



WHAT YOU WILL FIND IN THE 17TH EDITION OF OUR NEWSLETTER

- Message from Darlene Carifelle, Metis Settlements General Council FASD Coordinator
- Updates from Lakeland Centre for FASD
- Updates from NWR FASD Society
- Updates from Northwest Peace FASD
- *Mocktail Recipe*
- CANFASD online

Visit Our Website

www.metissettlementsfasd.ca



Message from the Network Coordinator

Tansi,

As Christmas and the New Year approach, we want to extend our heartfelt wishes to you, your families, and your communities.

To everyone supporting individuals with FASD, including caregivers, Elders, service providers, and community members, thank you. The patience, advocacy, and love you bring into each day truly matter.

This time of year can be both joyful and exhausting, especially when you are caring for others. Please remember to leave room for your own rest, small moments of joy, and time with the people who fill you back up.

As we look ahead to the new year, we are grateful to continue this work together and to keep building support, understanding, and hope in our communities.

Wishing you all a safe and Happy Holiday season.

Merry Christmas and Happy New Year!

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



VISIT OUR WEBSITE

www.metissettlementsfasd.ca

HAPPY Holidays

Our mobile diagnostic team has been busy supporting both children and adults seeking Fetal Alcohol Spectrum Disorder (FASD) assessments. By travelling directly to each Metis Settlement to complete referrals, and by hosting clinics in our nearest office, we work to remove location barriers and ensure members can access diagnostic services as close to home as possible.

Our Outreach Coordinators have been active in the communities, helping members connect with local and regional resources. They meet with individuals, families, and support networks to understand their needs and determine how we can best assist. Our team enjoys attending and participating in community events. This helps us learn about each community we serve and helps the members become familiar with our agency.

We have been busy working with schools, with Family Resource Networks, and assisting with applications for disability programs such as Family Support for Children with Disabilities (FSCD), Assured Income for the Severely Handicapped (AISH), and Persons with Developmental Disabilities (PDD). We help members navigate the systems and supports that an FASD diagnosis can open access to. Our goal is to empower each Métis Settlement and every person we serve with knowledge of FASD and best practices for ongoing support.

We remain committed to assisting with referrals, connecting individuals to the services they need, sharing information about FASD, and providing follow-up throughout the process.

If you or someone you know requires support, please reach out—our team is here to help!



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NWR FASD SOCIETY AND PADDLE PRAIRIE FASD SERVICES



“The Talk”

We have “talks” we used to have with our children as they aged. There is the tooth fairy, Santa Claus, alcohol and drug use, body changes, sexual health and any number of talks we have with our children. Sometimes I wish that there was a “change of life talk”, how to age gracefully talk, becoming a grandparent and any number of other talks that we don’t have as we age. Life is a learning cycle and we learn as best we can and make the choices we feel are best for us.

I would like to suggest another “talk” for our young people. We need to have a conversation with our young people about choices. Specifically choices about substance use, way before they are thinking about it. This talk needs to be continual and guided constantly. How to make informed choices.

Informed choices are not something that comes naturally to any of us. Usually we make a decision and have to live with the consequences. We have not learned well over the generations! How many parents have heard “Let me make my own choices, my own mistakes”?

It is important that we provide information to our children to help form and inform their choices. One of the conversations is on the use of substances and substance abuse. If alcohol or drugs have been used in the home and the child has had exposure to them, it will be important to determine how much factual information the children have. Just because they have been around substances does not mean that they understand the impact of alcohol and drugs on the body. And for those children who have no exposure to alcohol or drugs, it is necessary they know they exist.

Talk to the child about how alcohol impacts the body with the following facts. The alcohol effects on the brain can permanently damage the brain with extended use. Alcohol can also block some of the messages trying to get to your brain. It can change how people feel, move and can affect vision and hearing. Because alcohol is a depressant, it slows down how you react to your environment. Alcohol also puts you at a greater risk of hypothermia in the cold. Each of these statements can be conversation starters.

Another conversation starter is “If you are sexually active and using alcohol, take steps not to get pregnant”. Help your young children and young adults to understand the information on alcohol use during pregnancy and how alcohol can disrupt the pathway of developing cells which can cause a permanent disability called “Fetal Alcohol Spectrum Disorder – FASD”.

Speak to your children about the importance of planning pregnancies if they use alcohol or drugs. Give them the information to make informed choices about pregnancy and informed choices about substance use. These conversations should start as soon as possible.

If you need more information about alcohol and drug impact on pregnancy you can find the information at your local FASD service Network. Ask for the “Let’s Get Real” presentation to be brought into your school or your youth program. It’s a presentation for junior and senior high students which discusses the challenges and risks of substance use during pregnancy.

Respectfully submitted by Wanda Beland, NWR FASD Society and Paddle Prairie FASD Services



WINTER GREETINGS FROM THE NORTHWEST PEACE FASD NETWORK!

❄️ As this peaceful winter season surrounds us; we want to extend our heartfelt appreciation to the communities we are honoured to serve. Wishing you all warmth, joy, and a bright new year ahead!

For support or information about our FASD services, please reach out to our local contacts. Our FASD Mentors offer a combination of FASD supports and the Parent Child Assistance Program (PCAP), providing services to individuals and families within their respective Settlements.

FASD Mentor - Gift Lake Metis Settlement: Marge Cunningham Email: marge@giftlakemetis.ca

FASD Mentor, Peavine Metis Settlement- With heavy hearts, we must let you know this position is currently vacant. For up to date information on their posting and services please check their Facebook page.

