

Happy New Year! 2020

You can't go back
and change the
beginning, but you
can start where
you are and change
the ending.

—
C.S. LEWIS

Support Group Meetings

High Level support group will be held at the Fahlman building. 12:00-2:00 luncheon and 7:00-9:00 evening group on January 8, 2020

Chateh support group will be held at the Chateh Health Clinic from 12:00-2:00 luncheon on January 15, 2020

Fort Vermilion support group will be held at the side office of the Parent Link center in Fort Vermilion from 12:00-2:00 luncheon on January 22, 2020

La Crete support group meeting will be held at the La Crete Pine Centre from 12:00-2:00 luncheon on January 29, 2020



*Seasons greetings from the NWR
FASD Society Staff, wishing you
health and prosperity through out
the year!!*

Selfcare

The definition of self-care is the practice of taking action to preserve or improve one's own health and the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Talk to someone or connect in group to vent your frustrations, seek advice and connect with others who understand what it is like to support someone with FASD

Arrange to always get a good nights rest and remember to drink water and eat good food. Often we forget the most basic things that reduce stress and bring health and harmony to our lives

Know that:

- * you are enough
- * You are invaluable
- * You are perfect the way you are, just be you

Do something you enjoy: take a timeout, laugh, relax, go for a walk, journal

Remember that the behavior is a symptom of their FASD and not a reflection of you as a care-provider

Living with persons and raising children with FASD can be challenging and overwhelming. It is not uncommon to constantly put the needs of your loved ones before your own and the unique needs and challenging behavior may cause you to feel fatigued and lacking energy.