many are experts in FASD, in supporting children, and in early childhood education.

How are we progressing?

We have delivered or set dates to deliver almost 54% of our targeted sites with many more being arranged. Our goal is to complete all workshops before the end of 2019.

Every region is different in its level of knowledge about FASD. Some regions have had a lot of professional development on FASD, and we are finding ways to offer them a workshop with a different focus (i.e., trauma). Other sites have had very little training and would like access to most of the information. The uniqueness of this project is that the Mentor will work to tailor the workshop to best suit the needs of each site.

How do I arrange a workshop in my community?

The workshops are being offered through AHSUNC centres. The staff may wish to invite other service providers, professionals, parents, and caregivers in their communities.

To enquire about a workshop at your AHSUNC centre, email us at info@skprevention.ca.

Are you passionate about raising awareness of FASD in your Aboriginal Head Start community?

Consider becoming an FASD Community Champion! An FASD Community Champion is someone who volunteers to keep FASD on the radar in their community, continues to talk about the information learned in the FASD workshop, and/or helps to plan activities to continue to raise awareness.

You will join with other FASD Community Champions and FASD Mentors in working to prevent FASD. You will be able to watch some webinars free of charge, learn more about a variety of topics related to FASD, and get useful ideas to increase awareness in your community.

Activities could include:

- Organizing a local FASD Awareness Day event on September 9th
- Distributing information to parents and service providers in your community
- Working with others in your community to create opportunities for alcohol-free events
- Addressing stigma by talking about FASD during everyday conversations at work and in the community
- Advocating for supportive services in your community

If you are interested in becoming an FASD Community Champion, send us an email at info@skprevention.ca. We'll be happy to talk with you about it. We invite you to join us and make a difference in your community.

Join our Google Group!

We have created a Google Group called the **Canadian FASD Collaborative** to keep talking about FASD across Canada.

Check us out at:

Canadian-FASD-Collaborative@googlegroups.com

Anyone interested in FASD can ask to join. This group was started by the Canadian FASD Mentoring Project in 2019. The focus is to provide a setting to share information and have discussions on prevention, support, and other FASD-related topics.

Check out our Website!

We also have a website with many great resources at www.fasdmentor.ca.

Project

The Saskatchewan Prevention Institute is the lead agency administering this multi-year project. Project work began in December 2017 and will be completed by March 2020.

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