



METIS SETTLEMENTS



METIS SETTLEMENTS FASD NETWORK NEWSLETTER: THIRD EDITION

FASD NETWORK

WHAT YOU WILL FIND IN THE 18TH EDITION OF OUR NEWSLETTER

- Message from Darlene Carifelle, Metis Settlements General Council FASD Coordinator
- Stepping Stones
- Why Won't Is Often I Can't
- Set Up For Success
- Updates from Northwest Peace FASD
- Spring Mocktail Recipe
- What Support Can Look Like Day To Day



Message from the Network Coordinator

Tansi,

Spring is a nice reminder that growth often happens in small, meaningful ways.

Sometimes it looks like progress you can see, and sometimes it looks like feeling supported, understood, and encouraged along the way.

For individuals living with FASD, everyday things like managing emotions, handling change, following directions, or staying organized can be more difficult than they may appear. That is why patience, consistency, and compassion matter so much. When families, caregivers, educators, and communities lead with understanding, it can make a real difference in daily life.

With the right support, individuals with FASD can build on their strengths, grow in confidence, and experience success in their own way. We hope you enjoy this newsletter and find helpful information, encouragement, and reminders that support truly matters.

This season is a gentle reminder that when we choose empathy over judgment, we help create a more caring and supportive community for everyone.

With Respect,
Darlene Carifelle,
Metis Settlements General Council FASD Coordinator

When extra steps are needed, help them with key life skills



Proven, positive parenting strategies for families of children with disability

Now free in Alberta

WHY STEPPING STONES TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

Parenting a child with disability or additional needs comes with unique challenges – and you don't have to navigate them alone. Stepping Stones Triple P Online gives you practical, proven strategies to manage daily challenges and support your child to get the most out of everyday life. You can help them with the key life skills they need, like getting ready in the morning, socializing with others, being independent, self-care and with nighttime routines. Positive parenting strategies can make a real difference. Backed by research, proven by parents.

- Manage everyday life with more ease, from daily routines and communication to mealtimes and family outings.
- Create a safe, loving environment for your child's development that suits your family's unique needs.
- Build their social skills to grow relationships at home and in the community.
- Address specific behaviours and boost everyone's emotional well-being.
- Make life less stressful and help the whole family adapt and thrive.
- Raise happier, more capable kids who can meet life's challenges.
- Practical, simple strategies you can use straight away – based on four decades of ongoing research.
- Join more than 100,000 families who have been helped by Stepping Stones Triple P, now available online.

Support for your positive parenting journey

This program is designed for parents and caregivers of children aged 12 and under with developmental disability, neurodiversity and additional needs. It supports you to choose strategies that work best for your family, encourage behaviours you like, manage daily tasks and strengthen relationships – for happier kids and homes.

- Interactive, easy-to-use online modules including videos, activities and a downloadable workbook.
- Each module takes about an hour or less to complete and you can do just a few minutes at a time.
- Access anytime, anywhere – no need to travel, arrange childcare or worry about waitlists.

Help give your child the key life skills they need with Stepping Stones Triple P Online – for parents and caregivers of children with disability aged 12 and under.



START YOUR PROGRAM TODAY!

triplep-parenting.ca





STEPPING STONES TRIPLE P ONLINE

Parenting strategies to support families of children with disability

Parents and caregivers of children with disability can take positive steps to help their child with key life skills and build strong relationships with their family and community.

Families of children with disability want to support their child to get the most out of everyday life and manage daily challenges, as well as feel more confident in their role as parents.

Stepping Stones Triple P Online can help.

This university-developed online program is a new addition to the Triple P – Positive Parenting Program® suite of interventions and is based on extensive research with families of children with disability.

Stepping Stones Triple P Online is designed for parents and caregivers of children aged 12 and under with developmental disability, neurodiversity and additional needs. It provides practical, evidence-based strategies for families to build their confidence and help their child with the key life skills they need to thrive.

A flexible, online program that offers trusted support, it is ideal for families facing waitlists, location barriers or child-minding challenges. For organizations, it complements existing services and provides 24/7 backup support.

Research shows that Stepping Stones Triple P Online offers significant benefits for parents, caregivers and their children, including improved family relationships, lower parental stress and reduced behavioural concerns.

