

# FASD AWARENESS MONTH

## SEPTEMBER 2024

During this month, we take action to raise awareness for **Fetal Alcohol Spectrum Disorder**, in hopes to provide support to individuals who have been diagnosed or have been affected by FASD.

September 9th, 2024 will mark the 25th anniversary of FASD Day since it began in 1999. Throughout this month, many programs and communities across the province have come up with different ways to raise awareness.



### *Check This Out!*

*Here's what our programs are doing to celebrate FASD Month!*

**Calgary Fetal Alcohol Network**

**Central Alberta FASD Network**

**Prairie Central FASD Network**

**Lakeland FASD Society**

**Northwest Peace FASD Network**

**Bissell FASS Edmonton**

**South East Alberta FASD Network**

**South Alberta FASD Network**

**Mackenzie Regional FASD Network**

**Edmonton First Steps PCAP Program**

**Resources**

Share your event on social media using, **#FASDMonth2024** to help spread awareness!

### Everyone Plays a Part!

In 2024, the theme is... Everyone plays a part! Let's encourage the people in our lives to take actionable steps to support people with FASD. Reflect on what you can do personally to support this movement on a wider scale. Taking time to do training, spreading awareness in your community or discussing healthy pregnancies with your loved ones can make a real difference in someone's life. When many of us take these steps, society will change for the better.

# Calgary Fetal Alcohol Network

## FASD AWARENESS COMMUNITY & FAMILY EVENT AT HERITAGE PARK

In honour of the 25th anniversary of FASD Day and FASD Month, **Calgary Fetal Alcohol Network** and **connectFASD** are pleased to present our Community and family event at Heritage Park.

This day will start with brunch, a short presentation on FASD and time to connect with our community. After the presentation, we will go adventure into Heritage Park, explore and enjoy a fun-filled day (you can stay as long as you want until the park closes at 5 pm).

Please rsvp and join us this September 7th.

**\*Click the picture to register!**



COMMUNITY & FAMILY FASD AWARENESS MONTH EVENT

**HERITAGE PARK - PRESENTATION, BRUNCH AND FUN!**

Presented by CFAN & connectFASD

### TOPIC OF DISCUSSION

*Everyone Plays a Part*

Join us September 7th for our Community and Family FASD Awareness Month event.

Come enjoy brunch, a presentation and explore Heritage Park.

**COMMUNITY & FAMILY FASD MONTH EVENT**

Saturday Sept 7, 2024

**COST & INCLUSIONS**

\$10 Parking on arrival  
Free admission & Brunch

**START AT**

11:00AM - PARK CLOSSES AT 5PM

**LOCATION**

Heritage Park

\*Must register in advance



PROFESSIONAL DEVELOPMENT DAY

**COMMUNITIES TOWARDS HEALTHY OUTCOMES**

### TOPIC OF DISCUSSION

*Everyone Plays a Part*

Join us on September 9th for a morning of professional development in honour of International FASD Awareness Day. This half-day event will feature Dr. Jacqueline Pei and will focus on how we, as a community, can work together to support Towards Healthy Outcomes for people with FASD. There will also be time for discussion, collaboration and networking at the event.

**WITH DR. JACQUELINE PEI**

Presented by CFAN & connectFASD

**FASD AWARENESS DAY**

Monday Sept 9, 2024

**COST & INCLUSIONS**

\$35 - Includes Hot Breakfast

**START AT**

8:00AM - 12:30PM

**LOCATION**

The Confluence (Fort Calgary)



## PROFESSIONAL DEVELOPMENT EVENT

WITH DR. JACQUELINE PEI

COMMUNITIES TOWARDS HEALTHY OUTCOMES

Join us on September 9th for a morning of professional development in honour of International FASD Awareness Day. This half-day event will feature **Dr. Jacqueline Pei** and will focus on how we, as a community, can work together to support Towards Healthy Outcomes for people with FASD. There will be also time for discussion, collaboration and networking at the event.

Join as us as we learn, grow and connect on September 9th 2024

**\*Click on the picture to register!**


# Central Alberta FASD Network



## International FASD DAY


**Monday September 9 at City Hall**  
**Mayor's Proclamation at 9am**  
followed by  
**Community Gathering at Great Chief Park**  
**11am - 3pm**

**"Everyone Plays a Part"**




## Everyone Plays A Part


Central Alberta FASD Network's second annual conference!

 RDP Arts Centre Main Stage  
Wednesday October 2, 2024  
8:30am - 4:30pm


A one day conference for individuals impacted by FASD and those who support, walk with, and advocate for individuals with FASD.



**MYLES HIMMELREICH**  
Keynote Speaker



**SHANNON BUTT**  
Keynote Speaker



**MELISSA TREMBLAY**  
Keynote Speaker

The **Central Alberta FASD Network** is committed to raising awareness, advocacy, and education about FASD. We continue to do this through outreach programs, education and trainings, and assessment and diagnosis offered to the Central Alberta community. The Central Alberta FASD Network, along with other FASD Networks across the country and world recognize September as FASD Awareness Month.

