

Yellowknife Association for

COMMUNITY LIVING



FASD Services

**Living and Learning
with FASD Project**

and

**FASD Peer Support
Project**

Living and Learning with FASD Project

The Living and Learning with FASD Project promotes prevention and provides FASD education, awareness and support services. The project offers:

Family Support

Direct support services such as:

- “Play and Learn” monthly support group,
- one on one support ,
- home visits,
- family advocacy,
- family goal plan,
- information and referrals, etc.

Workshops and Presentations

FASD workshops tailored for audience, such as::

- what is FASD,
- effects of FASD on children, youth, and adults,
- parenting strategies,
- teaching strategies,
- supporting women to not drink alcohol during pregnancy or breast-feeding,
- building community awareness and prevention efforts,
- issues regarding post-natal alcohol consumption by parents and caregivers, etc.

FASD Resource Library

The library has books, games, and materials about FASD and related issues. Library materials are available for loan throughout the NWT.

FASD Peer Support Project

The FASD Peer Support Project provides support for older youth and adults who are affected by FASD. The project offers:

Weekly Support Group

We provide a facilitated weekly peer support group for people affected by FASD. Meetings include activities such as:

- life skills like healthy living, self-care and cooking,
- community field trips, cookouts and hikes,
- relaxing and recreational evenings with games, music and movies,
- self-esteem and relationships,
- strategies for successful living, and cultural exploration, etc.

One on one support

We provide advocacy, personal support and referrals. Outreach can include activities such as:

- assistance with shopping and transportation,
- support with budgeting and paying bills,
- employment and education assistance,
- income support and housing assistance,
- support while navigating through justice system,
- providing referrals general support as well as providing FASD information, etc.



zero alcohol for nine months

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Health and Social Services