Stepping Stones Triple P Online helps families to:

- Use positive, practical strategies to manage everyday life with more ease and confidence, from daily routines and socializing to mealtimes and family outings.
- Encourage independence and self-care skills.
- Create the best environment for their child's development and respond to their unique needs.
- Know how to address their child's behaviour and support their well-being.
- Feel less stressed in their parenting role.
- Communicate better with each other, including when their child has an alternate communication style.
- Build their child's social skills to support them to grow relationships at home and in the community.
- Help the whole family adapt and enjoy life more!

Easy and convenient

Ten interactive, self-paced modules each take about an hour or less to complete, anywhere and anytime.

Flexible and adaptable

Families can do the program from home without worrying about waitlists or being somewhere in person.

Trusted help

It provides evidence-based support, making it a valuable resource to recommend to families.



For more information and promotional support:
contact.canada@triplep.net

Refer parents and caregivers to this
online program



“Why ‘Won’t’ Is Often ‘Can’t’



One of the most important mindset shifts when it comes to FASD is understanding the difference between “won’t” and “can’t.”

From the outside, it can sometimes look like a person is choosing not to listen, not to follow through, or not to try. But for many individuals with FASD, these moments are not about refusal. They are about difficulty with memory, processing, impulse control, or understanding expectations.

A child may be told something and forget within minutes. An adult may want to follow through but struggle with organization or time management. Someone may react quickly, not because they want to, but because their brain processes information differently in the moment.

When we shift from thinking “they won’t” to asking “**what might be getting in the way,**” everything changes.

This approach helps caregivers feel less frustrated, supports workers in responding more effectively, and helps individuals with FASD feel seen instead of misunderstood.

Practical ways to support this shift include:

- Giving one step directions instead of multiple at once
- Using reminders and visual supports
- Allowing extra time for processing
- Staying calm and consistent in responses
- Focusing on strengths, not just challenges

This small change in perspective can lead to better communication, stronger relationships, and more positive outcomes for everyone involved.

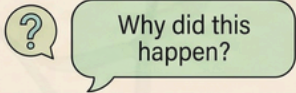


SET UP FOR SUCCESS, NOT JUST CORRECT AFTER.

Small support before = fewer struggles later.

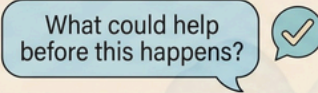


Instead of asking:



VS

Try asking:



Individuals with FASD may struggle with:

- Memory
- Transitions
- Following directions
- Time awareness
- Emotional regulation

Simple ways to support:

- Use clear routines
- Break tasks into small steps
- Give one direction at a time
- Use visual reminders
- Allow extra time to process
- Keep expectations consistent

Simple ways to support:

- Use clear routines
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When we prepare instead of react, it can lead to:



It's not about lowering expectations. It's about changing the support so success is possible.

Sometimes the most helpful support comes from what we do before a challenge ever starts.

For many people with FASD, challenges with memory, transitions, time, and processing can make everyday situations feel unpredictable. When expectations are unclear or things change quickly, it can lead to frustration, shutdown, or overwhelm.

Support works best when it is proactive.

Simple strategies can make a big difference.

Clear routines help reduce stress.

Visual reminders can support memory.

Breaking tasks into smaller steps can make things feel more manageable.

Giving extra time to process information can help prevent overwhelm before it starts.

This approach is helpful for everyone. Caregivers may notice fewer stressful moments. Workers can build stronger, more positive relationships. Individuals with FASD can feel more confident and capable when they know what to expect.

It is not about lowering expectations. It is about changing how we support people so they have a better chance to succeed.

When we shift from reacting to preparing, we create environments where individuals can do their best, not just be corrected after the fact.



Northwest Peace FASD Network
204, 9805- 97 Street. Grande Prairie, AB
info@nwfasd.ca

Spring Newsletter – Northwest Peace FASD Network

Spring Greetings from the Northwest Peace FASD Network 🌸

As this season of renewal and growth arrives, we want to extend our heartfelt appreciation to the communities we are honoured to serve. Wishing you all a bright, hopeful, and uplifting spring.

For support or information about our FASD services, please feel free to connect with our local contacts.

FASD Mentor Contacts

Gift Lake Métis Settlement
FASD Mentor: *Marge Cunningham*
marge@giftlakemetis.ca

Peavine Métis Settlement
We are pleased to welcome *Cheryl Carifelle* as the new FASD Mentor.
FASDsupport@peavinemetis.com

East Prairie Métis Settlement
FASD Mentor: *Donna Grier*
donna@epms.ca

FASD Diagnostic Clinic

Since 2013, the Northwest Peace FASD Network has proudly operated a mobile Diagnostic Clinic, serving Grande Prairie, Peace River, High Prairie, Grande Cache, and surrounding communities.

