





#### **Quantity of Support Groups by Age Group**

Categories	Groups fo	r caregive	ers/parents	Groups for chi	ildren with FASD	Groups for yo	outh with FASD	Groups for a	
Quantity	37		21		25		14		
Group	1.	17.	30.	1.	27.	1.	27.	5.	44.
Number	2.	18.	32.	2.	32.	2.	31.	7.	
	5.	19.	33.	4.	33.	3.	32.	12.	
	6.	20.	34.	6.	42.	4.	33.	16.	
	8.	21.	35.	8.	43.	6.	34.	17.	
	9.	22.	37.	13.	44.	8.	36.	25.	
	10.	23.	41.	17.	46.	9.	39.	32.	
	11.	24.	42.	18.	47.	10.	40.	33.	
	12.	25.	43.	20.		13.	42.	34.	
	13.	26.	44.	21.		17.	43.	38.	
	14.	27.	45.	24.		18.	44.	39.	
	15.	28.		25.		24.	45.	42.	
	16.	29.		26.		25.		43.	





Control magnetic in Counseling failillian			
Group Name	Linkages - Niagara Region, Ontario		
Agency/Organization	Family Counselling Center (FCC), Niagara		
Location	Niagara		
Group Representative	Adrian McKenzie Cathy Gales		
Telephone	905 937-7731 x3421 905 937-7731 x3535		
Email	adrian.mckenzie@facsniagara.on.ca cathy.gales@fccniagara.on.ca		
Group activities	Focus on providing supports for children with FASD and their families through activities with goals to support deficits, relationship building, and reduce isolation by providing service throughout the Niagara Region.		





Services			
Group Name	Peterborough, City of Kawartha Lakes and Haliburton Caregivers Support Group		
Agency/Organization	gency/Organization Canopy Support Services		
Location	Haliburton, Kawartha Lakes, Peterborough		
Group Representative	Alysha Drobot		
Telephone	705-740-3039		
Email	adrobot@canopysupport.ca		
Group activities	Bring together children and youth for social events (e.g., paint night, Lego night) to connect with peers, and to bring together caregivers to establish connections and feel supported in their community.		



Funding Provided by the Government of Ontario

### 3. FIREFLY

Group Name	Kenora Rainy River District		
Agency/Organization	FIREFLY		
Location	Kenora, Rainy River		
Group Representative	Alyssa Chambers Chrysta Wood		
Telephone	807-467-5417 x4304		
Email	achambers@fireflynw.ca cwood@fireflynw.ca		
Group activities	Facilitating peer connections across a diverse region, provide activities and support to youth diagnosed with FASD or suspected FASD. Expand social competency skills and life skills and help youth build on their understanding of FASD.		



Funding Provided by the Government of Ontario



Group Name	Algoma FASD/PAE Child & Youth Support Group	
Agency/Organization	THRIVE Child Development Centre	
Location	Algoma	
Group Representative	Audree Labonte	
Telephone	705-759-1131 x263	
Email	alabonte@kidsthrive.ca	
Group activities	This group will provide fun and therapeutic support to children and youth with FASD/PAE.	



Funding Provided by the Government of Ontario

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Group Name	Univers TSAF Franco - Ontario		
Agency/Organization	The Mom Job (Univers Mamans)		
Location	Province-wide		
Group Representative	Bonnie Jean-Louis		
Telephone	613-676-4295		
Email	universmamans.themomjob@gmail.com		
Group activities	This support group 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.		







Group Name	Near North FASD Parent and Caregiver Support Group - Muskoka, Nipissing, Parry Sound		
Agency/Organization	One Kids Place Children's Treatment Centre		
Location	Nipissing, Parry Sound, Muskoka		
Group Representative	Brenda Loubert		
Telephone	705-476-5437		
Email	brendal@onekidsplace.ca		
Group activities	Our group provides a safe space to support family stability, wellbeing and, a sense of community through supportive engagement while also providing education and resources.		





