

FASD RESOURCES & INFORMATION



QUICK FACTS

- **FASD** stands for Fetal Alcohol Spectrum Disorder
- This diagnosis is used to describe the impact on both the brain and body of individuals with prenatal (in-utero) exposure to alcohol
- FASD is a **lifelong** disability
- FASD can affect a multitude of brain and body functions including, but not limited to: motor skills, memory, attention, impulse control, emotional regulation, physical wellness, social development
- Every individual with FASD is unique and may have different symptoms and need different supports
- Treating FASD is a **multidisciplinary** approach involving medical professionals and a variety of allied health supports depending on symptom needs (Occupational Therapy, Physiotherapy, Psychology, Counselling, etc)

Ottawa and Surrounding Area

FASD WORKER PROGRAM - CHEO

- Can be referred by a medical professional or a self-referral
- In connection with ABLE2 Fetal Alcohol Resource Program
 - 613-761-9522, EXT 234
 - <https://www.cheo.on.ca/en/clinics-services-programs/fasd-worker-program.aspx>

Renfrew County

FAMILY & CHILDREN'S SERVICES OF RENFREW COUNTY

- Anyone can refer to the program
 - 613-735-6866, EXT 4128
 - <https://www.fcsrenfrew.on.ca/services/developmental-services/services-children/fetal-alcohol-spectrum-disorder-services/>

Lanark, Leeds and Grenville

KIDSINCLUSIVE CENTRE FOR CHILD & YOUTH DEVELOPMENT – FASD WORKERS

- Can be referred by a medical professional or a self-referral
 - 613-544-3400, EXT 3175
 - https://kidsinclusive.ca/services-and-programs/fasd_workers

Other Resources

THE RURAL FASD SUPPORT NETWORK

- Accessible to anyone
 - <https://ruralfasd.ca>

ABLE2: SUPPORT FOR PEOPLE WITH DISABILITIES

- Accessible to anyone
 - <https://www.able2.org>