Our diagnostic and intervention team includes professionals in:

- Speech-Language Pathology
- Psychology
- Occupational Therapy
- Medical Doctors

We provide comprehensive, multidisciplinary assessments for:

- Youth aged 8+
- Adults who may have been exposed to prenatal alcohol

Following assessments, our team offers personalized referrals and recommendations to support ongoing care.

Diagnostic Clinic Referral Package: *can be found on our website @ <https://nwfasdnetwork.com>*

For more information: info@nwfasd.ca or [\(780\) 533-5461](tel:7805335461)

FASD Prevention Conversation Facilitator Training

Upcoming in-person Training session will be held in:

High Prairie – Wednesday, May 6

📍 Town Hall

🕒 1-2:30pm

Full details available on the attached poster

This session provides an opportunity to learn, connect, and build confidence in having meaningful conversations about alcohol, pregnancy, and FASD prevention. We look forward to seeing you there!

Let's Talk

Let's

Talk

The Prevention Conversation

It's time to talk about alcohol and pregnancy

Facts and Foundations of FASD & Alcohol and Pregnancy

Learn • Connect • Make a Difference

Join us for an engaging and supportive workshop that explores Fetal Alcohol Spectrum Disorder (FASD), prevention, teratogens, and alcohol and pregnancy. This session highlights strengths, positive outcomes, and practical strategies – supporting individuals, caregivers, and communities with knowledge, understanding, and hope.



Location:

High Prairie - Town Hall
4806 53 Ave, High Prairie



Date:

Tuesday, May 6



1:00 – 2:30 PM

This workshop is for
adults only.

- ✓ No registration required – walk-ins welcome!
- ✓ Light snacks and refreshments provided

*Everyone is welcome. ♥
Come as you are!*



**Northwest Peace
FASD Network**



Sponsored by:
Northwest Peace
FASD Network



780-533-5462



gloria@nwfasd.ca



<https://nwfasdnetwork.com>

Spring Mocktail

Fresh, simple, and for everyone

A refreshing, alcohol-free drink perfect for spring gatherings, family time, or anytime you want something light and delicious!



WHAT YOU'LL NEED:



Sparkling water or lemon-lime soda



Splash of orange juice



Fresh or frozen berries



Ice



Optional: fresh mint



HOW TO MAKE IT:

1



Fill a glass with ice

2



Add berries

3



Pour in a splash of orange juice

4



Top with sparkling water

5



Stir gently and enjoy!

Tip:

Add mint for extra freshness!



WHY IT MATTERS

Offering alcohol-free options helps create safe, welcoming spaces for everyone, including individuals and families affected by FASD.



Small choices can make a big difference.



• REFRESHING DRINK • WELCOMING SPACE • STRONGER TOGETHER •





WHAT SUPPORT CAN LOOK LIKE DAY TO DAY

Small changes. Big difference. ♡



Support does not have to be complicated.

Often, it is small, consistent changes that help someone feel more calm, confident, and able to succeed.



1

AT HOME



Keeping a simple daily routine



Giving reminders in a calm, clear way



Breaking tasks into smaller steps



Preparing ahead for changes in plans



2

AT SCHOOL OR WORK



Giving one direction at a time



Allowing extra time to complete tasks



Using visual supports or written instructions



Checking in to make sure things are understood



3

IN THE COMMUNITY



Being patient during transitions



Offering gentle reminders instead of corrections



Creating calm, predictable environments



Focusing on strengths, not just challenges



4

FOR INDIVIDUALS WITH FASD



Asking for help when needed



Using reminders or tools that work for you



Taking breaks when things feel overwhelming



Knowing that your brain works differently, not incorrectly



Reminder ♡

What looks like resistance is often overwhelm.

Support makes a difference. ♡



Everyday Support. Lasting Impact. ❤️

THANK YOU FOR READING!

Your support, understanding,
and willingness to learn
*make a meaningful
difference.* ❤️

Together, we are creating a more
supportive and compassionate community.

METIS SETTLEMENTS



FASD NETWORK



Small support today can build confidence,
reduce stress, and create a better tomorrow.

We grow better together. 🌱