# Prairie Central FASD Network



**Please join us on September 9th for a BBQ Lunch!**  
**Camrose Co-Op free BBQ; Hotdogs, pop and cupcakes**

## Additional Awareness Through...



## Prairie Central FASD

**Fetal Alcohol Spectrum Disorder**

- Chamber/City events page for BBQ
- Booster article, with photo from Proclamation
- Camrose Chamber of Commerce – Sign at Bill Fowler Centre
- Duggan Cinemas Theatre Screens
- Sunrise Outdoor Advertising Camrose
- Camrose InterAgency Flyer, with events and dates
- Facebook posts – Schedule in August for all of Sept.
- Library displays
- School newsletters – BRSD & EICS - Flyer in Newsletters
- FASD Awareness in the Park in partnership with FCSS



**2024 FASD DAY EVENT**  
 FREE BBQ AND 1st ANNUAL MOCKTAIL  
 CHALLENGE  
 SEPTEMBER 5TH, 2024



Come enjoy a hotdog and watch local teams  
 compete in our mocktail challenge  
**@ The St. Paul Co-op Home & Agro Centre**  
**5017 42nd St, St. Paul**  
 BBQ 11 am - 2 pm  
 Mocktail Challenge 12 pm - 1 pm

Want to enter your team?  
 Call us at 780-594-9905



**2024 FASD DAY EVENT**  
 FREE BBQ AND 12th ANNUAL MOCKTAIL  
 CHALLENGE  
 SEPTEMBER 9TH, 2024



Come enjoy a hotdog and watch local teams  
 compete in our mocktail challenge  
**@ Lakeland Centre for FASD**  
**4823 50th St, Cold Lake**  
 BBQ 11 am - 1 pm  
 Mocktail Challenge 12 pm - 1 pm

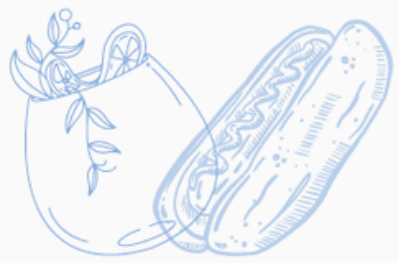
Want to enter your team?  
 Call us at 780-594-9905



# Lakeland FASD Society



**2024 FASD DAY EVENT**  
 FREE BBQ AND 1st ANNUAL MOCKTAIL  
 CHALLENGE  
 SEPTEMBER 23RD, 2024



Come enjoy a hotdog and watch local teams  
 compete in our mocktail challenge  
**@ Lakeland Centre for FASD**  
**10117 102 Ave, Lac La Biche**  
 BBQ 11 am - 1 pm  
 Mocktail Challenge 12 pm - 1 pm

Want to enter your team?  
 Call us at 780-594-9905



**2024 FASD DAY EVENT**  
 FREE BBQ AND 2nd ANNUAL MOCKTAIL  
 CHALLENGE  
 SEPTEMBER 16TH, 2024



Come enjoy a hotdog and watch local teams  
 compete in our mocktail challenge  
**@ The Town Hall Parking Lot**  
**4917 49th Ave, Bonnyville**  
 BBQ 11 am - 1 pm  
 Mocktail Challenge 12 pm - 1 pm

Want to enter your team?  
 Call us at 780-594-9905



# Northwest Peace FASD Network

Join us for...

## international FASD AWARENESS DAY

**September 9, 2024**  
**11am - 2pm**  
 at Muskoseepi Park

Join us as we walk together in support of individuals with FASD

DOOR PRIZES & GIVEAWAYS

FACE PAINTING

FREE BBQ LUNCH SPONSORED BY ROTARY CLUB OF GRANDE PRAIRIE!



  
 Family Education Society

  
 Rotary Club of Grande Prairie

  
 Pace

  
 Alberta Health Services

  
 Northwest Peace FASD

  
 TRINITY BODY ART FACEPAINTING & MORE.

For more information: [www.nwfasdnetwork.com](http://www.nwfasdnetwork.com)

# Bissell FASS Edmonton

Join us for the **2024 Red Shoes FASD Awareness Walk** – a fun and meaningful event to raise awareness about Fetal Alcohol Spectrum Disorder. Lace up your red shoes and walk with us on **Monday, September 9, 2024** at *Sir Winston Churchill Square*. Let's come together to support people with FASD and spread awareness in our community. See you there!



