

## Supports for caregivers and individuals with FASD across Canada

### British Columbia

1. [ARC Programs](#): offers [support services](#) for families with FASD, namely the keyworker program that is caregiver-driven and focuses on the family's individual needs, this also includes offers parent support groups.
  - Contact Head Office
    - Location: 513 Bernard Ave Kelowna BC V1Y 6N9
    - Phone number: 250-763-2977
    - Fax: 250-763-6060
    - Email: [arcprograms@arcprograms.ca](mailto:arcprograms@arcprograms.ca)
  - Contact the Program Director: Candice Henriques
    - Phone number: 250-763-2977 (ext. 120)
    - Email: [chenriques@arcprograms.com](mailto:chenriques@arcprograms.com)
2. [The Asante Centre](#): collaborate with existing systems to help individuals with FASD reach their full potential, advocate for FASD prevention, offer [assessment and diagnosis](#), provide supports to individuals with FASD and their caregivers through [peer mentorship and consultation](#), and provide [education and resources](#) to professionals in the medical, educational, justice, and legal fields.
  - Locations:
    - Maple Ridge: Address#103-22356 MCINTOSH AVE, MAPLE RIDGE, BC, V2X 3C1
      - Phone number: 604-467-7101
    - Surrey: #303-7337 137TH ST, SURREY, BC, V3W 1A4
      - Phone number: 778-564-7101
  - Contact information
    - Email: [info@asantecentre.org](mailto:info@asantecentre.org)
    - Phone number: 1-877-327-7101
    - Fax: 604-467-710
3. [Axis Family Resources](#): offers [keyworker support](#) which provides families with some guidance when navigating the assessment process, as well as understanding and implementing assessment recommendations. Keyworkers also support families to link with other community resources and provide education and information in the community to build capacity to support children and youth with FASD or other CDBC's.
  - Contact
    - Location: 659 Victoria St Kamloops BC V2C 2B3
    - Phone number: 1-877-392-1003
    - Email: [axiscommunications@axis.bc.ca](mailto:axiscommunications@axis.bc.ca)
4. [BC Center for Ability](#): offers [The Key Worker Support Program](#) which provides family-centered support services for child and youth FASD.
  - Locations: province wide
  - Program information:

- KEY WORKER SUPPORT SERVICES
  - 2805 Kingsway, Vancouver, BC V5R 5H9
  - Phone: 604.451.5511
  - Fax: 604.451.5651
  - Contact information:
    - Michelle Perri, MSW, RSW
    - Key Worker
    - 604.451.5511, Ext. 1257
    - [michelle.perri@bc-cfa.org](mailto:michelle.perri@bc-cfa.org)
5. [Beacon Community Services](#): offers the [Fetal Alcohol Spectrum Disorder Program](#) which provides free support to families and youth (birth-18 years) who have been diagnosed with, or are suspected to have, Fetal Alcohol Spectrum Disorder (FASD).
- Location: Victoria and Salt Spring Island
  - For more information contact information:
    - Phone number: 778-432-2296
6. [Campbell River and District Association for Community Living](#): offers a [keyworker program](#) which is a parent support program for families with children between the ages of 0 and 19 who have a diagnosis of FASD, are suspected of having FASD, or have a similar Complex Behavioural Disorder.
- Contact: Administration
    - Location: 1153 Greenwood St Campbell River BC V9W 3C5
    - Phone number: 250-286-0391
    - Fax: 250-286-3732
    - Email: [executivedirector@cradacl.bc.ca](mailto:executivedirector@cradacl.bc.ca)
  - Contact FASD Key Worker: Jenny McLeod BSW, RSW
    - Location: Dogwood Place Child & Youth Development Centre Campbell River and District Association for Community Living
    - Phone number: 250-286-0955 (ext. 224)
    - Fax: 250-287-2676
    - Email: [jenny.mcleod@cradacl.bc.ca](mailto:jenny.mcleod@cradacl.bc.ca)
7. [Cariboo Chilcotin Child Development Center](#): offers a [key worker and parent support program](#) aimed to improve the children's long-term outcomes by increasing the knowledge of parents and professionals about developmental-behavioural conditions such as FASD.
- Contact
    - Location: 690 2<sup>nd</sup> Ave N, Williams Lake BC V2G 4C4
    - Phone number: 250-392-4481
8. [Centre of Excellence for Women's Health](#): offers [FASD prevention](#) which links researchers, service providers, policy advisors and mothers from across Canada in order to build upon the current knowledge base about Fetal Alcohol Spectrum Disorder (FASD) prevention, and bring it into health promotion, prevention, treatment, harm reduction, policy development, as well as further research.
- Contact Centre of Excellence for Women's Health

- Location: BC Women’s Hospital + Health Centre E209-4500 Oak St Box 48 Vancouver BC V6H 3N1
  - Phone number: 604-875-2633
9. [The Centre for Child Development](#): offers a [key worker program](#) that provides family-centered support services for Fetal Alcohol Spectrum Disorder (FASD) and related conditions. This may include working alongside children, youth and family members as well as school and community agencies.
- Contact The Centre for Child Development Surrey
    - Location: 9460-140<sup>th</sup> St Surrey BC V3V 5Z4
    - Phone number: 604-584-1361
    - Fax: 604-583-5113
  - Contact Key Worker Program: Kim Nelson MA RCC
    - Phone number: 604-314-0893
    - Email: [kimberley@the-centre.org](mailto:kimberley@the-centre.org)
10. [Connect for Kids](#): offers a [FASD support program](#) that provides counselling, information, and skill development for parents with a child affected by FASD or other complex developmental behavioural conditions.
- Contact
    - Phone number: 604-987-8211
    - Email: [info@hollyburn.ca](mailto:info@hollyburn.ca)
11. [Fraser Valley Child Development Center](#): family-centered program aimed at “providing child specific information, advocacy, support, advice and access to community resources to families of children and youth who have been diagnosed with Fetal Alcohol Syndrome and other complex developmental and/or behaviour disorders.”
- Contact:
    - Location: 102-32885 Ventura Ave, Abbotsford BC V2S 6A3
    - Phone number: 604-852-2686
    - Toll free phone number: 877-850-2686
    - Fax: 604-852-5794
12. [Hiiye'yu Lelum House of Friendship Society](#): offers a [key worker program](#) and works with families to address challenges, access resources, teach skills and ensure families have an ongoing network of support and support in identifying ways to adapt the child’s environment in response to the child’s needs.
- Contact
    - Location: Hiiye’yu Lelum Society PO Box 1015 Duncan BC V9L 3Y2
    - Email: [arlenesam@hofduncan.org](mailto:arlenesam@hofduncan.org)
    - Phone number: 250-748-2242
13. [Hollyburn Family Services](#): offers [parent support groups](#) for children and youth with ADD/ADHD, CDDB or FASD which are monthly drop-in sessions with a family counsellor. There is also the [FASD support keyworker program](#) that offers specialized support service for families with children diagnosed with Fetal Alcohol Spectrum Disorder (FASD) and Complex Developmental Behavioural Conditions (CDDB)
- Contact