Group Name	Peterborough FASD Adult Support Group		
Agency/Organization	Canopy Support Services		
Location	Peterborough		
<b>Group Representative</b>	Brittany Thompson		
Telephone	705-876-9245 x256		
Email	bthompson@canopysupport.ca		
Group activities	A monthly support group for adults with/or suspected to have FASD, living in the Peterborough, City of Kawartha Lakes and Haliburton Counties.		



Funding Provided by the Government of Ontario



Group Name	Northumberland FASD Caregiver Support Group (Cobourg and Area)	
Agency/Organization	Rebound Child & Youth Services	
Location	Northumberland	
Group Representative	Carol Beauchamp	
Telephone	905-372-0007	
Email	cbeauchamp@rcys.ca	
Group activities	A caregiver support group for parents and caregivers of children or youth with FASD diagnosed or suspected.	





Group Name	Simcoe County FASD Caregiver Support Group		
Agency/Organization	Catulpa Community Support Services		
Location	Simcoe		
Group Representative	Carolyn Walsh Jacqui Wesselingh		
Telephone	705-321-2149		
Email	cwalsh@catulpa.on.ca jwesselingh@catulpa.on.ca		
Group activities	Provide FASD informed resources and information along with peer support to build capacity for the FASD community with a further goal of enhancing self-advocacy skills.		



10 Catulpa

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Group Name	York Region FASD Caregiver Support Group		
Agency/Organization	Catulpa Community Support Services		
Location	York		
Group Representative	Carolyn Walsh Vicky Schenk		
Telephone	Carolyn: 705-321-2149 Vicky: 905-235-8001 x4402		
Email	cwalsh@catulpa.on.ca vschenk@catulpa.on.ca		
Group activities	Provide FASD informed resources and information along with peer support to build capacity for the FASD community with a further goal of enhancing self-advocacy skills.		



11.	Als

Group Name	Sudbury / Manitoulin Wednesday Wellness retreat
Agency/Organization	Children Community Network
Location	Manitoulin, Sudbury
Group Representative	Cereena Rows
Telephone	705-566-3416 x2552
Email	crows@ccnsudbury.on.ca
Group activities	Support group for individuals impacted by FASD focusing on capacity building and wellness.



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Group Name	A Whole Me - Support Group for Adults with FASD - Sarnia-Lambton
Agency/Organization	Lambton County Developmental Services
Location	Lambton
Group Representative	Christina Fazio
Telephone	519-882-0933 x57
Email	cfazio@lcds.on.ca
Group activities	A space for adults living with FASD to learn, grow and experience a fun but supportive environment, together.



Funding Provided by the Government of Ontario

Group Name	FASD Support Group of Renfrew County	
Agency/Organization	Family & Children's Services of Renfrew County	
Location	Renfrew	
Group Representative	Darcy Lacombe Victoria Gillan	
Telephone	613-432-4821	
Email	darcy.lacombe@fcsrenfrew.on.ca victoria.gillan@fcsrenfrew.on.ca	
Group activities	Provide a safe and supportive environment, that fosters connections, and encourages ongoing learning for individuals affected by FASD.	



Funding Provided by the Government of Ontario

Group Name	Team LOVE London Ontario
Agency/Organization	N/A
Location	Province-wide
Group Representative	Darlene Durand
Telephone	519-438-7221
Email	musictrain@execulink.com
Group activities	Support and engage other families to find time and space to have fun and enjoy experiences together amidst living with the challenges of FASD.



Funding Provided by the Government of Ontario

Group Name	Team LOVE London Ontario - Dad's Group
Agency/Organization	N/A
Location	Province-wide
Group Representative	Darlene Durand
Telephone	519-438-7221
Email	musictrain@execulink.com
Group activities	Support and engage other families to find time and space to have fun and enjoy experiences together amidst living with the challenges of FASD.



Funding Provided by the Government of Ontario

Group Name	Rural FASD Support Network Adults living with FASD ages 19 to 35	
Agency/Organization	N/A	
Location	Lanark, Leeds and Grenville	
Group Representative	Diane Greer	
Telephone	613-925-1916	
Email	ggreer@xplornet.com	
Group activities	Group of families and co-ordinators who meet (virtually) to share personal experiences, provide programming and make connections to support adults ages 19 to 35 years old to improve their well-being.	



