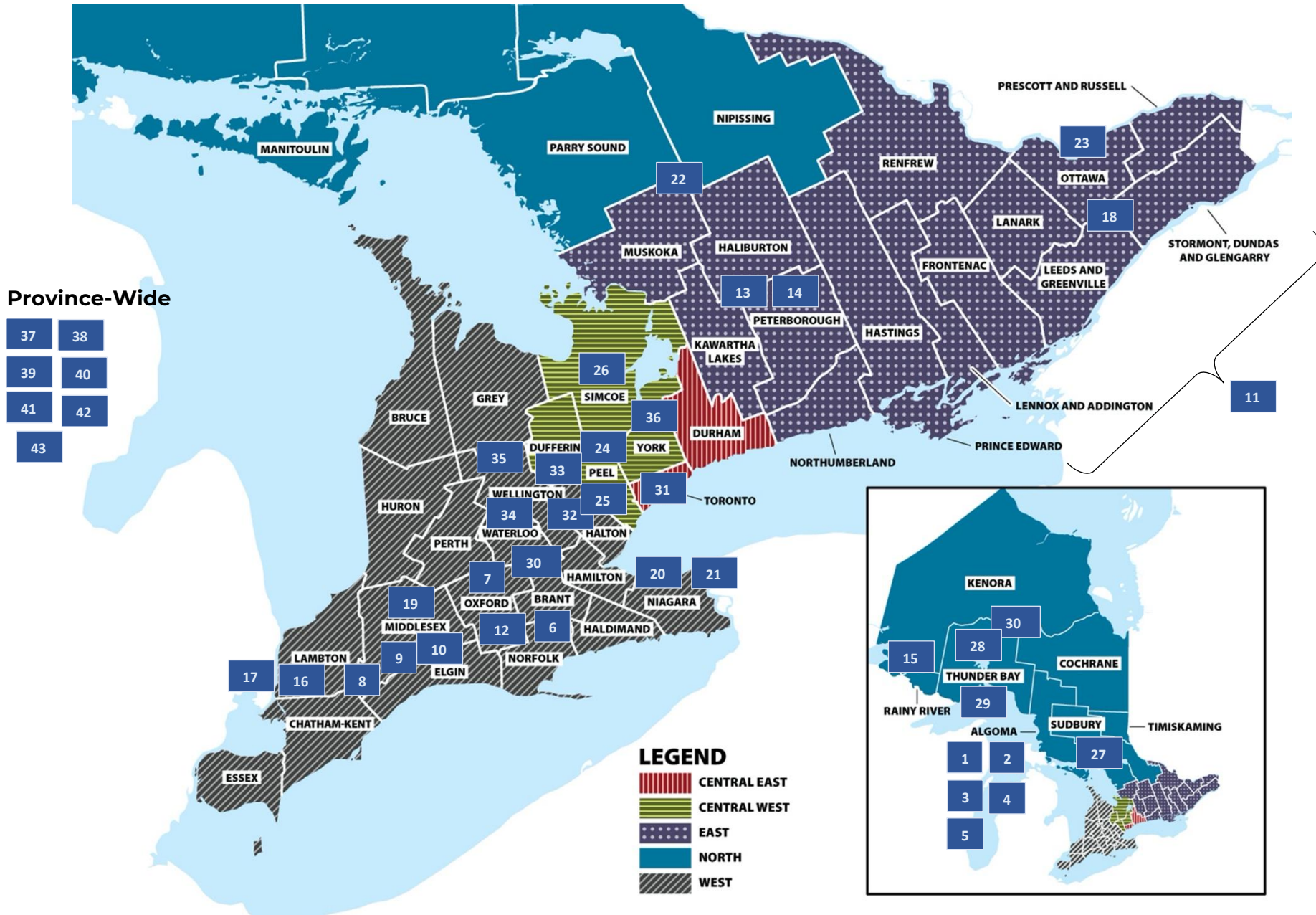


Fetal Alcohol Spectrum Disorder (FASD)
 Family/Caregiver Support Group
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Funding Provided by the Government of Ontario



Find more information about support groups in your region by clicking on the number

Fetal Alcohol Spectrum Disorder (FASD)
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1.	
Group Name	Algoma FASD Kid's Group: Embracing Ourselves
Agency/Organization	THRIVE Child Development Centre
Location	Algoma
Group Representatives	Andree Labonte
Telephone	705-759-1131 ext. 263
Email	alabonte@kidsthive.ca
Group activities	This group connects children with FASD/Possible FASD providing co-regulation, fun, and therapeutic activities.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

2.

