



Research Highlight

A FATHER'S ROLE IN FASD

Research has shown for years that fathers and other family members can help prevent prenatal alcohol exposure through supportive relationships.

New research highlights the effects of alcohol on sperm (the genetic material passed down by a biological father). We now know that fathers' genes are affected by preconception alcohol use, and these changes may be passed onto the baby. The changes might make a baby more susceptible to FASD or affect fetal development.

Given this research, it is even more important to include fathers in the discussion about FASD.

For more discussion about the research, visit the Canada FASD Research Network's website at www.canfasd.ca.

Let's celebrate our differences and support each other's strengths so we can all bloom when it's our time.

FASD Awareness Month

SEPTEMBER 9TH IS FASD AWARENESS DAY

Throughout September, Piruqatigiit celebrated FASD Awareness Month.

Events and activities included:

- Community information booth
- Community baby shower with a mocktail bar, face painting, and gifts for new parents and parents-to-be
- Workshop on our photo story project
- Question & Answer night at Unikkaarvik Visitor Centre, featuring Nunavummiut with lived experience
- A full day Qaumajuut Caregiver training workshop
- Month long social media messages of support, sharing information, and celebrating Nunavummiut affected by FASD.





Upcoming Programs for Children & Youth

Uluriaralaat / Little Stars - Ages 5-6 with Suspected or Confirmed FASD

- Saturday, November 9th, 10-11:30am
- Saturday, December 7th, 10-11:30am

Ajungji Club - Ages 7-11 with Suspected or Confirmed FASD

- Saturday, November 9th, 1-3pm
- Saturday, December 7th, 1-3pm

*Programming for older youth with FASD will be scheduled shortly. Email info@piruqatigiit.ca to be notified.

Ilagiit Siblings Club - Ages 6-10 (sibling or close relationship to a child with FASD or another neurodevelopmental disability)

- Saturday, November 16th, 10:30am-1pm
- Saturday, December 14th, 10:30am-1pm

Ilagiit Siblings Club - Ages 11-14

- Saturday, November 16th, 2-4:30pm
- Saturday, December 14th, 2-4:30pm

People and families with FASD need everyone's support and understanding. Reach out and reach in. We are stronger together.

Important Information for Child & Youth Programs

- Programs are at 1412 Sikituuq Cres. on the upstairs floor (MakerSpace building).
- No prior registration is required. If you want to find out more about a program, email info@piruqatigiit.ca.
- A form must be completed for each child, with contact and medical information.



Upcoming Programs for Caregivers

Taqaiqtisijiit Community Respite Caregiver Training Program - January 6 - April 3, 2020

- A 3 month training program for out of school and out of work youth and adults.
- Training and skill development to support Nunavummiut with FASD and other neurodevelopmental disabilities.
- Learn about personal wellbeing, community wellness, Trauma-informed practice, and respite care.
- Participants will become trained respite care providers and can launch their business following the training.

Katimajuit Peer Support Program - last Thursday of the Month

- For October, this will be October 24th due to Halloween.
- Drop-in support group for parents and caregivers of individuals with suspected or confirmed FASD.

Qaumajuit Caregiver Program - Tues Nov 19th from 9 am - 3:30, 1412 Sikituuq Cres.

- An interactive day-long workshop for parents and caregivers of individuals with suspected or confirmed FASD.

Space is limited. To sign up or for more information, email jennifernoah@piruqatigiit.ca.

Contact Piruqatigiit Resource Centre

Main Office Location:

1089 F Mivvik St, Iqaluit

Mailing Address:

PO Box 833 Iqaluit, Nunavut X0A 0H0

Main Phone:

867-877-4155

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Twitter:

<https://twitter.com/piruqatigiit>



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