

## ANNOUNCING: The FASD ADDICTION RECOVERY SUPPORT GROUP



*A new support group for adults living with **Fetal Alcohol Spectrum Disorder (FASD)** who want to make positive, healthy changes to their alcohol/other drug use.*

***"Because support can make a world of difference!"***

**BACKGROUND:** At Whitecrow Village L.I.F.E. Sessions (**L.I.F.E. stands for "Live-in, Fetal Alcohol Spectrum Disorder Education/Training Sessions"**) youth and adults living with FASD told us that the voluntary addiction recovery support meetings they attended helped them consider/follow through with making positive, healthy changes to their use of alcohol and other drugs. Repeatedly, L.I.F.E. Session participants told Whitecrow Village team leaders that they wanted to have "FASD-friendly" addiction recovery support meetings in their community that would help them stick to their "healthy change" goals after returning home.

**GROUP FOCUS:** The FASD Addiction Support Group is a self-help, peer-support group for people living with FASD that want to change their relationship with alcohol and other drugs and enjoy a healthier, happier life. Each participant will determine the nature of the change(s) they want to make and for which they seek support.

**PARTICIPANTS:** This group is open to adults (male and female, 19+ years old) living with FASD (diagnosed or suspected) that:

- desire to have a healthy, happy life – free from alcohol/drug-related problems,
- are willing to participate in a small group meeting, once a week (maximum of 10 – 12 participants),
- have support to make positive change in their lives (partner, friend, parent or caregiver, relative), AND,
- agree to attend meetings sober (no alcohol/drug use that day).

**FACILITATION:** Meetings are facilitated by individuals that have experience with Addiction Recovery as well as specialized FASD Training. The FASD Addiction Recovery Support Group is open to including any strategies or approaches that support positive change, and specialized curriculum has been developed that builds upon the strengths of a variety of "recovery" approaches and the unique strengths and needs of people living with FASD. Group facilitators will adapt meetings to include special issues and topics identified by group participants.

**MEETING DETAILS:** Friday from 12:00 noon – 2:00 pm (includes lunch!) at the FASD Community Circle office - #208-2951 Tillicum Rd. (Fairway Plaza)

**TO ATTEND/REFER/MORE INFO.:** Please contact Colin Ross, VIHA Youth and Family Addiction Counsellor @ (phone) 250-721-2669, ext #2415 or (e-mail) [colin.ross@viha.ca](mailto:colin.ross@viha.ca) .

**COMMUNITY PARTNERSHIP:** The FASD Addiction Support Group is a partnership program of Whitecrow Village FASD Society, the FASD Community Circle-Victoria, and VIHA's Discovery Youth and Family Addiction Services. Special thanks to the Victoria Foundation FASD Action fund for their generous funding and support.