Funding Provided by the Government of Ontario

Group Name	Rural FASD Support Network Caregivers - Smiths Fall Chapter
Agency/Organization	N/A
Location	Lanark, Leeds and Grenville
Group Representative	Diane Greer
Telephone	613-925-1916
Email	ggreer@xplornet.com
Group activities	Co-ordinated virtual FASD support group delivering education and providing a safe space for family sharing.



Funding Provided by the Government of Ontario

Group Name	A Night Out with Friends - London, Ont.
Agency/Organization	London Family Court Clinic (LFCC)
Location	Middlesex
<b>Group Representative</b>	Dr. Dilys Haner
Telephone	519-280-3736
Email	dilys.haner@lfcc.on.ca
Group activities	A safe, supportive, and stigma-free environment to connect with families, caregivers, and individuals living with the effects of prenatal alcohol exposure.



Funding Provided by the Government of Ontario

Group Name	Ontario Senior Caregiver Action Network for FASD (OSCAN-FASD)
Agency/Organization	N/A
Location	Province-wide
Group Representative	Elspeth Ross Nancy Lockwood
Telephone	613-858-2921
Email	nlockwood44@gmail.com
Group activities	Identify the unique needs of senior caregivers of individuals with FASD (or suspected FASD) as well as the needs of their children (aged 28+), and work together to share/build resources in Ontario to address these needs, in order to reduce caregiver stress; build peer support; and assist with lifetime planning.



Funding Provided by the Government of Ontario

20. Children's TREATMENT CENTRE OF CHATHAM-KENT

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Group Name	Chatham-Kent FASD Support Group
Agency/Organization	Children's Treatment Centre - CK
Location	Chatham-Kent
Group Representative	Esther Trapp
Telephone	519-354-0520 x259
Email	etrapp@ctc-ck.com
Group activities	Providing FASD caregivers and their families opportunities for growth and resilience.



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<b>21.</b>	MAAMWESYING NORTH SHORE COMMUNITY HEALTH SERVICES INC.

Group Name	Neurodivergent Support Program	
Agency/Organization	Maamwesying North Shore Community Health Services, Inc.	
Location	Sudbury, Algoma	
<b>Group Representative</b>	Frances Pine	
Telephone	705-227-1309	
Email	frances.pine@nmninoeyaa.ca	
Group activities	Providing linkages & psycho-educational groups supporting the neurodivergent population within Maamwesying catchment.	



Funding Provided by the Government of Ontario

22. CHILDREN'S SERVICES COUNCIL

Group Name	Lindsay FASD Caregivers Group	
Agency/Organization	Children's Services Council	
Location	Haliburton, Kawartha Lakes	
Group Representative	Janice Balfour	
Telephone	705-328-3606	
Email	admin@cysc.ca	
Group activities	Provide support and information to families impacted by FASD by facilitating monthly meetings that engage speakers and provide opportunities for families to connect.	



23.	Adcafs Dufferin Child & Family Services
<b>ZJ.</b>	Dufferin Child & Family Services

Group Name	Dufferin Caregiver Support Group for siblings
Agency/Organization	Dufferin Child and Family Services
Location	Dufferin
Group Representative	Jennie Hilts Tara Leskey
Telephone	Jennie: 519-941-1530 x386 Tara: 519-941-1530 x237
Email	jennie.hilts@dcafs.on.ca tara.leskey@dcafs.on.ca
Group activities	Facilitating a virtual support group on a bi-weekly basis.



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Group Name	Dufferin Caregiver Support Group - Social Skills Group	
Agency/Organization	Dufferin Child and Family Services	
Location	Dufferin, Wellington	
Group Representative	Jennie Hilts Tara Leskey	
Telephone	Jennie: 519-941-1530 x386 Tara: 519-941-1530 x237	
Email	jennie.hilts@dcafs.on.ca tara.leskey@dcafs.on.ca	
Group activities	Facilitating a virtual support group on a bi-weekly basis.	



