

Triumph through the Challenges of FASD*

An (8) eight-week training workshop for individuals caring for a child with FASD or other brain-based disability (i.e.. ADHD). Perfect for parents or professionals.

Mark was diagnosed with FASD. His parents shared the frustration they experienced during years of trying to find help for their son. "He was holding us **hostage** through his **behavior**." Professionals just kept saying 'Be consistent and, if you love him enough, he'll come around.' Unfortunately, that just set them up for failure. Through a better **understanding** of FASD, and practicing parenting **strategies** specific to a child with FASD, life looks different for this family today. They learned that "**Mark didn't change, we did.**"

*Triumph through the challenges of Fetal Alcohol Syndrome is a curriculum developed by Double ARC in Toledo, OH with funding from the Department of Health and Human Services, Centers for Disease Control and Prevention.

Workshop topics will include:

- Facts about Fetal Alcohol Spectrum Disorder (FASD).
- WHY do they act that way? Learn the science behind the FASD behavior.
- Life with FASD can be a challenge. Learn specific coping skills.
- Event + Response = Outcome. Develop effective responses to the behaviors.
- Self-esteem, friend-making, and social skills.
- How do I **ADVOCATE** for my child?
- How do I plan for tomorrow?

DATE	March 1 — April 26, 2010 (no class April 5)
TIME	6:00 — 8:00 pm
COST	NO COST. Workshop is FREE. Parent Workbook for \$22.00* available for sale at CARE.
PLACE	CARE (2nd level Board Room) 31900 Utica Road, Fraser, MI 48026

Pre-registration required
Please phone 586.541.0033



Real solutions for real life

CARE is an agency that promotes the empowerment of individuals and families through relationships with schools, businesses, public services and other community based organizations. Solution-focused programs and activities are designed to strengthen individuals in their role as employees, students and as family members.