



WHAT YOU WILL FIND IN THE 14TH EDITION OF OUR NEWSLETTER

- Message from Darlene Carifelle, FASD Network Coordinator
- Updates from Northwest Peace FASD
- Updates from Lakeland Centre for FASD
- Spreading Awareness and Support
- Mocktails over cocktails
- Did You Know?
- Opportunities online

Subscribe to our mailing list!

www.metissettlementsfasd.ca



Message from the Network Coordinator

Tansi, I hope this message finds you safe and healthy.

As the holiday season approaches and we get ready to welcome a new year, it's a beautiful time to reflect on kindness and the importance of supporting one another. Let's remember to reach out for help if things start to feel overwhelming and to share compassion with those around us.

To all the caregivers out there, your role is so essential. By creating a warm and nurturing environment at home, you help our children grow with empathy and resilience. Don't forget to take care of yourselves, too—your well-being is just as important as the love and care you give to others.

As we celebrate this festive season, let's encourage our kids to embrace and celebrate differences. Everyone deserves to feel included and valued, no matter how unique they are. Teaching understanding and kindness can truly make a world of difference.

As we ring in the new year, take a moment to enjoy the festivities in your community. It's a wonderful opportunity to connect with others and spread some joy!

As we move through this holiday season and into a new year, remember: "In a world where you can be anything, be kind."

With Respect,
Darlene Carifelle
Metis Settlements Provincial Service Network Coordinator

Wishing you all a safe and Happy Holiday season.

Merry Christmas and Happy New Year!



Northwest Peace FASD

- Northwest FASD Society** (City of Grande Prairie)
- Peavine
- East Prairie
- Gift Lake



Happy Holidays from Northwest Peace FASD Network!

At this time of year, we like to extend our heartfelt wishes to the communities we are privileged to work within. Wishing you all a wonderful Christmas Season!

Please reach out to our local contacts for support or information about our Parent Child Assistance Program; FASD Supports:

FASD Mentor, Gift Lake Metis Settlement: Marge Cunningham

The FASD Mentor is a combination of FASD supports and PCAP Mentor Program. Offering services to individuals and families within the Gift Lake Metis Settlement. Email: marge@giftlakemetis.ca

FASD Mentor, Peavine Metis Settlement: Valerie Donison

The FASD Mentor is a combination of FASD supports and PCAP Mentor Program. Offering services to individuals and families within the Peavine Metis Settlement. Email: valerie.donison@peavinemetis.com

FASD Mentor, East Prairie Metis Settlement: Donna Grier

The FASD Mentor is a combination of FASD supports and PCAP Mentor Program. Offering services to individuals and families within the East Prairie Metis Settlement. Email: donna@epms.ca

FASD Diagnostic Clinic

The NW Peace FASD Network has been running a mobile Diagnostic Clinic since 2013. The mobile clinic serves Grande Prairie, Peace River, High Prairie, Grande Cache, and surrounding communities.

Our diagnostic and intervention team consists of a centralized coordinator and local professionals in the areas of Speech-Language, Psychology, Occupational Therapy, Mental Health, Addictions, and others. We provide multi-disciplinary assessments for youth and adults who are suspected of prenatal alcohol exposure. Our diagnostic and intervention teams also provide referrals and recommendations for follow-up supports and aftercare.

To view and print our Diagnostic Clinic referral package click here: **NWFASD Referral Form**
For more diagnostic information contact: Michelle Perron
Email: michelle@nwfasd.ca





LCFASD Prevention Conversation Facilitator has built strong connections across the four Eastern Métis Settlements through numerous engagements, including connection visits, interagency meetings, training sessions, and community fairs and events. With a passion for educating, she is dedicated to providing valuable information on the impact of alcohol and health before, during, and after pregnancy. Tailoring her pieces of training and conversations to suit each audience, she emphasizes the collective role everyone plays in supporting healthy pregnancies and individuals diagnosed with FASD.



Her goal is to be more than just a facilitator—she strives to be a trusted, recognizable presence in the communities she serves. Many trainings and events are being planned for youth, adults, seniors, and professionals in the upcoming year, and she is eager to continue supporting each settlement in building the healthy future they envision.



Fishing Lake Metis Settlement Friendly Check stop with Elk Point RCMP giving out goodie bags to community members.



Lisa Murphy
EXECUTIVE DIRECTOR



☎ 780-594-9905
🌐 www.lcfasd.com
✉ lmurphy@lcfasd.com
📍 Box 479, Cold Lake, AB T9M 1P1

This holiday season, let's come together to spread awareness about Fetal Alcohol Spectrum Disorders (FASD) and show our support for those affected. FASD can impact families in our communities, and it's important we do our part to help.