- Location: 267 West Esplanade Unit 104 North Vancouver BC V7M 1A5
  - Phone number: 604-987-8211
  - Email: [info@hollyburn.ca](mailto:info@hollyburn.ca)
  - Registration for the parent support group or keyworker program can be done through [brasi@hollyburn.ca](mailto:brasi@hollyburn.ca)
14. [Inclusion Powell River](#): offers personalized one-on-one support to children (up to age 19) who have a complex developmental behavioural condition such as FASD.
- Contact Main Office
    - Phone number: 604-223-8253
    - Fax: 604-485-6419
    - Email: [info@inclusionpr.ca](mailto:info@inclusionpr.ca)
  - Contact Cranberry Children’s Center
    - Phone number: 604-208-3717
    - Fax: 604-483-4443
    - Email: [childinfo@inclusionpr.ca](mailto:childinfo@inclusionpr.ca)
15. [Insight Support Services Inc.](#): offers the [keyworker program](#) wherein families will receive positive, solution-focused strategies to address their specific needs, assistance to obtain an assessment through Interior Health Children’s Assessment Network and help implementing recommendations from the assessment and provide them with skills and strategies to address specific behavioural concerns. Additionally, caregivers have access to a support group.
- Contact
    - Location: 10.929 McGill Road, Kamloops BC V2C 6E9
    - Phone number: 250-554-0085
    - Fax: 250-554-0095
16. [John Howard Society of British Columbia](#): offers [community living services](#) to support adults with developmental disabilities, Autism Spectrum Disorder, or Fetal Alcohol Spectrum Disorders that are eligible for Community Living BC (CLBC) supports, who may also benefit from assistance in building connections to their community and accessing important services and supports to achieve greater independence.
- Contact
    - Location: 2675 Bridge St Victoria BC V8T 4Y4
    - Phone number: 250-217-1281
    - Email: [ed@jhsbc.ca](mailto:ed@jhsbc.ca)
17. [Milieu Children and Family Services](#): offers [Foster Family Services](#) which provides services to foster families supporting children from birth to 18 years old that are suspected of having, or have been diagnosed with, FASD or another complex developmental behavioral condition (CDBC) in the home, at school, and in the community.
- Contact
    - Location: 17733 66 Ave Surrey, BC V3S 7X1
    - Email: [info@milieu.ca](mailto:info@milieu.ca)
    - Phone: 604-582-1811

18. [Nil TU, O Child and Family Services Society](#): provides one to one, group, or workshop services to [support](#) parents raising children impacted by FASD by providing support, education and helpful strategies for helping parents, children and youth impacted by FASD to maximize their success.
  - Contact Executive Director: Katharina Stocker
    - Location: 1-2475 Mt. Newton Rd Saanichton BC V8M 2B7
    - Phone number: 250-544-1400
    - Toll free: 1-888-744-1422
    - Fax: 250-544-1402
    - Email: [kstocker@niltuo.ca](mailto:kstocker@niltuo.ca)
19. [North Island Crisis and Counselling Centre Society](#): offers a [key worker program](#) which assists families understand a FASD diagnosis and help to assess supports and resources.
  - Contact
    - Location: 7095 Beverley Parnham Way Box 2446 Port Hardy BC V0N 2P0
    - Phone number: 250-949-8333
    - Fax: 250-949-8344
    - Email: [reception@nicccs.org](mailto:reception@nicccs.org)
20. [North Okanagan Neurological Association](#): offers a the [key worker program](#) which helps families of children and youth with Fetal Alcohol Spectrum Disorder (FASD) and similar neurodevelopmental conditions from birth to 19 years build on successes and strengths.
  - Contact
    - Location: 2802 34 St Vernon BC V1T 5X1
    - Phone number: 250-549-1281
    - Fax: 250-549-3771
    - Email: [administration@nona-cdc.com](mailto:administration@nona-cdc.com)
  - Contact Key Worker Program Supervisor: Erin Hutton
    - Phone number: 250-549-1281 (ext. 215)
    - Email: [erin.hutton@nona-cdc.com](mailto:erin.hutton@nona-cdc.com)
21. [Okanagan Valley Assessment and Support Society](#): increasing resiliency and reducing harm when responding to FASD with understanding. Strive toward prevention through [education and training](#), [assessment and diagnosis](#), and providing [support](#) to individuals with FASD and their caregivers.
  - Location:
    - The People Place
    - #104 - 3402 27 Ave. Vernon, BC
  - Phone: 250-938-5022
  - Email: [info@fasdokanagan.ca](mailto:info@fasdokanagan.ca)
22. [OneSky Community Resources](#): offers a [FASD key worker](#) to assist families in understanding FASD and CDBC's by providing information, support and advocacy specific to the needs of each family. They also offer a FASD Family Support Group that provides a safe and confidential environment for caregivers, (birth, adoptive, foster,

extended families) to share experiences and strategies, problem solve, access current information and identify the child's strengths.

- Contact
    - Location: 330 Ellis St Penticton BC
    - Email: [info@oneskycommunity.com](mailto:info@oneskycommunity.com)
    - Phone number: 250-492-5814
  - Contact FASD Family Support Worker
    - Phone number: 250-492-5814
    - Email: [info@oneskycommunity.com](mailto:info@oneskycommunity.com)
23. [Provincial Outreach Program for Fetal Alcohol Spectrum Disorder](#): provide support and training for educators who teach students with FASD. Provide information to school boards and provide online training and resources to support students with FASD.
- Location: Prince George, BC. Hosted by School District No. 57
  - Contact information
  - Mailing address: 3400 Westwood Drive, Prince George, BC, Canada, V2N 1S1
    - Phone number: 250-564-6574 (local 2015)
    - Email: [info@fasdoutreach.ca](mailto:info@fasdoutreach.ca)
    - Contact information:
      - Meredith Keery: Senior Teacher Consultant
        - Email: [mkeery@fasdoutreach.ca](mailto:mkeery@fasdoutreach.ca)
        - Phone number: 250-564-6574 (local 2024)
      - Stacey Kelsh: Teacher Consultant
        - Email: [skelsh@fasdoutreach.ca](mailto:skelsh@fasdoutreach.ca)
        - Phone number: 250-564-6574 (local 2023)
      - Trina Chivilo: Teacher Consultant (0.2)
        - Email: [tchivilo@fasdoutreach.ca](mailto:tchivilo@fasdoutreach.ca)
        - Phone number: 250-564-6574 (local 2019)
      - Leanne Dunn: Program Office Assistant
        - Email: [ldunn@fasdoutreach.ca](mailto:ldunn@fasdoutreach.ca)
        - Phone number: 250-564-6574 (local 2015)
      - Lee Karpenko: Assistant Superintendent (School District No. 57 Prince George)
        - Email: [lkarpenko@sd57.bc.ca](mailto:lkarpenko@sd57.bc.ca)
        - Phone number: 250-561-6800 (local 317)
24. [Reach Child and Youth Development Society](#): offers the [Delta Connex Program \(FASD\)](#) which provides services based on family identified need. Ranges from information and educational resources, to creating and implementing a Family Action Plan, and Behavioural Support Plans for children with FASD.
- Contact
    - Location: 5050 47<sup>th</sup> Ave, Ladner BC V4K 0C8
    - Phone number: 604-946-6622
    - Fax: 604-946-6223

