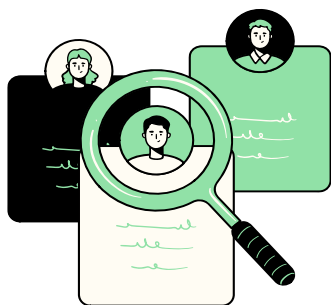




Date: Tuesday, October 6, 2026



Meeting Minutes

1. Opening/In Attendance: Lisa, Kristin, Brittany, Sarah, Denise, Alaina, Miranda, Steph, Bianca, Bernie, Sophia, Meagan, Jaiden, Dua, Tsion, Sadie, Miriam, Andres, Sandra, Steph

2. Action Follow Up

- There were no outstanding items requiring follow-up from the previous meeting. A big thank you and congratulations to everyone involved in this year's FASD Day events. Great work across the network in raising awareness, engaging the community, and making FASD Day a success!

3. EFAN Business Priorities:

- *Reporting:* Q2 narrative reports are due Friday, October 9, 2026, Q3 ORS is due by 9:00 am on Thursday, December 31, 2026, narrative reports are due Friday, January 8, 2027.
- Q3 deposit will be received October 6, 2026, Bissell Centre will process asap.
- *Finances:* \$300 for EFAN table at Lakeland Conference
- *FASD Service Network Program:* EFAN biannual report and 6 month Schedule B is due November 15, 2026. There is no oral report this fiscal year. FASD Networks meeting together Monday, November 2, 2026.
- *Conferences*
- **Action: Agencies to bring brochures to November EFAN meeting for the Network booth at the Lakeland Conference.**
- CanFASD Conference, November 16 – 18 2027, at the Edmonton Convention Centre (800 – 900 attendees).
- 3 days, 3rd day = ½ day
- Call for abstracts January 2027
- **Motion, Lisa, seconded by Sophia, that EFAN subsidize registration costs for Executive Board Officers to attend the 2027 CanFASD Conference and, if funding permits, offer a subsidized registration to a Network member through a draw. Carried.**

4. 'Provincial FASD Initiatives:

- *Prevention Conversation*
- Social Media October theme: Prevention doesn't always look like a poster telling someone what not to do. Sometimes it looks like a good conversation. A trusted

friend. Better information. Less judgment. More support. FASD prevention works better when we stop putting all the responsibility on one person and start talking about the environments and relationships around them.

- Facilitator completed first presentation with the THO content. Agencies to connect to book training/professional development.
- *WRaP 2.0*
- September was a busy month with school beginning.
- Two new FASD Instructional Coaches

5. New Resources/Research

- Trends in Well-Being and Opportunities to Support Caregivers of Individuals With Fetal Alcohol Spectrum Disorder Across the Lifespan
- <https://edmontonfetalalcoholnetwork.org/2026/09/14/new-research-supporting-caregivers-of-people-with-fasd/>
- This new Canadian research looks at the well-being of caregivers supporting people with FASD across the lifespan.
 - **Caregiver well-being needs to be part of FASD support.** Caregivers in the study reported high stress and limited social support. Supporting the person with FASD means also paying attention to the well-being of the people providing day-to-day care.
 - **Connection matters — and many families are doing this largely on their own.** Nearly two-thirds of caregivers reported having **no support outside the home** to help care for their family member with FASD. Networks can create connection through peer support, caregiver groups, informal gatherings and stronger links to community resources.
 - **Reach families early.** One of the most striking findings was that caregivers of children **12 and under reported significantly higher stress** than caregivers of adults with FASD. We shouldn't wait until families are in crisis before connecting them with FASD-informed information, navigation and support.
 - **Look beyond FASD to what is happening around the whole family.** Employment, finances, caregiving load and family relationships matter. More than half of respondents who reported on employment impacts had either reduced their work hours or stopped working entirely because of caregiving responsibilities. Networks can ask about these broader pressures and help families navigate financial, respite, employment and community supports.
 - **We need to pay attention to who isn't at the table.** Only 4% of respondents were biological parents, and the authors raise stigma, judgment and disconnection from services as possible barriers to participation. For EFAN, that is a reminder to intentionally consider whether our programs are reaching biological families, kinship caregivers, families experiencing poverty, and others who may be less connected to formal FASD services.

6. Towards Healthy Outcome Fund

- \$19,250 allocated to date (\$25,000)

- CSS, Step By Step, 2 activities \$2500
- Motion, Lisa, seconded, Mariam, to approve the CSS THO fund application for \$2,500. Carried.
- Online application for Network members can be found here:
<https://edmontonfetalalcoholnetwork.org/about/through-the-years/healthy-outcomes-application-2025/>

7. Next Meeting:

Tuesday, November 3, 2026 9:00 am – 10:30 am