One simple way to make a difference is to learn and share. Take some time to understand FASD by checking out resources from organizations like NOFAS. Sharing what you learn with friends and family can really make an impact, as having these conversations helps foster empathy and understanding.

Another meaningful way to support is to back families affected by FASD. Consider donating to local organizations that provide vital support. Even small contributions can make a big difference, or you might choose to volunteer your time to help raise awareness in your community.

Additionally, you can spread the word about healthy choices. If you know someone who's expecting, gently remind them about the importance of avoiding alcohol during pregnancy. Sharing helpful articles or brochures can be a great way to start that conversation and promote healthy practices.

When planning holiday get-togethers, think about how you can make gatherings inclusive. Simple adjustments can create a comfortable space for everyone, ensuring that those with different needs feel welcomed and valued.

Finally, don't underestimate the power of your voice. Use social media to raise awareness by sharing facts or personal stories about FASD. Your voice can inspire others to learn and engage, spreading compassion throughout your community.



Choose mocktails over cocktails.

#FASD is the leading developmental disability in Canada, impacting more people than autism, cerebral palsy, and Down syndrome combined.

www.thinkfasd.ca



This holiday season choose mocktails over cocktails with tasty recipes like these:

French Champagne

Ingredients *(makes 2 servings)*

Orange juice and sugar (to rim glass)
Ice
1 tsp white sugar
3 ounces lemon juice
Bitters
1 can tonic water

Directions

Rim the glass orange juice and sugar
Fill shaker with ice
Add in sugar, lemon and bitters and shake until cold
Divide between 2 glasses
Top off each glass with tonic water

Rosemary Grapefruit Sparkle

Ingredients *(makes 2-4 servings)*

1/4 cup chopped fresh rosemary leaves (substitute 1 tsp dried rosemary)
1/2 cup boiling water
1 tbsp honey
1 cup fresh grapefruit juice
8 oz. chilled sparkling water

Directions

Pour boiling water over rosemary leaves in a heatproof container. Cover and steep for 15-20 minutes.
Strain out leaves and stir in honey until dissolved. Cool in fridge.
Combine rosemary-honey mixture with grapefruit juice.
Pour into glasses with ice and top with sparkling water.

Remember: We all play a role in supporting healthy pregnancies!

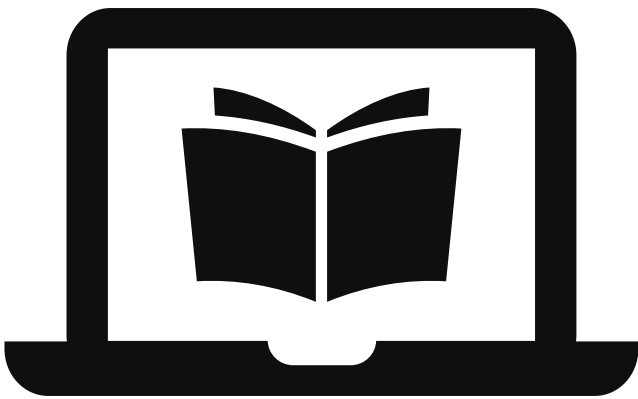
Did you know that Fetal Alcohol Spectrum Disorders (FASD) is a significant public health issue in Canada, affecting about 1 in 100 live births? The impact goes beyond health; FASD costs Canadian society over \$5 billion each year in healthcare, social services, and lost productivity.

It's heartbreaking to know that up to 90% of children with FASD may face mental health challenges, making their journeys even more difficult. Additionally, individuals with FASD are at a greater risk of getting involved with the criminal justice system, with around 60% encountering legal issues at some point in their lives. This problem is particularly pronounced among Indigenous populations, where the prevalence of FASD can be up to 10 times higher than in the general population. These eye-opening statistics highlight the urgent need for greater awareness, prevention, and support for individuals and families affected by FASD in Canada.



Want to learn more from home?

Check out the great courses from the
Canada FASD Research Network!



www.canfasd.ca

Sector/Special Interest FASD Training

Advanced training courses for:

- All administrators, teachers, educational assistants, ECE's, office admin, Board personnel and bus drivers
- Front-line service providers in many fields including mental health, addictions, corrections, shelters, literacy and adult education programs.
- Professionals in the Justice systems
- Professionals in the Solicitor General systems

The Prevention Conversation

A training program for front-line health and social services professionals, to provide them with the knowledge, skills, and confidence when engaging with their clients/patients.

TO YOU & YOUR FAMILY

*Merry Christmas
and a
Happy New Year!*



THE METIS SETTLEMENTS
FASD NETWORK