- Email: [info@reachchild.org](mailto:info@reachchild.org)
- 25. [Ridge Meadows Child Development Center](#): offers a [FASD support group](#) designed for parents/guardians of children 0-10 years of age with FASD [respite services](#) for caregivers.
  - Contact
    - Location: 201-21755 Lougheed Highway, Maple Ridge BC V2X 2S2
    - Phone number: 604-463-0881
    - Fax: 604-463-0026
- 26. [Sea to Sky Community Services](#): offers the [FASD Key Worker Program](#) which works with the family to put together a support plan for any child with FASD.
  - Contact
    - Location: Box 949 38024 Fourth Ave Squamish BC V8B 0A7
    - Phone number: 604-892-5796
    - Toll number: 1-877-892-2022
    - Fax: 604-892-2267
    - Email: [community@sscs.ca](mailto:community@sscs.ca)
  - FASD Key Worker Contact Information: Georgia Dow
    - Email: [Georgia.dow@sscs.ca](mailto:Georgia.dow@sscs.ca)
    - Phone number: 604-815-7360
- 27. [Shuswap Children's Association](#): offers a [keyworker program](#) aimed to help families and caregivers understand a FASD diagnosis as well as participate in a FASD parent support group where experiences can be shared with other caregivers.
  - Contact
    - Location: 240 Shuswap St NE Salmon Arm, BC V1E 1H7
    - Phone number: 250-833-0164 (ext. 0)
    - Fax: 250-833-0167
    - Email: [info@shuswapchildrens.ca](mailto:info@shuswapchildrens.ca)
  - Contact Key Worker
    - Phone number: 250-833-0164 (ext. 7)
    - Email: [keyworker@shuswapchildrens.ca](mailto:keyworker@shuswapchildrens.ca)
- 28. [Sources Community Resource Center](#): offers a [FASD Key Worker Program](#) that provides families with a key worker to help children and youth with FASD in the home, school, and community
  - Contact
    - Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)
    - Phone number: 604-562-5101
- 29. [Sunshine Coast Community Services](#): offers [Circle of Support](#) which provides support, training and education to individuals, families and service providers impacted by Complex Developmental Behavioural Conditions (CDBC) including Fetal Alcohol Spectrum Disorders.
  - Contact Main Office
    - Location: Box 1069 5638 Inlet Ave Sechelt BC V0N 3A0
    - Phone number: 604-885-5881

- Fax: 604-885-9493
  - Email: [sccsreception@sccss.ca](mailto:sccsreception@sccss.ca)
30. [Touchstone Family Association](#): offers a [keyworker program](#) that supports families through the referral, assessment, and diagnostic process, links families to appropriate community service providers and healthcare professionals, provides education to parents, caregivers, and the general public, facilitates the development of a Parent Support Group, and assists caregivers to develop a comprehensive service plan to meet the needs of the child.
- Contact
    - Location: 210-3031 Viking Way Richmond BC V6V 1W1
    - Phone number: 604-279-5599
31. [Vancouver Aboriginal Health Society](#): offers the [FASD Supported Circle Program](#) which provides support to parents and caregivers with children 0-18 who have FASD. This family-centered program focuses on meeting the needs of their children.
- Contact
    - Main Office: 449 East Hastings St. Vancouver BC V6A 1P5
      - Phone number: 604-254-9949 (ext. 221)
      - Fax: 604-254-9948
      - Email: [admin@vahs.life](mailto:admin@vahs.life)
    - Primary Care Clinic: 449 East Hastings St. Vancouver BC V6A 1P5
      - Phone number: 604-255-9766
      - Fax: 604-254-5750
      - Email: [cliniemoa@shawbiz.ca](mailto:cliniemoa@shawbiz.ca)
    - Indigenous Early Years: 717 Princess Ave. Vancouver BC V6A 3E4
      - Phone number: 604-602-7558
      - Fax: 604-602-7559
      - Email: [admin.iej@vahs.life](mailto:admin.iej@vahs.life)
32. [Victoria Native Friendship Centre](#): offers a [key worker and parent support program](#) which provides support to families with children and youth living with Fetal Alcohol Spectrum Disorder (FASD) on Southern Vancouver Island. The Key Worker provides practical and emotional support to families and assists families, professionals and the community in their understanding of FASD.
- Contact
    - Location: 231 Regina Ave Victoria BC V8Z 1J6
    - Phone number: 250-384-3211
    - Fax: 250-384-1586
    - Email: [reception@vnfc.ca](mailto:reception@vnfc.ca)
33. [Wachiay Friendship Center](#): offers a [keyworker program](#) that aims to empower parents by providing them with support, resources and information tailored to their individual needs and as such we recognize the parent or caregiver as the expert of their child's needs.
- Contact
    - Location: 1625 McPhee Ave, Courtenay BC V9N 3A6

- Email: [info@wachiay.com](mailto:info@wachiay.com)
  - Phone number: 250-338-7793
34. [Whitecrow Village](#): provides support to individuals with FASD, addictions and recovery support, community-based programming ([L.I.F.E. sessions](#)), and [educational resources](#) for schools and educators.
- Mailing address:
    - P.O. Box 4575 Station A
    - Nanaimo, British Columbia
    - V9R 6E8 Canada
35. [WJS Canada](#): provides programs for individuals [diverse abilities](#) including community-based homes and residential care, independent living and family support services, day programs in the community, and mental health supports.
- Contact Head Office
    - #2-11491 Kingston St Maple Ridge, BC V2X 0Y6
    - Phone: 604-465-5515
    - Email: [info@wjscanada.com](mailto:info@wjscanada.com)
36. [YWCA](#): offers an FASD key worker support program which provides support to parents and children with FASD develop strategies for supporting children and youth at various developmental stages, advocacy, outreach, one-to-one support and provides FASD educational workshops. They also offer the Intergenerational Grandparent's Group that for grandparents who are raising their grandchildren or children of other family members, and whose children are experiencing FASD and an FASD Support Circle also known as a Sacred Circle which is a 10-week FASD support group provides information, referrals and support services to pregnant women, mothers and their families who are impacted by FASD.
- Contact Key Worker Program: Wanda Pelletier
    - Email: [wpelletier@ywcavan.org](mailto:wpelletier@ywcavan.org)
    - Phone: 604-761-2942
  - Contact Intergenerational Grandparent's Group and FASD Support Circle: Sabrina Winkler
    - Email: [swinkler@ywcavan.org](mailto:swinkler@ywcavan.org)

## Alberta

1. [Aseniwuche Winewuk Nation](#): through the [Tawow Centre](#) offers PCAP and FASD family support programs which provides one-on-one client-centered support, coaching and individual mentoring, advocacy, family support, and educational resources.
  - Contact
    - 10020 99 St Grande Cache, AB T0E 0Y0
    - Phone: 780-827-5510
    - Fax: 780-827-4788
    - Email: [info@aseniwuche.com](mailto:info@aseniwuche.com)