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Group Name	FASD Family Support - North Hastings	
Agency/Organization	North Hastings Children's Services	
Location	Hastings	
Group Representative	Jessica Anderson	
Telephone	613-318-8933	
Email	janderson@nhcs.ca	
Group activities	Creating a sense of belonging over 6 sessions facilitated with the goal of "we are all in this together," and be responsive to the unique needs of our rural community.	



Funding Provided by the Government of Ontario



Group Name	TSAF & Moi: renforcer ma communauté-ressources pour les familles de l'Ontario	
Agency/Organization	Adopt4Life - Ontario's Adoptive Parent Association	
Location	Province-wide	
<b>Group Representative</b>	Julie Despaties	
Telephone	888-274-6222 x101	
Email	julie@adopt4life.com	
Group activities	This project will involve translating the "FASD & Me: Strengthening My Community" book to French, and creating/delivering French webinars to accompany the book for caregivers, educators, and prospective adoptive parents.	



Group Name	Sarnia-Lambton FASD Support Group	
Agency/Organization	Pathways Health Centre for Children	
Location	Lambton	
Group Representative	Karen Holland	
Telephone	519-542-3471 x1304	
Email	kholland@pathwayscentre.org	
Group activities	Providing FASD informed supports and services to parents/caregivers and the community through effective partnerships, community engagement, and resource sharing.	



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<b>28.</b>	Adoption Council of Ontario

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Group Name	Never Too Late Ontario Virtual Support Group - For Families Navigating FASD & Emotional Dysregulation	
Agency/Organization	Never Too Late	
Location	Province-wide	
<b>Group Representative</b>	Kate Mannion	
Telephone	647-924-0239	
Email	ksmannion@yahoo.co.uk	
Group activities	Supporting parents and caregivers, including kinship and customary care providers, who've welcomed youth age 16+, with experience of child welfare, many of whom are also navigating FASD and emotional dysregulation.	



Funding Provided by the Government of Ontario

Algoma Family Services
SERVICES AUX FAMILLES D'ALGOMA

Group Name	Algoma Parent & Caregiver of Children with FASD/PAE Support Group
Agency/Organization	Algoma Family Services
Location	Algoma
Group Representative	Kimberly Cavanagh
Telephone	705-297-2805
Email	kcavanagh-dillane@algomafamilyservices.org
Group activities	Focused on wellness and mental health, this is a support group designed for the parent & caregiver of children and youth with FASD/PAE, this group offers therapeutic parenting strategies, self-care opportunities facilitated by experienced professionals with parent/caregiver led discussions.



Funding Provided by the Government of Ontario

30. Algoma Family Services

Group Name	Algoma FASD/PAE Parent & Caregiver Support Group Wellness Winter Retreat
Agency/Organization	Algoma Family Services
Location	Algoma
<b>Group Representative</b>	Kimberly Cavanagh
Telephone	705-297-2805
Email	kcavanagh-dillane@algomafamilyservices.org
Group activities	As a follow up from Algoma Parent & Caregiver FASD/PAE support group that is planned for fall 2021, in partnership with Thrive & Algoma Family Services, Parents and caregivers, respite worker and support persons will be provided with a follow up retreat in the Winter of 2022.



Funding Provided by the Government of Ontario



Group Name	Mnidoo Mnising Nini FASD Support Group
Agency/Organization	Noojmowin teg Health Centre
Location	Manitoulin
Group Representative	Kim Stewart
Telephone	519-404-2550
Email	kim.stewart@noojmowin-teg.ca
Group activities	This group will provide opportunity for adolescent males with FASD to engage in land-based cultural activities to build self-esteem and social connection.



Funding Provided by the Government of Ontario

Group Name	Shkagamik-Kwe Health Centre FASD Family and Caregiver Support Group
Agency/Organization	Shkagamik-Kwe Health Centre
Location	Sudbury
<b>Group Representative</b>	Krysta Laffrenier
Telephone	705-675-1596 x204
Email	klaffrenier@skhc.ca
Group activities	Providing culturally appropriate support, education, and assistance with Activities of Daily Living and opportunities for peer mentorship for Indigenous families, caregivers, children and adults living with FASD.



