

## Mission Statement

*Providing quality services to individuals with diverse needs by encouraging opportunities for growth, development and community support.*

## FASD Strategies Not Solutions: Words to Live By (when caring for someone with FASD)

- Create structure, routine and consistency.
- Be positive; laugh whenever you can.
- Argue with them less.
- Engage them in activities that they enjoy.
- Hug them and tell them you love them, even when you are upset or angry.
- Crying is OK.
- Monitor and regulate what they watch on television, video, computer, internet, etc.
- Focus on positive decisions they make.
- Set realistic expectations; do not ask too much of them.
- Get enough sleep, good food, and exercise. They need you to be at your best to help them to be their best.
- Get support for yourself!
- Never give up!!!

Excerpt borrowed from 'FASD Strategies not Solutions'. For more information, please visit [www.region6fasd.ca](http://www.region6fasd.ca)

**Accredited Supportive Living Services  
Limited's  
Support Program**  
serves a large portion of Alberta's  
Northwest

## Contact Information

### ASLS

#### FASD Support to Families

Box 5006, 9604-96th Street  
Peace River, AB T8S 1R7  
Phone: 780.624.1943

### ASLS

#### FASD Support to Families and Individuals

#216, 10006-101 Avenue  
Grande Prairie, AB T8V 0Y1  
Call Toll Free 877.539.0433  
Phone: 780.539.0433 ext. 109

The FASknot on the cover is the official symbol of FASworld

Cover Photo: © Katseyephoto | Dreamstime.com  
Inside Photos: © Costa007 | Dreamstime.com;  
© Madartists | Dreamstime.com;  
© Joeshmo | Dreamstime.com



## FASD Support Program



[www.aslslimited.org](http://www.aslslimited.org)



### Belief and Principle:

ASLS and the FASD Support program believes in providing caregivers and individuals meaningful relationships with their families, friends, and community.



### What Is FASD?

Fetal Alcohol Spectrum Disorder is an umbrella term to cover the diagnosis received from prenatal exposure:

- Fetal Alcohol Syndrome
- Partial Fetal Alcohol Syndrome
- Alcohol Related Neurodevelopmental Disorder
- Alcohol Related Birth Defects

It is a diagnosis that describes a pattern of physical and behavioural abnormalities that can affect a child born to a mother who drinks alcohol during her pregnancy. FASD is a life-long medical condition/disability.

### Goals of the FASD Support Program

- To provide advocacy and support services to caregivers and their children who are suspected of having FASD;
- To provide assistance to access funding for supports through programs such as FSCD, AISH, and Income Supports;
- To act as a resource for developing strategies that will enable the caregiver to care for their child with FASD; and
- To provide continuous support across the life span.
- *Grande Prairie only – assists individuals with FASD to develop goals and strategies that will encourage healthy lifestyles choices promote skill development; and*
- *To help individuals build and maintain healthy independent lives.*

### Eligibility

- Caregivers/Families who are raising children that have a diagnosis of FASD or a suspected diagnosis.
- Adults with a diagnosis with FASD or a suspected diagnosis of FASD. (Only pertains to Grande Prairie and Surrounding Area)

