



Are you looking for help to ensure a healthy pregnancy and the best start for your baby?

“Lets provide the best possible care for your growing baby’s environment.”

Be Safe—No Alcohol .

Linda Mhende-Chitohwa



N’Swakamok Native Friendship Centre

Sudbury, ON
P3C 1T5

Phone: 705-674-2128
ext. 258
Fax: 705-671-3539

E-mail:
fasd@nfcsudbury.org



**Aboriginal FASD
& Child Nutrition**

**“Assisting Families to lead
Healthy Lifestyles”**

**N’Swakamok Native
Friendship Centre**



What is FASD?

Fetal Alcohol Spectrum Disorder

Its and umbrella term used for a range of disabilities caused when a women drinks alcohol during pregnancy.

Complications may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

How Alcohol Affects the unborn Baby

Alcohol is a teratogen. A teratogen is a substance that interferes with the normal growth and development of the unborn baby.

Characteristics of Individuals with FASD

- Learning & Memory difficulties
- Speech and Language deficits
- Behavioral Problems
- Sensory, hearing & vision deficits
- Short attention span
- Impulsive behaviors
- Easily overwhelmed and over stimulated
- Facial abnormalities
- Poor comprehension of social rules and expectations

FASD is 100% preventable!

Support Services

Support for pregnant women in preparing for a healthy pregnancy .

Support for families who are affected by FASD. The child does not have to be diagnosed of FASD to benefit from this program.

The program serves the urban Aboriginal Community.

Provides education and prevention awareness.

The program provides support to families and individuals of all ages.

Programs

- FASD Education & Prevention
- FASD Resources Library
- FASD Day—September 9th
- Cultural Awareness
- Traditional Healer Visits
- FASD Parent Support Circle
- Home & Office Visits
- Pregnancy Assistance
- Referrals & Advocacy for parent & child
- Emergency Assistance
- One-on-One support for individual and/or families
- Child Nutrition
- Healthy Pregnancies Program
- Referrals to Diagnostic Clinic

PRENANCY IS A SACRED TIME



Take the healthy path & don't drink alcohol during pregnancy.

The Community Support Program offers such services as food supplementation, nutrition