[Click here to register!](#)

**12:30 PM - 1:00 PM**

**Registration**

**1:00 PM - 1:30 PM**

**Opening Ceremony and Speakers**

**1:30 PM - 2:30 PM**

**2km Red Shoes FASD Awareness Walk**

**12:30 PM - 3:00 PM**

**Art Sale**

## South East Alberta FASD Network



- Sponsor a hole at the Motor Association Golf Tournament where we will set up the SEAFAN tent and serve free mocktails.
- Mocktail campaign in the bars and pubs in Medicine Hat, Brooks and some surrounding local communities
- Community BBQ - giving away free mocktails and hot dogs. A mobile team also delivers mocktails and hot dogs throughout the city. All have prevention messaging attached.
- Road signage to promote the events and overall awareness
- Radio interviews - on air telling people how to mix a mocktail and overall awareness
- Mocktail booth and free condoms at the Medicine Hat College during Sept. orientation days
- FASD Training Day - a full day of training open to the community with guest speakers and those with FASD telling their stories. The year's topic: The Brain Story

# South Alberta FASD Network

## **September 9th:**

Lethbridge City Hall and Woods Homes Lethbridge will be lit up in red



The Network will be hosting tables at the following community events. Network Staff hosting at these events will be wearing red running shoes and “Red Shoes Rock” t-shirts:

The Word on the Street Festival **September 21st**  
(all day-in downtown Lethbridge)

The Lethbridge College Student Support Fair **September 25th**

The Crossings Library **2 dates TBD in September**

The library is attached between 2 large high schools – visiting with students and focusing on the “Let’s Get Real” portion of the Prevention Conversation



## Activities and more!

- 5 City of Lethbridge buses, the Water Tower Digital Superboard and the U of L Curved Screen Digital Superboard will display our graphics beginning August 22nd and running until the end of September
- Business across the region that sell alcohol (pubs, restaurants, lounges, etc.) will be requested to use our coasters and display our decals and poster on their doors and mirrors in washrooms- in 2023, more than 80 businesses partnered with our Network for this event
- 1000 condoms in Network covers with our messaging on them, will be distributed to both Lethbridge Polytechnic and the University of Lethbridge for their Student Health Centres
- Promotional materials will be distributed at all community events that reflect the “Red Shoes Rock” theme – e.g. key chains, removable tattoos (see attached graphics), stickers, etc.
- The Kainai Nation will distribute our posters throughout their offices of Blood Tribe Health, Community Services and Red Crow College
- The Network is partnering with the Piikani Nation to develop their activities for September 9th – the Network poster will be displayed at their Health Centre and I am speaking at an FASD-focused event they are hosting on September 9th
- Southern Alberta Community Living Association (SACLA) is displaying our Network poster and magnetic decals throughout their suite of offices – they are also hosting a follow-up presentation on FASD for their staff in October

# Mackenzie Regional FASD Network

The **Northwest-Mackenzie Regional FASD Network** has planned many activities and much more to commemorate FASD Awareness Month! Watch out for more events!



September 1st-30th:  
Light Up the Tipi Red!

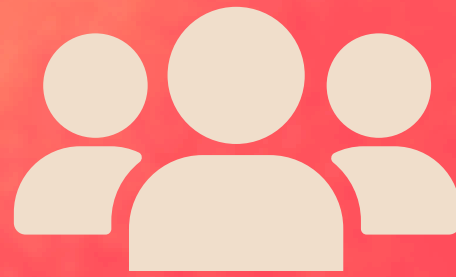


September 9th:  
FASD Community Walk (9AM-10AM)  
Community BBQ (3PM-7PM)

Wear Red Fridays!  
Every Friday starting September 6th until  
September 27th, we will be wearing red



September 28th:  
FASD Sponsored Public Swim



Get To Know You Nights!  
September 10th (6-8PM) - High Level  
September 12th (5-8:30PM) - Paddle  
September 18th (6-8PM) - Fort

## Edmonton First Steps PCAP Program

The **First Steps Program**, in collaboration with the **other FASD Programs within Catholic Social Services**, will be hosting an event on *September 9th* to recognize and celebrate International FASD Day. The focus of the event is "**Raise a Glass to Healthy Pregnancies: Choose Mocktails Over Cocktails.**"

The programs will be inviting our neighboring businesses to enjoy a free lunch, including mocktails, while having conversations focused around the awareness and prevention of FASD. The hope of the event is to engage individuals who may not be aware of FASD or the importance of supporting alcohol-free pregnancies. Resources will be available for anyone wanting additional information or support!



# RESOURCES

## Red Shoes Rock

Red Shoes Rock is a global awareness campaign giving voice and support to those affected by prenatal alcohol exposure.

The Red Shoes Rock movement started in 2013 and grew as more community members got involved to increase visibility. Dedicated to making a positive impact on the world, the organizers continue to collaborate with organizations and communities around the world. Read more about Red Shoes Rock at [redshoesrock.com](http://redshoesrock.com)



## CanFASD-September is FASD Month!

The Government of Canada officially recognized September as FASD Awareness Month in 2020. At CanFASD, we celebrate both FASD Day and FASD Month and encourage communities to continue to work towards increased awareness of FASD throughout the whole month of September and beyond. For more information, visit [canfasd.ca](http://canfasd.ca).

CanFASD also provides many e-Learning series and courses in support of FASD. To learn more, click [here!](#)



## FASD Alberta

FASD-related initiatives across Alberta help build awareness, promote prevention, increase access to FASD assessment and diagnosis clinics, conduct new research, and provide support for individuals living with FASD and their caregivers.

By working together, we will help Albertans affected by FASD and lower the risk of babies being born with the disorder. Visit [fasdalberta.ca](http://fasdalberta.ca) for more information.

**FASD  
ALBERTA  
NETWORKS**