Funding Provided by the Government of Ontario

### 33. State Renz

Group Name	Brant FASD Caregiver Support Group
Agency/Organization	Contact Brant
Location	Brant
Group Representative	Linda McFadyen Lyndsey Campbell
Telephone	519-758-8228
Email	linda@contactbrant.net lyndsey@contactbrant.net
Group activities	Peer to peer support for parents/caregivers of children and youth with, or suspected of, FASD with opportunities for education on FASD and areas of interest.



Funding Provided by the Government of Ontario

### 34. **ABLE2**

Group Name	FASD Group of Ottawa
Agency/Organization	ABLE2
Location	Lanark, Leeds and Grenville, Ottawa, Prescott and Russell, Stormont, Dundas, and Glengarry
Group Representative	Manon Kelso
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	This group is open to anyone over the age of 18 (people with FASD or suspected FASD to attend, along with caregivers, extended family members, friends, and professionals) seeking more information about FASD, and/or looking for support from peers and professionals.



Funding Provided by the Government of Ontario

Group Name	Halton FASD Parent/Caregiver Support Group	
Agency/Organization	N/A	
Location	Halton	
Group Representative	Mary Ann Bunkowsky	
Telephone	905-978-0826	
Email	fasdhalton@gmail.com	
Group activities	Provides support and connection to programs and resources in our community to parents and caregivers of individuals w FASD through monthly virtual-and when possible, in person-support group meetings, community programs, emails and social media (i.e., REACH For It, FASD Awareness etc.)	



Funding Provided by the Government of Ontario

Group Name	Halton FASD Youth Support Group	
Agency/Organization	N/A	
Location	Halton	
Group Representative	Mary Ann Bunkowsky	
Telephone	905-978-0826	
Email	fasdhalton@gmail.com	
Group activities	Bringing youth living with FASD or suspected FASD together for 4 virtual social activities in an effort to provide a safe and fun experience that provides an opportunity to help youth connect with peers, build social skills and to support their mer health.	



Funding Provided by the Government of Ontario

Group Name	Northern Ontario talks FASD with Nancy Lockwood		
Agency/Organization	N/A		
Location	Algoma, Cochrane, Kenora, Manitoulin, Nipissing, Parry Sound, Rainy River, Sudbury, Thunder Bay, Timiskaming		
Group Representative	Miranda Myers		
Telephone	807-473-7523		
Email	mbjjhh@gmail.com		
Group activities	To provide Northern Ontario families an opportunity to talk to a professional on 7 specific topics.		



Funding Provided by the Government of Ontario

Group Name	Eastern Ontario Video Gamers' Club	
Agency/Organization	N/A	
Location	Lanark, Leeds and Grenville, Ottawa, Prescott and Russell, Stormont, Dundas and Glengarry	
Group Representative	Nancy Lockwood	
Telephone	613-858-2921	
Email	nlockwood44@gmail.com	
Group activities	Provide peer mentoring among young adults with FASD as they safely explore the online gaming world with others at a similar developmental stage as them, while simultaneously providing an adult with FASD the opportunity to develop leadership skills under the supervision of a social worker	



Funding Provided by the Government of Ontario

## 39. Woodview

Group Name	Friends Assisting and Supporting Development Group (FASD Group)-Brantford, Ontario	
Agency/Organization	Woodview Mental Health & Autism Services	
Location	Brant	
Group Representative	Nicole Schween	
Telephone	519-752-5308 x108	
Email	nschween@woodview.ca	
Group activities	Youth group that meets weekly to build on skills and maintain positive social interactions.	



40. Lutherwood Caring people. Strengthening lives.

Group Name	Waterloo Region FASD Action Group - Adolescent Support Group		
Agency/Organization	Lutherwood		
Location	Vaterloo		
Group Representative	Rob MacDonald		
Telephone	519-504-0695		
Email	rmacdonald@lutherwood.ca		
Group activities	Weekly support group sessions for adolescents with FASD to establish a network of support comprised of adolescents living with FASD and FASD-informed service providers.		