2. [Aventa](#): offers the [FASD transitions program](#) which provides more individualized care to clients with FASD or are suspected to have FASD. This includes support in pre-treatment, during treatment and for 90 days post-treatment.
  - Contact
    - 610-25 Avenue SW Calgary, AB T2S 0L6
    - Phone: 403-245-9050
    - Fax: 403-245-9485
    - Email: [info@aventa.org](mailto:info@aventa.org)
3. [Bissell Centre](#): provides [FASD permanent supportive housing](#) and a range of FASD support services including [parent child assistance programs](#) and [family support workers](#).
  - Contact Manager FASD Programs, Tara Sobey
    - Phone: 587-340-9038
    - Email: [tsobey@bissellcentre.org](mailto:tsobey@bissellcentre.org)
  - Contact Manager of Home Visitation, Rayann Fleming
    - Phone: 780-423-2285 ext. 125
    - Email: [rfleming@bissellcentre.org](mailto:rfleming@bissellcentre.org)
  - Contact Family Support Workers
    - Phone: 780-423-2285 ext. 133 & ext. 121
  - Contact FASS Program, Barb
    - Phone: 780-423-2285 ext. 157
    - Email: [ballen@bissellcentre.org](mailto:ballen@bissellcentre.org)
4. [Calgary Alternative Support Service](#): offers the [Calgary Alternative Poss-Abilities](#) which provides case management assistance to enable individuals with FASD and other diagnoses with complex support requirements to live and participate in the community and develop vital service and interpersonal connections.
  - Contact Program Director, Stacy Schikowsky
    - Phone: 403-283-0611
    - Fax: 403-283-0691
    - Email: [capa.intake@c-a-s-s.org](mailto:capa.intake@c-a-s-s.org)
5. [Calgary John Howard Society](#): offers [FASD support programs](#). The Extended FASD Support Project which is a support project for adults diagnosed, or suspected of living with FASD, at risk of involvement, or already involved with the criminal justice system, through advocacy, referrals, and intervention and prevention strategies based on individual strengths. The FASD Action Hall (FAH) -Peer support group for individuals with FASD & their support person. A wide variety of topics are covered throughout the year, including FASD awareness/strategies, life skills, emotional regulation, addictions and healthy relationships.
  - Contact
    - 1000-4502 Builders RD SE Calgary AB T2G 4C6
    - Phone: 403-266-4566
6. [Camrose Open Door Association](#): offers assistance and [FASD support](#) for individuals who have, or are suspected of having, Fetal Alcohol Spectrum Disorder. The program offers a number of services, supports, and encouragement to make healthy decisions.

Supports range from doctor's appointments, banking, and groceries to legal issues or assistance applying for AISH.

- Contact Camrose Office
    - Phone: 780-679-6803
    - Fax: 780-679-6891
    - Email: [info@camroseopendoor.com](mailto:info@camroseopendoor.com)
  - Contact FASD Coordinator, Amy Cardinal
    - Phone: 780-679-6640
7. [CASA Child, Adolescence, and Family Mental Health](#): offers the [FASTRACS program](#) which provides FASD education to parents and caregivers of children with a diagnosis or suspected diagnosis of Fetal Alcohol Spectrum Disorder (FASD), as well as co-occurring mental health concerns.
- Contact FASTRACS
    - Phone: 780-400-2271
    - Fax: 780-435-6261
    - Email: [info@casaservices.org](mailto:info@casaservices.org)
8. [Catholic Social Services](#): provides [support](#) to individuals with FASD, families with children who have FASD, and transition programs from youth with FASD.
- Contact [Catholic Social Services](#), Paula Williams-Iverson
    - Phone: 780-842-6899 ext. 3117
    - Email: [paula.iverson@cssalberta.ca](mailto:paula.iverson@cssalberta.ca)
  - Contact Community Outreach and Disability Service
    - 108-4208 97 St Edmonton, AB T6E 5Z9
    - Phone: 780-432-1137
    - Fax: 780-434-0020
  - Contact McDaniel Youth Program, Sherry
    - Phone: 780-717-4092
    - Email: [sherry.maurits@cssalberta.ca](mailto:sherry.maurits@cssalberta.ca)
9. [Central Alberta FASD Network](#): offers resources on awareness, education, and prevention including the Parent Child Support Program (PCAP), restorative justice support, [virtual caregiver support groups](#), community outreach support and mentorship, and corrections outreach support. Assessment and diagnosis are also available through the Central Alberta FASD Clinic.
- Contact
    - 206-33 McKenzie Crescent Red Deer County, AB T4S 2H4
    - Phone: 403-342-7499
    - Fax: 403-358-6098
10. [Elizabeth Fry Northern Alberta](#): offers the [Girls Empowered and Strong Program](#) which provides support and mentorship to girls 13 – 17 affected by FASD through support groups. Focus sessions include: life-skills training, sexual education and self-esteem building.
- Contact
    - Suite 900 10242 105 St Edmonton, AB T5J 3L5

- Phone: 780-421-1175
  - Fax: 780-425-8989
  - Contact GES Program Coordinator, Kristina Laban
    - Phone: 780-784-2200
    - Cell: 780-904-8052
    - Email: [youth@efrynothernalberta.com](mailto:youth@efrynothernalberta.com)
- 11. [Elves Special Needs Society](#): offers a [FASD respite program](#) for families with children affected by FASD between the ages 3 and 8 during the school year. Within the FASD Respite Program, learners spend Saturdays participating in therapeutic recreational activities designed for individuals with fetal alcohol spectrum disorder. Additionally, parents/caregivers are given a day of respite which provides them time they need to take care of themselves, and their family unit as a whole.
  - Contact
    - Phone: 780-454-5310
    - Email: [inquiries@elves-society.com](mailto:inquiries@elves-society.com)
- 12. [Enviros](#): offers the [FASD Intervention Support Service Program](#) which provides foster, adoptive, kinship and biological parents with the information and tools they need to effectively parent a child or youth with FASD and the [FASD Evolution Program](#) which supports adults living with a diagnosis of FASD through access to income support, housing, employment and medical care.
  - Contact
    - 220 3115-12 Street NE Calgary, AB T2E 7J3
    - Phone: 403-829-8060
    - Fax: 403-219-3466
    - Email: [NDC@enviros.org](mailto:NDC@enviros.org)
  - Contact FASD Evolution Program
    - Phone: 403-463-5249
- 13. [Foothills Fetal Alcohol Society](#): is funded through CFAN and provides [caregiver support groups](#) including virtual and in-person opportunities.
  - Contact
    - 101-520 Macleod Trail SW High River, AB
    - Phone: 403-652-4776
    - Email: [foothillsfas@gmail.com](mailto:foothillsfas@gmail.com)
- 14. [Grand Prairie Family Education Society](#): offers [PCAP](#) and [FASD family support program](#) which provides services and supports to individuals with FASD and their families and caregivers. The program focuses on individuals 13 years of age and up who are either suspected of having or have been diagnosed with FASD.
  - Contact
    - 9607-102 St Grande Prairie, AB T8V 2T8
    - Phone: 780-830-0920
    - Fax: 780-830-0921
- 15. [Hullservices](#): offers a program called [FASD MAPS](#) which is a family advocacy and support project that provides mentoring, advocacy, partnership, and support.

- Contact Hull Services Main Campus
    - 2266 Woodpark Avenue SW Calgary, AB T2W 2Z8
    - Phone: 403-251-8000
  - Contact Program Coordinator, Deanna Thorsesen
    - Phone: 403-207-2504
  - Contact Program Director, Virginia Hervey
    - Phone: 403-207-2503
16. [Lakeland Center for FASD](#): offers outreach and support to [women](#) and [caregivers](#).
- Contact Main Office
    - 4823 50<sup>th</sup> St PO Box 479 Cold Lake, AB T9M 1P1
    - Phone: 877-594-5454
    - Phone: 780-594-9905 (front desk)
    - Fax: 780-594-9907
    - Email: [admin@lcfasd.com](mailto:admin@lcfasd.com)
17. [McMan Youth, Family, and Community Service Association](#): funded by the [South Alberta FASD Network](#) offers the Parent-Child Assistance Program (PCAP) which provides support to Indigenous women who report alcohol and/or drugs abuse; are pregnant or up to six months after birth; are not engaged with other community services or are at risk of having a child prenatally exposed to alcohol or drugs. Through McMan the [Lifespan Program](#) is offered to provide support to caregivers of individuals of any age diagnosed with or suspected of having FASD. [Outreach programs](#) are also available for families and youth within the community.
- Contact Program Supervisor
    - 435-5 St S, Lethbridge AB T1J 2B6
    - Phone: 1-403-328-2488
    - Phone: 1-403-339-1599 (PCAP Mentor)
18. [Metis Nation of Alberta](#): offers the [bridging FASD connections program](#) which meets with Métis Albertans where they are at with a focus on connections to resources and community whether that is with the FASD Networks, support networks, culture, and family.
- Contact
    - Suite 101, 10335-172 St. Edmonton, AB T5S 1K9
    - Phone: 1-587-336-5683
  - Contact Bridging Connections, Erin
    - Phone: 780-455-2200
    - Email: [enorthey@metis.org](mailto:enorthey@metis.org)
19. [Prairie Central FASD](#): also works with [McMan Youth, Family, and Community Service Association](#) to provide services to youth and families within the community.
- Contact [child, youth, adult, and family-based services](#), Sherri-Lee Marshall
    - Phone: 780-608-6676
  - Contact [supportive coaching, consultations, and education](#), Jen Willes
    - Phone: 587-386-0186 ext. 1
    - Email: [j.willes@prairiecentralfasd.ca](mailto:j.willes@prairiecentralfasd.ca)

