



FASD/CDBC CAREGIVER SUPPORT GROUP

Are you in the circle of support for someone with
Fetal Alcohol Spectrum Disorder (FASD) or
Complex Developmental Behavioural Conditions
(CDBC) between the ages of 0-19?

If **YES**, this group is for you!

This facilitated support group provides a safe, culturally sensitive, and confidential environment for caregivers to learn new information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC.

All parents (birth, adoptive or foster), guardians, and family members are welcome!

September 2025 – June 2026

Weekly on the 2nd & 4th Tuesday each month*

7:00pm – 8:30pm

*Excluding SD73 Spring Break & Holidays

**FREE DROP-IN
Virtual Meetings**

For more information, contact:
Insight Support Services
(250) 554-0085

For Zoom link access, contact:
Janice (Group Facilitator)
(250) 574-3734



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