Funding Provided by the Government of Ontario

## 41. Lutherwood Caring people. Strengthening lives

Group Name	Waterloo Region FASD Action Group - Parent/Caregiver Support Group	
Agency/Organization	Lutherwood	
Location	Vaterloo	
<b>Group Representative</b>	Rob MacDonald	
Telephone	519-504-0695	
Email	rmacdonald@lutherwood.ca	
Group activities	Monthly meetings for approximately 20 parents/caregivers to connect with one another in order to share personal experiences and feelings, coping strategies, information about supports and resources, knowledge/education regarding be practices to help people living with FASD, and understand that there are other families with similar issues	



Funding Provided by the Government of Ontario

Group Name	FASD Connection Peel - Children Ages 4-8		
Agency/Organization	N/A		
Location	Peel		
Group Representative	Ruth-Ann Charles Nancy Jane Johnson		
Telephone	Ruth Ann: 647-648-6080 Nancy Jane: 416-524-6180		
Email	ruth.charles@hotmail.ca johnson.nancyjane@gmail.com		
Group activities	Three programs are going to be offered to stimulate social interaction and creativity.  - 4 virtual dance parties for children and their families  - 4 seasonally themed activity kits (FASD Awareness Day Thanksgiving, Christmas, Valentine's etc.)  - Virtual education sessions with the company Hands On Exotic Animals or Fiddlehead Care Farm (in person, if allowed)		



Funding Provided by the Government of Ontario

Group Name	FASD Connection Peel - Adolescents Ages 9-12	
Agency/Organization	N/A	
Location	Peel	
Group Representative	Ruth-Ann Charles Nancy Jane Johnson	
Telephone	Ruth Ann: 647-648-6080 Nancy Jane: 416-524-6180	
Email	ruth.charles@hotmail.ca Johnson.nancyjane@gmail.com	
Group activities	Offering a series of three, six week learning blocks; Lego Club, Robotics training/building and Art Classes.	



Funding Provided by the Government of Ontario

Group Name	FASD Connection Peel - Youth Ages 13-19	
Agency/Organization	N/A	
Location	Peel	
Group Representative	Ruth-Ann Charles Nancy Jane Johnson	
Telephone	Ruth Ann: 647-648-6080 Nancy Jane: 416-524-6180	
Email	ruth.charles@hotmail.ca Johnson.nancyjane@gmail.com	
Group activities	A mentoring program that can flex from virtual to in-person for youth. Each participant will be paired with a mentor, providing a positive community role model to the child and strengthening support for the caregivers/parents.	



Funding Provided by the Government of Ontario



Group Name	Transitioning your Grey/Bruce Youth with FASD into Adulthood		
Agency/Organization	Keystone Child, Youth and Family Services		
Location	Bruce, Grey		
Group Representative	Shannon Bell		
Telephone	519-371-4773 x196		
Email	shannonbell@kcyfs.com		
Group activities	A 4-part workshop and package for families/caregivers and their youth with FASD to help them prepare as they transition into adulthood.		



Funding Provided by the Government of Ontario

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46.		
Group Name	Mindfulness Training with Marvin the Mindful Marmot	
Agency/Organization	Mindful me	
Location	Province-wide	
Group Representative	Sherry-Lynne Kirschner	
Telephone	519 494-5675	
Email	sherkirschner@gmail.com	
Group activities	A 6 week live online mindfulness training for children ages 4-8 years and 9-12 years. The weekly 45-minute sessions for each age group will include: mindful movement, breath awareness, sensory activities, brain/neuroscience investigation, relaxation strategies and "Heartfulness" and gratitude practices.	



Funding Provided by the Government of Ontario

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Group Name	Equine Assisted Mindfulness Training	
Agency/Organization	Mindful me	
Location	Chatham-Kent, Elgin, Lambton, Middlesex	
<b>Group Representative</b>	Sherry-Lynne Kirschner	
Telephone	519 494-5675	
Email	sherkirschner@gmail.com	
Group activities	A 6-week in person mindfulness training for children ages 9-12 using horses as facilitators to teach emotional self-regulation skills.	