20. [Renfrew Educational Services](#): offers a program called [FASD MAPS](#) which is an early-intervention family advocacy and support project that provides mentoring, advocacy, partnership, and support.
  - Contact
    - 2050-21 St NE Calgary, AB T2E 6S5
    - Phone: 403-291-5038
    - Fax: 403-291-2499
    - Email: [renfrew@renfreweducation.org](mailto:renfrew@renfreweducation.org)
21. [Siksika Health](#): provides an early intervention program, home visits, a monthly support group, and a day program to provide support for individuals and families impacted by FASD. They also provide FASD education and information sessions for the local community, caregivers and professionals. Siksika Health also offers assessment and diagnostic clinics for residents of the Siksika Nation.
  - Contact
    - PO Box 1130 Siksika, AB T0J 3W0
    - Phone: 403-734-5600
    - Fax: 403-734-3916
22. [Southeast Alberta FASD: caregiver supports](#) include one-on-one mentoring, training opportunities, and support groups. The support groups is caregiver driven and are directed toward topics the caregivers have interest in. We educate, provide tools and strategies, and provide information about community resources. Through these supports, caregivers are able to better support individuals with FASD and help them reach their potential. We also provide supports in regards to the caregivers' own well-being and refer them to community resources as needed. [Adult transitioning and mentoring programs](#) provide supports and services for young adults while they wait for availability in an adult program or gain skills towards increased independence and community supports.
  - Contact SEAFAN Coordinator: Myrna Stark
    - Phone: 403-548-2963
  - Contact REDI
    - 860 Allowance Ave SE Medicine Hat, AB T1A7S6
    - Phone: 403-526-5742
  - Contact McMan Community Services
    - #4, 941 South Railway St. E. Medicine Hat, AB
    - Phone: 403-527-1588
23. [Wood's Homes](#): offers a [FASD Support Program](#) that supports all family members of an individual suspected or diagnosed with FASD across the life span. The Wood's Homes' FASD Support Program includes two mentors, one focusing on the support and education of the whole family and the other focusing on supporting individual caregivers.
  - Contact
    - 805 37 St NW Calgary, AB T2N 4N8
    - Phone: 403-270-1718
    - Fax: 403-270-1746
    - Email: [foundation@woodshomes.ca](mailto:foundation@woodshomes.ca)

- Contact FASD Support Program
  - Phone: 403-263-3447

## Saskatchewan

1. [Central Urban Metis Foundation Inc.](#): Offers mentoring services to older youth and adults who have a cognitive disability such as Fetal Alcohol Spectrum Disorder (FASD) or acquired brain injury.
  - Contact
    - 315 Avenue M South Saskatoon SK S7M 2K5
    - Phone: 306-975-9999
    - Fax: 306-975-9156
    - Email: [cumfiadmin@sasktel.net](mailto:cumfiadmin@sasktel.net)
2. [Midwest Family Connections](#): provides programs and services for families and caregivers in the areas of [family support](#), early learning and care, parent education and information and referral. Our goal is to provide parents and caregivers with the knowledge, skills, resources and confidence necessary to meet the unique needs of their children and family.
  - Contact
    - Suite 103, 4910 50<sup>th</sup> St Lower Level Prairie North Plaza Lloydminster SK S9V 0Y5
    - Phone: 306-825-5911
    - Email: [info@midwestfamilyconnections.ca](mailto:info@midwestfamilyconnections.ca)
3. [Ranch Ehrlo Society](#): Helps families resolve issues with treatment plans developed by family and staff. Includes participation in structured activities such as group and individual therapy, as well as a person's own activities and to be alone with their family. Works with community resources to offer a [family treatment program](#) to meet specific family needs, such as cultural programming or dealing with complex needs resulting from a diagnosis such as autism or FASD.
  - Contact
    - 1951 Francis St Regina SK S4V 6V1
    - Phone: 306-781-1800
    - Email: [inquiries@ranchehrlo.ca](mailto:inquiries@ranchehrlo.ca)
4. [Regina Community Clinic](#): offers targeted [life skills and addictions program](#) and supports for individuals over the age of 16 years who may be diagnosed or suspected of living with FASD. Diagnostic services are provided by Dr. Gerald Block and Dr. Mansfield Mela.
  - Contact
    - 1106 Winnipeg St Regina SK S4R 1J6
    - Phone: 306-543-7880
    - Fax: 306-543-5545
  - Contact Dr. Gerald Block
    - Phone: 306-373-3110
    - Fax: 306-382-8956
  - Contact Dr. Mansfield Mela

- Phone: 306-844-1316
  - Email:
5. [Saskatchewan FASD Network](#): offers a [support program](#) to provide services to give individuals and families direct support in their daily lives. This includes support workers for families, justice supports for those navigating through the justice system, monthly support meetings for both caregivers and individuals with FASD, and other Network supports that can refer to other services.
- Contact Network
    - 510 Cynthia St Saskatoon
    - Phone: 1-866-673-3276
    - Email: [manager.sp@fasdnetwork.ca](mailto:manager.sp@fasdnetwork.ca)
    - Email: [info@fasdnetwork.ca](mailto:info@fasdnetwork.ca)
  - Contact FASD Helpline
    - Phone: 1-866-673-3276
6. [Saskatoon Tribal Council](#): offers the [maternal child health program](#) which is community based and focuses on early interventions/supports for families expecting or have young children. FASD is a special component of the program that offers specific support, awareness & education for individual families. The MCH home visiting program provides pre and postnatal support/follow-up and care. The home visitor supports the family with parent-child focused activities based on promoting positive strength-based relationships. Referrals/linkages are made for families to community resources where needed. Goals of the program include enhancing education for expecting parents and growth and development of infants and young children (relationship based) and to foster the healthy families.
- Contact Saskatoon Tribal Council
    - #200-335 Packham Avenue Saskatoon SK S7N 4S1
    - Asimakaniseekan Askiy Reserve #102A
    - Phone: 306-956-6100
    - Email: [receptionist@sktc.sk.ca](mailto:receptionist@sktc.sk.ca)
  - Contact Maternal Child Health Coordinator
    - Phone: 306-956-6100
    - Fax: 306-956-3268
7. [Touchwood Agency Tribal Council](#): Provides nutritional screening, education and counselling, breastfeeding education and support and/or nourishment to pregnant women and new mothers with infants up to one year of age. Using a [parental navigator](#), provides education and support to families to prevent Fetal Alcohol Spectrum Disorder (FASD) affected births and to improve the quality of life for those affected by FASD.
- Contact
    - Box 280 Punnichy SK S0A 3C0
    - Phone: 1-306-835-2937
    - Fax: 1-306-835-2395
  - Contact Parental Navigator: Colleen Strongarm
    - Phone: 1-639-909-7079