FASD Mentor, East Prairie Metis Settlement: Donna Grier Email: 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 dedicated diagnostic and intervention team includes a centralized coordinator and a network of professionals specializing in Speech-Language Pathology, Psychology, Occupational Therapy, Mental Health, Addictions, and more. Together, we provide comprehensive, multi-disciplinary assessments for youth aged 8 and older, as well as adults who may have been exposed to prenatal alcohol.

In addition to assessments, our team offers personalized referrals and recommendations to support follow-up care and ongoing services after the clinic.

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

FASD Prevention Conversation Facilitator Training

Due to unpredictable winter driving conditions, we will be offering virtual training sessions from January through March. This way, participants can join safely and conveniently from the comfort of their own homes—without the added stress of winter weather.

We look forward to connecting with you online and continuing to support your learning journey this season!



Northwest Peace FASD Network
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NORTHWEST PEACE
FASD SOCIETY



YOU'RE
INVITED

ZOOM WORKSHOP FASD 101



January 29, 2026
February 18
March 18

AT 1:00 PM

Email us for the link to Join
Everyone Welcome!

780-533-5462
gloria@nwfasd.ca
www.nwfasdnetwork.com



Northwest Peace
FASD Network



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@nwpeacefasd



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



Cranberry Sparkler

- **Cranberry juice**
- **Sparkling water or lemon-lime soda**
- **A squeeze of fresh lime**

How:

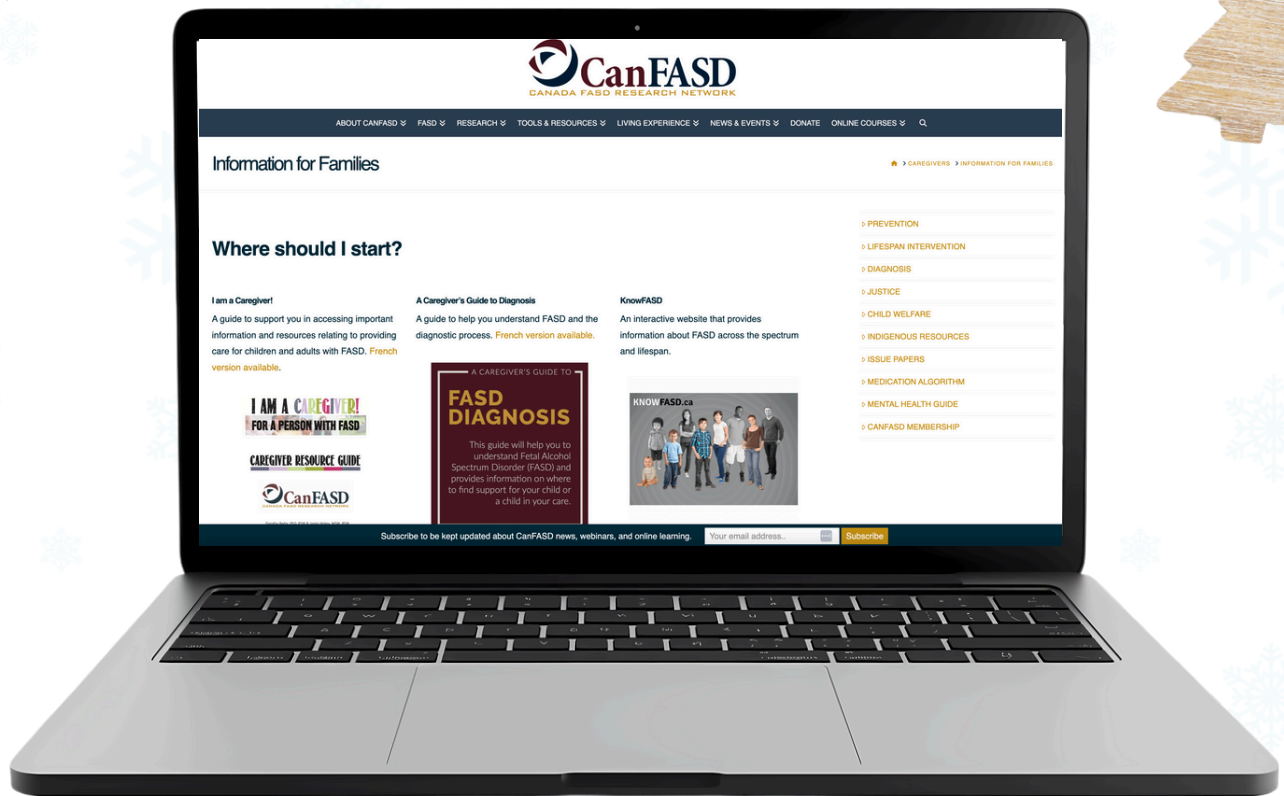
Fill a glass with ice, pour in cranberry juice, top with bubbles, squeeze in lime, and stir. Garnish with a few cranberries if you have them.

If you want it sweeter, swap the sparkling water for ginger ale.


This alcohol-free cranberry sparkler is a refreshing choice for anyone supporting a healthy pregnancy. Staying hydrated, limiting added sugars, and choosing non-alcoholic options helps support hormonal balance and overall wellness during preconception and pregnancy. Small swaps like festive mocktails allow you to enjoy celebrations while still prioritizing nourishment for both mom and baby.

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

www.canfasd.ca



If you're looking for clear, trustworthy information about Fetal Alcohol Spectrum Disorder (FASD), we encourage you to check out the Canada FASD Research Network (CanFASD). They bring together researchers and partners from across Canada to share research, practical resources, and updates that support prevention and better services for people affected by FASD. Take a few minutes to visit the CanFASD website. It is a great place to learn, explore helpful tools, and stay up to date.



Merry Christmas
and a
Happy New Year!

THE METIS SETTLEMENTS
FASD NETWORK

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