Group Name	Garden River Social Group
Agency/Organization	Garden River First Nation Jordan's Principle
Location	Algoma
Group Representative	Kim Duguay
Telephone	705-946-5710
Email	kduguay@grhc.ca
Group activities	This program will allow children to practice social skills within the community.

Fetal Alcohol Spectrum Disorder (FASD)
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3.

Group Name	Algoma Family/Caregiver of Children, youth with FASD (or possible FASD)
Agency/Organization	Algoma Family Services
Location	Algoma
Group Representative	Kimberly Cavanagh
Telephone	705-297-2805
Email	kcavanagh-dillane@algomafamilyservices.org
Group activities	Safe space for caregivers/family/support persons of children and youth with FASD (or possible FASD), in which to receive and provide mentorship in a supportive and culturally relevant way.

Fetal Alcohol Spectrum Disorder (FASD)
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4.	
Group Name	Algoma Wellness Retreat for Indigenous Children/Youth Families and Caregiver affected by FASD
Agency/Organization	Algoma Family Services
Location	Algoma
Group Representative	Kimberly Cavanagh
Telephone	705-297-2805
Email	kcavanagh-dillane@algomafamilyservices.org
Group activities	Based on concepts provided by the Medicine wheel, the family wellness retreat will incorporate traditional and western approaches to wellness in supporting the families, caregivers, youth and children along the complex journey of FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

5.	
Group Name	From Mountains to Stairs: Algoma FASD Caregiver Support Group
Agency/Organization	THRIVE Child Development Centre
Location	Algoma
Group Representative	Taylor Hayward-Murray
Telephone	705-256-9340
Email	thayward-murray@kidsthive.ca
Group activities	The intention for Algoma FASD Caregiver group is to promote connections, instill hope, build awareness and provide a safer/welcoming space for caregivers/families who are raising individuals with or possible FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

6.	
Group Name	Brant FASD Caregiver Support Group
Agency/Organization	Contact Brant
Location	Brant
Group Representative	Linda McFayden 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 having FASD with opportunities for education on FASD, and group activities/events.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

7.

Group Name	London's FASD Family Explorers Empowered Group
Agency/Organization	N/A
Location	Brant, Haldimand-Norfolk, Halton, Hamilton, Middlesex, Oxford, Waterloo, Virtual
Group Representative	Jessie Jones
Telephone	519-902-5377
Email	jessie@jessjonesrecreationaltherapy.com
Group activities	To enhance social interaction, belonging, and support exchange for individuals and families affected by FASD within the community.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

8.	
Group Name	Mindfulness with Horses/Animals
Agency/Organization	N/A
Location	Chatham-Kent, Elgin, Lambton, Middlesex, Oxford
Group Representative	Sherry-Lynne Kirschner
Telephone	519-494-5675
Email	sherkirschner@gmail.com
Group activities	A full two-day mindfulness training for children ages 9-12 using horses and farm animals as facilitators to help participants lower anxiety, control anger and build meaningful relationships and improve overall emotional resiliency.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

9.	
Group Name	Mindfulness/Yoga with Horses for Teens
Agency/Organization	N/A
Location	Chatham-Kent, Elgin, Lambton, Middlesex, Oxford
Group Representative	Sherry-Lynne Kirschner
Telephone	519-494-5675
Email	sherkirschner@gmail.com
Group activities	A full two-day mindfulness training for teens using horses and farm animals as facilitators to help lower anxiety, make meaningful connections with other teens and improve overall emotional resiliency.

Fetal Alcohol Spectrum Disorder (FASD)
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10.

Group Name	Team LOVE London – Family Connections
Agency/Organization	N/A
Location	Elgin, Middlesex, Oxford, Wellington
Group Representative	Darlene Durand
Telephone	519-619-7687
Email	teamlove@execulink.com
Group activities	This group will meet in person once a month for 6 months, providing peer support for both the caregivers and their children.

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Funding Provided by the Government of Ontario

11.

Group Name	FASD Parent Action Group of Southeastern Ontario
Agency/Organization	N/A
Location	Frontenac, Hastings, Lanark, Leeds and Grenville, Lennox and Addington, Prince Edward, Stormont, Dundas and Glengarry
Group Representative	Niki Marshall
Telephone	613-770-6664
Email	fasdpag@gmail.com
Group activities	Group designed for peer-to-peer and community support for caregivers and their family members effected by FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

12.