- Email: [cstrongarm@tadc.sk.ca](mailto:cstrongarm@tadc.sk.ca)
8. [Yorkton Tribal Council Child and Youth Services Inc.](#): offers FASD awareness and training, and a [FASD family support worker](#).
- Contact
    - 418B McDonald St Regina SK S4N 6E1
    - Phone: 306-337-1200
    - Toll-free: 1-888-367-0188
    - Fax: 306-337-1209

## Manitoba

1. [Addictions Foundation of Manitoba](#): offers the [Starfish program](#) which is an addictions treatment program for youth living with FASD who are involved with the justice system and have problematic substance use. Participants receive one-on-one counselling, participate in small groups and attend recreation and leisure activities. The Starfish Program supports ongoing participation by providing transportation, appointment reminders (via text or phone), non-traditional meeting places and times and inclusion of support persons.
- Contact
    - 1031 Portage Avenue Winnipeg MB R3G 0R8
    - Phone: 204-944-6200
  - Contact Starfish Program
    - 170 Doncaster Street Winnipeg MB R3N 1X9
    - Phone: 204-928-7158 ext. 7167
    - Fax: 204-948-3552
    - Email: [starfish@afm.mb.ca](mailto:starfish@afm.mb.ca)
2. [David Livingstone School](#): offers the [Bridges FASD Intermediate School Program](#). The purpose of this program is to identify and utilize best practices in the education of students with FASD in order to maximize the success of the student while minimizing barriers to learning in a classroom setting.
- Contact
    - 270 Flora Ave Winnipeg MB R2W 2P9
    - Phone: 204-586-8346
    - Fax: 204-582-0383
    - Email: [dlg@wsd1.org](mailto:dlg@wsd1.org)
3. [Initiatives for Just Communities](#): offers the [Touchstone FASD Program](#) and their focus statements says that they assist youth and adults with FASD by supporting them in their everyday situation and by advocating on their behalf in their communities; thereby nurturing opportunities for their growth, belonging, and success.
- Contact Program Director: Karrie-Noelle Plohman
    - Email: [programdirector.touchstone@initiativesjc.org](mailto:programdirector.touchstone@initiativesjc.org)
    - Phone: 204-290-3011

4. [InSight Mentoring Program](#): formerly called Stop FASD, Insight is an outreach program where mentors provide intensive support to women who are pregnant or have recently had a baby and have substance use problems. Mentors help women build and maintain healthier lifestyles in a supportive, non-judgmental way using trauma-informed and harm-reduction practices.

- Contact
  - Child and Youth Service-FASD: 3<sup>rd</sup> Floor 332 Bannatyne Ave Winnipeg MB R3A 0E2
  - Email: [healthychild@gov.mb.ca](mailto:healthychild@gov.mb.ca)
  - Phone: 204-945-7706
- Contact [Aboriginal Health and Wellness Centre](#)
  - 215-181 Higgins Avenue Winnipeg MB R3B 3G1
  - Phone: 204-925-3750
- Contact [Nor'West Co-op Community Health](#)
  - 785 Keewatin St Winnipeg MB R2X 3B9
  - Phone: 204-938-5998
- Contact [Northern Health Region](#)
  - Thompson General Hospital
    - 871 Thompson Dr S Thompson MB R8N 0C8
    - Phone: 204-778-1468
    - Fax: 204-778-1536
  - The Pas Primary Health Care Centre
    - 111 Cook Ave Box 240 The Pas MB R9A 1K5
    - Phone: 204-623-9649
    - Fax: 204-627-8285

5. [Interlake-Eastern Regional Health Authority](#): offers the [Manitoba Key Worker Program](#) which is a program offered in the Interlake-Eastern RHA to address gaps in service to those living with the effects of prenatal exposure to alcohol. Two MB key workers are now in Selkirk and working with caregivers and children/youth located in approximately a one hour drive from Selkirk. They provide education and information specific to the needs of the clients and they assist in accessing support services. They also provide education and information for the greater community on FASD through public presentations. These key workers are advocates for establishing support networks designed around the child/youth's needs and their strengths in home and in school. This provider also offers the Building Circles of Support with the [Manitoba FASD Network](#).

- Contact
  - Selkirk
    - 237 Manitoba Ave Selkirk MB R1A 0Y4
    - Phone: 204-785-7547
    - Fax: 204-785-7698
    - Phone Kristy Magnusson: 204-785-7548

- Email Kristy Magnusson: [kmagnusson1@ierha.ca](mailto:kmagnusson1@ierha.ca)
  - Beausejour Primary Health Care Centre
    - Box 550, 1<sup>st</sup> Street S Beausejour MB R0E 0C0
    - Phone: 204-268-7434
    - Fax: 204-268-4194
    - Phone Robyn Laurie Sugden: 204-268-7485
    - Email Robyn Laurie Sugden: [rlaurie@ierha.ca](mailto:rlaurie@ierha.ca)
6. [Life's Journey Inc](#): offers the [Spectrum Connections FASD Program](#) which provides services for transitioning youth and adults with FASD within Winnipeg, who are ineligible for other Manitoba support program funding. Spectrum supports youth with FASD to transition into adulthood; supports youth and adults with FASD to function more interdependently in the community; and increases the functioning and quality of life of youth and adults who are affected by FASD. Services include family support, clinical case management, transition planning for youth, outreach mentorship, clinical services and consultation and training. It also offers the [Rural Connections FASD Program](#) which is a program that provides services for transitioning youth and adults with FASD in Steinbach and Brandon communities or within a 1 hour commute, who are ineligible for other Manitoba support program funding. Rural Connections supports youth with FASD to transition into adulthood; supports youth and adults with FASD to function more interdependently in the community; and increases the functioning and quality of life of youth and adults who are affected by FASD. Services include family support, clinical case management, transition planning for youth, outreach mentorship, clinical services and consultation and training.
- Contact
    - 203-720 Broadway Winnipeg, MB R3G 0X1
    - Phone: 204-772-1591
    - Fax: 204-772-1784
7. [Manitoba Department of Families](#): offers [Children's disABILITY Services](#) which supports families who are raising their children with developmental and/or physical disabilities to meet some of the additional needs they may have. CDS offers a variety of supports (e.g., respite, therapy services, supplies, equipment and home modifications, behavioural services) to parents to assist them to care for their children at home in their own communities.
- Contact
    - Phone: 204-945-5898
8. [Manitoba FASD Network](#): offers the [building circles of support](#) which is an information series for parents, caregivers, other family members and professionals who support children and youth 17 years old and younger recently seen or diagnosed at the Manitoba FASD Centre. The network also offers [tip sheets](#) for caregivers and access to the [family network](#) which is coordinated by the [Rehabilitation Centre for Children](#) and the Manitoba

FASD Network. This group provides opportunities for caregivers of children with FASD to share ideas and resources through support-group meetings, information events, and recreational activities.

