



Working together to prevent Fetal Alcohol Spectrum Disorders

FASD Awareness Day

Friday, September 9 2011

On the ninth day, of the ninth month (since 1999), starting by ringing bells at 9:09, people around the world take part in activities and events to raise awareness about the dangers of drinking during pregnancy and to remember those who struggle with Fetal Alcohol Spectrum Disorders (FASD).

Raising Awareness in Saskatchewan

Every year in Saskatchewan, babies are born with lifelong disabilities resulting from the effects of alcohol consumed by mothers during pregnancy. Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term referring to the range of disabilities caused by drinking alcohol during pregnancy, and can include a combination of mental and physical disabilities present at birth and carried through adulthood.

*We are asking every home in our community to host
a family event to raise awareness about FASD*

Activities could include:

- “Bell Concordance” (bell ringing). Ring bells for 1 minute, beginning at 9:09 a.m. Homes without bells can use wind chimes, hand bells, musical instruments and rain sticks.
- A minute of reflection (silence and prayer)
- Seek information or educate your children about the effects of drinking alcohol during pregnancy (check out www.alcoholfreepregnancy.ca/)
- A powwow, round dance or a sweat with traditional pipe ceremony
- A family breakfast at your home, at a favorite restaurant, or in a nearby park
- Family potluck meal, feast, a light lunch or a family barbeque
- A candle vigil
- Talking/sharing circles, special prayers and drums
- Make a huge banner and hang it where your neighbours can see it

**Free non-alcoholic drinks served to expecting moms
FASD Awareness Day at the Pelican Tavern!**



**For more information
please call Geraldine at 235-5812**

“Wholistic Health of Keewatin Yatthe Region Residents”