Group Name	London's Game to Grow: FASD Edition
Agency/Organization	N/A
Location	Haldimand-Norfolk, Middlesex, Oxford, Waterloo, Virtual
Group Representative	Jessie Jones
Telephone	519-902-5377
Email	jessie@jessjonesrecreationaltherapy.com
Group activities	Critical Core (Game to Grow) is an innovative tabletop role-playing game (RPG) designed to support kids with disabilities including FASD. It offers a unique and inclusive gaming experience that promotes social interaction, communication skills, creativity and problem-solving abilities.

Fetal Alcohol Spectrum Disorder (FASD)
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13.

Group Name	Peterborough and City of Kawartha Lakes Caregiver Support Group
Agency/Organization	Canopy Support Services
Location	Haliburton, Kawartha Lakes, Peterborough
Group Representative	Alysha Drobot
Telephone	705-740-3039
Email	adrobot@canopysupport.ca
Group activities	Our caregiver support group fosters connections with parents and caregivers across a wide catchment area and includes activities for children and youth to be family focused and reduced barriers to participation.

Fetal Alcohol Spectrum Disorder (FASD)
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14.

Group Name	Peterborough FASD Adult Support Group
Agency/Organization	Canopy Support Services
Location	Haliburton, Kawartha Lakes, Peterborough
Group Representative	Brittany Thompson
Telephone	1-705-876-9245
Email	bthompson@canopysupport.ca
Group activities	This group offers a safe, open space for adults with, or suspected to have FASD to feel heard, grow and try new things.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

15.

Group Name	Kenora Rainy River District FASD Peer Support Group
Agency/Organization	FIREFLY
Location	Kenora, Rainy River
Group Representative	Alex Gosselin Braiden Lesichow
Telephone	807-467-5417
Email	agosselin@fireflynw.ca bleischow@fireflynw.ca
Group activities	Facilitate peer connections across our diverse region.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

16.

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

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

17.

Group Name	Sarnia-Lambton FASD Support Group
Agency/Organization	Pathways Health Centre for Children
Location	Lambton
Group Representative	Karen Holland
Telephone	519-542-3471 ext. 1304
Email	kholland@pathwayscentre.org
Group activities	The Sarnia-Lambton FASD Support Group provides FASD informed supports and services to parents/caregivers and the community through effective partnerships, community engagement, and resource sharing.

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Funding Provided by the Government of Ontario

18.

Group Name	FASD Youth group of the Ottawa and Surrounding Areas
Agency/Organization	ABLE2
Location	Leeds and Grenville, Ottawa, Prescott and Russell, Stormont, Dundas and Glengarry, Virtual
Group Representative	Michael Song
Telephone	613-761-9522 ext. 231
Email	fasd@able2.org
Group activities	Learning life skills while providing youth the opportunity to be in an environment where they feel safe, not judged and supported.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

19.

Group Name	A Night Out with Friends – London, ON
Agency/Organization	Navigating Onward
Location	Middlesex
Group Representative	Dr. Ashley Bildfell
Telephone	519-319-5321
Email	a.bildfell@navigatingonward.com
Group activities	A safe, supportive, and stigma-free environment for youth living with the effects of prenatal alcohol exposure to learn and practice an evidence-based social skills intervention and for caregivers to connect with others with the same lived experience.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

20.

Group Name	Niagara Indigenous FASD Support Circle
Agency/Organization	De dwa da dehs nye>s Aboriginal Health Centre
Location	Niagara
Group Representative	Marcella Blanchard
Telephone	905-651-8586
Email	mblanchard@dahac.ca
Group activities	A trauma-informed, FASD-aware, inclusive and adapted drum circle for self-identifying Indigenous children and youth with neurodiversities and their caregivers.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

21.

Group Name	Linkages Niagara – Niagara Region
Agency/Organization	Family Counselling Centre (FCC), Niagara
Location	Niagara, Virtual
Group Representative	Cathy Gales Jeannie Hostetter
Telephone	Cathy 905-937-7731 ext. 3535 Jeannie 905-937-7731 ext. 3266
Email	cathy.gales@fccniagara.on.ca jeannie.hostetter@facsniaagara.on.ca
Group activities	Foster & Kinship Support Services (FKSS) offered through the Family Counselling Centre (FCC), Niagara offers supports for caregivers of children with FASD (continuum of support include: consultation, workshops, individual/group, resources). The Ontario Nexus funding adds to this support by providing a focus on children/youths, caregivers and families, as well as professionals.