- Contact Manitoba FASD Centre
    - 1155 Notre Dame Ave Winnipeg, MB R3E 3G1
    - Phone: 204-258-6600
    - Fax: 204-258-6797
  - Contact Family Network
    - Phone Laura Bennett: 204-258-6741
    - Email Laura Bennett: [lbennett@rccinc.ca](mailto:lbennett@rccinc.ca)
    - Phone Rita Drohomereski: 204-258-6601
    - Email Rita Drohomereski: [rdrohomereski@rccinc.ca](mailto:rdrohomereski@rccinc.ca)
9. [New Directions for Children, Youth, Adults, and Families](#): offers the [FASD Family Support, Education, and Counselling Program](#) which works in partnership with parents and professionals to develop programs that are individualized to meet the needs of children and youth with FASD, ages 6-14, living in Winnipeg. The program also provides home-based services and counselling to families: and helps to access family advocacy and other services.
- Contact
    - 500-717 Portage Ave Winnipeg MB R3G 0M8
    - Phone: 204-786-7051
    - Fax: 204-774-6468
    - Email: [info@newdirections.mb.ca](mailto:info@newdirections.mb.ca)
  - Contact FASD Family Support, Education and Counselling Program
    - Unit 10-254 Stella Walk Winnipeg MB R2W 2T3
    - Phone: 204-582-8658
    - Fax: 204-586-1874
    - Email: [FASD@newdirections.mb.ca](mailto:FASD@newdirections.mb.ca)
10. [Oshki-Giizhig Inc](#): offers the [Walking Stick Community Support Program](#) which is a community support program that offers assistance to adults affected with FASD and other disorders who also face multiple health and safety challenges.
- Contact
    - 230 Princess St Winnipeg MB
    - Phone: 1-204-782-0529
    - Email: [info@oshki-giizhig.org](mailto:info@oshki-giizhig.org)
11. [Rehabilitation Centre for Children](#): offers the [Stepping out on Saturdays \(SOS MB\) program](#) which is a respite day camp for children ages 5-12 years who are affected by FASD. The camp will be offered one Saturday each month at five locations: Winnipeg, Brandon, Selkirk, Thompson and Bloodvein. This program is designed to offer children a

fun, safe day. It also provides the opportunity to learn and practise social skills, fine and large motor skills and self-regulation.

- Contact
  - 1155 Notre Dame Avenue Winnipeg MB R3E 3G1
  - Phone: 204-258-6740

## Ontario

1. [Catulpa Community Support Services](#): offers the [FASD Initiative Project Coordinator Program](#) which provides FASD expertise, consultation and training for communities, service providers and families. Develops and coordinates FASD resources within the community and among service providers. Educates communities, service providers and families about behavioral symptoms associated with FASD. Provides support to service providers to access assessment services.
  - Contact
    - 165 Ferris Lane Barrie ON L4M 2Y1
  - Contact Respite Coordinator: Angie Bridekirk
    - Phone: 705-733-3227 ext. 2253
    - Fax: 705-735-6826
    - Email: [abridekirk@catulpa.on.ca](mailto:abridekirk@catulpa.on.ca)
  
2. [Community Living Algoma](#): offers [specialized supports](#) to people with a developmental disability and co-existing mental health concerns and/or challenging behaviours that may affect their quality of life. We use video conferencing to consult with specialized clinical services. When pandemic restrictions are lifted, this service may also be available face-to-face. These consultations help us to provide training, education and options for treatment.
  - Contact
    - 99 Northern Avenue East Sault St Marie ON P6B 4H5
    - Phone: 705-253-1700
    - Fax: 705-253-1777
  
3. [FASD London](#): offers [parent connect](#) which is a parent-parent mentoring program, funded by the Ontario Trillium Foundation. This program connects parents/caregivers of children (of any age) with suspected or diagnosed Fetal Alcohol Spectrum Disorder (FASD) or a complex neurodevelopmental disorder into mentor-mentee dyads. The purpose of this program is to connect parents/caregivers with similar lived experiences to decrease their experience of social isolation. The program is offered throughout Southwest Ontario yet participants are not required to travel to take part in the program.

And [Night Out](#) which is a support group for parents and caregivers with children with FASD.

- Contact
  - Phone: 519-878-FASD (3273)
  - Email: [FASD@lfcc.on.ca](mailto:FASD@lfcc.on.ca)
  
- 4. [FASD Ontario Network of Expertise](#): is a group that works together to address issues related to Fetal Alcohol Spectrum Disorder (FASD) in the province and offer [support groups](#). Membership includes experts and specialists in research, health promotion, diagnosis, justice services, education, community and policy development, and service delivery as well as family members who have intimate knowledge of the practical needs of individuals with this disability. Action group members have been working together for a number of years but have formalized the collaborative approach in 2005.
  - Contact
    - 280 Arthur Street Dryden, Ontario P8N 1K8
    - Email: [info@fasdontario.ca](mailto:info@fasdontario.ca)
    - List of current groups
      - Durham FASD Parent Support Group: Ajax
        - Email: [nbeasonsheppard@rfecydurham.com](mailto:nbeasonsheppard@rfecydurham.com)
      - Barrie South FASD Family Support Group: Barrie
        - Email: [spereira825@rogers.com](mailto:spereira825@rogers.com)
      - FASlink Fetal Alcohol Disorders Society: Bright's Grove
        - Email: [brightsgrove@yahoo.com](mailto:brightsgrove@yahoo.com)
      - [Halton FASD Parent/Caregiver Support Group](#): Burlington
        - Contact Person: Mary Ann Bunkowsky
        - Phone: 905-978-0826
        - Email: [mbunkowsky@cogeco.ca](mailto:mbunkowsky@cogeco.ca)
      - [Dufferin Parent/Caregiver Support Group](#): Orangeville
        - Phone: 519-941-1530 ext. 237
        - Email: [tara.leskey@dcafs.on.ca](mailto:tara.leskey@dcafs.on.ca) [jennie.hilts@dcafs.on.ca](mailto:jennie.hilts@dcafs.on.ca)
      - [Dryden Native Friendship Centre](#): Dryden
        - Email: [dnfc@drytel.net](mailto:dnfc@drytel.net)
        - Phone: 807-223-4180
      - Guelph FASD Parent/ Caregiver Support Group: Guelph-Wellington
        - Email: [Guelphfasd@gmail.com](mailto:Guelphfasd@gmail.com)
      - [Hamilton FASD Parents and Caregivers Support Group](#): Hamilton
        - Contact: Mark Courtepatte [hamilton.fasd@gmail.com](mailto:hamilton.fasd@gmail.com)
      - The South East Ontario FASD Parent Action Group: Kingston
        - Email: [fasdparentactiongroup@gmail.com](mailto:fasdparentactiongroup@gmail.com)
      - [Canopy Support Services](#): Peterborough
        - Phone: Brittany Thompson 705-876-9245 ext. 256
        - Email: [bthompson@canopysupport.ca](mailto:bthompson@canopysupport.ca)

