

# International FASD Awareness Day

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September 9<sup>th</sup> is International FASD Awareness Day. People around the world are being encouraged to stop and think about FASD - Fetal Alcohol Spectrum Disorder. FASD is an umbrella term used to refer to a spectrum of diagnosable disabilities caused by prenatal exposure to alcohol. FASD is often referred to as a hidden or invisible disability because most people affected have no noticeable physical features. FASD can impair a person's learning, physical, cognitive, behavior and development. The effects of FASD are life-long. Health Canada estimates that nine in every 1000 children born in Canada have FASD. On September 9<sup>th</sup> we acknowledge that FASD exists across many cultures and countries around the world. We acknowledge that many folks in our local communities struggle with its effects as well.

The Interlake-Eastern RHA is committed to assisting caregivers in getting their children and youth assessed and in providing intensive support and education for those who have been exposed to alcohol prenatally.

For the past five years the RHA has participated in International FASD Awareness Day events. This year the regional FASD team has worked with their local FASD coalition to plan an event that will be held in Selkirk on September 9<sup>th</sup> at noon in front of the corporate office. We have squishy mini-brains with the RHA logo and our tag line "I Learn Differently" to give out to people in the community. The brain is to help remind folks that FASD is a brain-based disability that impacts upon physical, cognitive, and behavioral development and impairs learning ability. The squishy brain can also be used as a tool to help children and youth focus while working on tasks.

So come out and visit us in front of Corporate on September 9<sup>th</sup> at lunch time – meet the RHA FASD folks – Shannon Foster, Andrea Worcester, Devon Ungurain, Sherisse Picklyk Dear - have a chat about FASD and grab a brain!!!



Interlake–Eastern  
Regional Health Authority