



CASA
Child, Adolescent and Family
Mental Health

CASA FASD Parenting Skills Group: FASTRACS

The Group

The Fetal Alcohol Spectrum Disorder (FASD) Parenting Skills Group is facilitated by the FASTRACS program at CASA.

- It's a **FREE** short term resource that includes six weeks of FASD parenting skills training, FASD education, information on community resources and peer support.
- FASTRACS does not provide assessment or a diagnosis of FASD.
- Facilitators include a parent with more than 20 years experience, an Occupational Therapist and an Occupational Therapy Assistant.

Due to the COVID-19 Pandemic, groups will be held virtually. Reliable access to a computer, internet, camera and mic is needed.

Who It's For

- ◆ Parents/caregivers of children from ages 3 to 12 who are suspected to have or have been diagnosed with FASD
- ◆ Families with the ability to actively participate in a group setting and be committed to attending all six sessions

How to Register

- ◆ Click [HERE](#) to register now, or go to www.casaservices.org/programs and click on FASTRACS. There will be a downloadable and fillable referral form
- ◆ To register over the phone contact CASA at 780-400-2271 and ask for FASTRACS