- Phone: Alysha Drobot 705-876-9245 ext. 267
  - Email: [adrobot@canopysupport.ca](mailto:adrobot@canopysupport.ca)
- Lindsay-Kawartha Lakes FASD Caregiver Support Group: Lindsay
  - Email: [pcallens@sympatico.ca](mailto:pcallens@sympatico.ca)
- London FASD Foster and Adoptive Parent Support Group: London
  - Email: [ktomanec@caslondon.on.ca](mailto:ktomanec@caslondon.on.ca)
- Mount Forest FASD Caregiver Support Group: Mount Forest
  - Email: [shiona.watson@sympatico.ca](mailto:shiona.watson@sympatico.ca)
- Fetal Alcohol Support and Information Centre: North Bay
  - Email: [CousineauElaine@gmail.com](mailto:CousineauElaine@gmail.com)
- North Hastings FASD Support Group: Lake St. Peter, Bancroft, Wollaston, Limerick, & Tudor and Cashel
  - Email: [marsforhastings@gmail.com](mailto:marsforhastings@gmail.com)
- [FASD Group of Ottawa](#): Ottawa
  - Phone: 613-761-9522
  - Email: [rosse@ncf.ca](mailto:rosse@ncf.ca)
- [Wabano FASD Support Group](#): Ottawa
  - Email: [cipeltier@wabano.com](mailto:cipeltier@wabano.com)
- Niagara Parent Support Group for Alcohol Related Neuro-developmental Disorders: Port Colborne
  - Email: [chaymes@itcanada.com](mailto:chaymes@itcanada.com)
- Algoma FASD Caregiver Support Group: Sault Ste. Marie and Algoma
  - Email: [dcaputo@algomapublichealth.com](mailto:dcaputo@algomapublichealth.com)
- [Healthy Generations Family Support Program](#): Dryden
  - Contac: Sherry Baum
  - Phone: 807-223-3364
  - Fax: 807-737-3833
  - Email: [yvette.jones@cldsl.ca](mailto:yvette.jones@cldsl.ca)
  - Alternate email: [sherry.baum@cldsl.ca](mailto:sherry.baum@cldsl.ca)
- Elgin-St. Thomas FASD Parent Support Group: St. Thomas
  - Email: [diane\\_white@rogers.com](mailto:diane_white@rogers.com)
- FASD Family Support Circle: Sudbury
  - Email: Carol Anne Cheechoo [ccheechoo@skhc.ca](mailto:ccheechoo@skhc.ca)
- [FASD connection](#): Peel
- [FASworld Family FASD Support Group](#): Toronto
  - Phone: 416-264-8000
  - Email: [brian@fasworld.com](mailto:brian@fasworld.com)
- Fetal Alcohol Support and Information Network: Thunder Bay
  - Email: [tbayfasin@gmail.com](mailto:tbayfasin@gmail.com)
- FASD Parent Association of Toronto, Support through Education: Toronto

- Email: [smhfasdsupport@aol.com](mailto:smhfasdsupport@aol.com)
  - FASD Caregiver Support Group: Townsend
    - Email: Michelle Wingrove [mwingrove@hnreach.on.ca](mailto:mwingrove@hnreach.on.ca)
  - [Waterloo Region FASD Caregiver Support Group](#): Waterloo
    - Email: Rob MacDonald [rmacdonald@lutherwood.ca](mailto:rmacdonald@lutherwood.ca)
  - Windsor-Essex FASD Support Group: Windsor
    - Phone: Susan Smith 519-776-6891 or 519-817-6687
    - Email: [susansmith844@hotmail.com](mailto:susansmith844@hotmail.com)
- 5. [FASD Ontario](#): offers [FASD family/caregiver support group project](#) which are community based FASD Support Groups for individuals and caregivers bring like-minded people together. Groups may be facilitated by service providers, volunteers or ideally both. FASD Support Groups provide a ‘gathering spot’, whether virtual or in-person, and an opportunity for mentorship, information sharing, emotional support, and awareness activities. These support groups are offered through numerous agencies across Ontario.
  - Contact
    - 240 Richmond Street West, Toronto ON M5V 1V6
    - Phone: 1-800-397-9567
    - Fax: 416-409-2122
    - Email: [info@healthnexus.ca](mailto:info@healthnexus.ca)
- 6. [FASworld Niagara Fetal Alcohol Spectrum Support Group](#): offers [respite](#) through [Red Roof Retreat](#).
  - Contact
    - 1594 Concession 6 Rd Niagara-on-the-Lake ON L0S 1J0
    - Email: [office@redroofretreat.com](mailto:office@redroofretreat.com)
    - Phone: 289-868-9800
    - Fax: 289-868-9333
- 7. [One Kid's Place](#): has an [FASD](#) team member will work with your family, service providers and educators to build capacity for supporting your child/youth based on the best available evidence of FASD supports.
  - Contact
    - Phone: 1(866) 626-9100
    - Phone: 705-476-5437
    - Email: [brendal@onekidsplace.ca](mailto:brendal@onekidsplace.ca)

8. [Rebound Child and Youth Services](#): offers [FASD caregiver support group](#).
  - Contact
    - Phone: 905-372-0007
    - Email: [cbeauchamp@rcys.ca](mailto:cbeauchamp@rcys.ca)
  
9. [Respiteservices.com](#): is run by the Government of Ontario and offers respite care to families and caregivers. Respite is short term, temporary care provided so primary caregivers can take a break from the daily routine of caregiving for someone. Respite can vary from a few short hours to a week or may even involve overnight care. For families caring for someone with special needs. People with FASD may or may not qualify. Please contact your regional RespiteServices.com office for more information.
  - Respite programs can be found by community in Ontario and Nova Scotia
  
10. [Sunbeam Developmental Resource Centre](#): offers an [FASD Coordinator](#) that will work with children, youth and families living with FASD up until the age of 18 or 21 and still attending school. You must reside in Waterloo Region.
  - Contact
    - 205-1120 Victoria Street North Kitchener, ON N2B 3T2
    - Phone: 519-741-1121
    - Fax: 519-743-4730
  - Contact FASD Coordinator: Karen Huber
    - Phone: 519-741-1121 ext. 2246
    - Email: [k.huber@sunbeamcommunity.ca](mailto:k.huber@sunbeamcommunity.ca)
  
11. [The Mom Job](#): offers a support group called the [Univers TSAF Franco Ontarien](#), that will be offered virtually to Franco-Ontarians across the province, in order to bring together, raise awareness, mobilize and allow exchanges between families and caregivers living with or possible FASD in order to break the isolation, and obtain adequate support.
  - Contact
    - Phone: 613-676-4295
    - Email: [universmamans.themomjob@gmail.com](mailto:universmamans.themomjob@gmail.com)
  
12. [The Ontario Caregiver Organization](#): runs the [Ontario Caregiver Helpline](#) which provides caregivers with a one-stop resource for information and support. Whether you are looking for respite care in your area, a support group, information about financial supports

available to caregivers, as well as help navigating the health and social service systems, the helpline is here to connect you to the resources you need.

- Contact
  - Phone: 1-833-416-2273
  - Email: [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)

13. [THRIVE Child Development Centre](#): offers [coordinated service planning](#) which is a provincial initiative to help families with children with complex needs. The goal of CSP is to assist families to coordinate their child's services, be the lead or go-to for the family and oversee a service plan based on the family's goals. The outcome of this is that families will have ONE coordinator, FEWER meetings and having to repeat their story, and ONE plan that keeps everyone on their child's team connected and working on family-driven goals. They also offer a [respite care program](#) which provides planned, short-term, in-home, and out-of-home support to families with children with complex medical needs, physical disabilities, and/or developmental delays. Short notice and emergency requests will be accommodated as best as possible.

- Contact
  - 74 Johnson Avenue, Sault Ste. Marie, ON P6C 2V5
  - Phone: 705-759-1131
  - Fax: 705-759-0783
  - Email: [info@kidsthive.ca](mailto:info@kidsthive.ca)

Quebec

Newfoundland & Labrador

Yukon

Nunavut

Northwest Territories

Nova Scotia

Prince Edward Island

New Brunswick