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Funding Provided by the Government of Ontario

22.

Group Name	Near North FASD Parent and Caregiver Support Group – Nipissing, Parry Sound, Muskoka
Agency/Organization	One Kids Place Children’s Treatment Centre
Location	Nipissing, Parry Sound, Muskoka, Virtual
Group Representative	Laurie Braidwood
Telephone	705-476-5437
Email	laurieb@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.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

23.

Group Name	Increasing Knowledge and Support of FASD in Eastern Ontario
Agency/Organization	St. Mary's Home (SMH)
Location	Ottawa, Virtual
Group Representative	Kathleen Cummings
Telephone	613-749-2492 ext. 732
Email	kathleencummings@stmaryshome.com
Group activities	This will be a new group for SMH, and we will be providing it for youth parents with FASD and youth parents of children with FASD. It will be a pilot to determine the need for this service ongoing.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

24.

Group Name	Cooking with Mentors for Youth with FASD Peel
Agency/Organization	Blocks & Bridges a Fetal Alcohol Support Initiative
Location	Peel
Group Representative	Ruth-Ann Charles
Telephone	647-648-6080
Email	ruth.charles@blocksandbridges.ca
Group activities	FASD Connection Peel is a community of caregivers and educators with a mission to encourage and equip others living and supporting individuals with FASD in the Region of Peel.

Fetal Alcohol Spectrum Disorder (FASD)
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25.

Group Name	FASD Connection Peel
Agency/Organization	Blocks & Bridges a Fetal Alcohol Support Initiative
Location	Peel
Group Representative	Ruth-Ann Charles
Telephone	647-648-6080
Email	ruth.charles@blocksandbridges.ca
Group activities	FASD Connection Peel is a community of caregivers and educators with a mission to encourage and equip others living and supporting individuals with FASD in the Region of Peel.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

26.

Group Name	Simcoe County FASD Family/Caregiver Support Group
Agency/Organization	Catulpa Community Support Services
Location	Simcoe
Group Representative	Carolyn Walsh
Telephone	705-321-2149
Email	cwalsh@catulpa.on.ca
Group activities	The support group sessions will provide a safe space where individuals can talk about their emotions and shared circumstances with others who may know how they feel (a space where participants will experience no judgement, alongside access to relevant FASD resources and information).

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

27.

Group Name	Sudbury Sharing and Caring FASD Parent Support Group
Agency/Organization	Shkagamik-Kew Health Centre
Location	Sudbury, Virtual
Group Representative	Krysta Laffrenier
Telephone	705-675-1596 ext. 204
Email	klaffrenier@skhc.ca
Group activities	Our support group offers caregivers of families affected by FASD a supportive and comfortable forum to assist and educate as well as have a sense of community with other caregivers.

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Funding Provided by the Government of Ontario

28.

Group Name	Geraldton FASD Support Group
Agency/Organization	Thunderbird Friendship Centre
Location	Thunder Bay
Group Representative	Lori Weichenthal
Telephone	807-854-1060 ext. 202
Email	finance@thunderbirdfriendshipcentre.ca
Group activities	A place to support and provide the community education and awareness of FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

29.

Group Name	Thunder Bay FASD Building Resilience with Anishnawbe Mushkiki
Agency/Organization	Anishnawbe Mushkiki
Location	Thunder Bay, Virtual
Group Representative	Wendy Carroll Michael Hardy
Telephone	807-623-0383
Email	wcarroll@mushkiki.com
Group activities	Creating opportunities for life skill building while creating a support group and supportive network for clients with FASD or caregivers of children with FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

30.

Group Name	Ontario Support Group for Birth Mothers Raising Their Children with FASD
Agency/Organization	Sunbeam Developmental Resource Centre
Location	Thunder Bay, Waterloo
Group Representative	Karen Huber
Telephone	519-635-1317
Email	k.huber@sunbeamcommunity.ca
Group activities	A support group for birth mothers raising their children with FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

31.

Group Name	Gathering Spaces Toronto FASD Support and Discussion Group
Agency/Organization	Surrey Place
Location	Toronto
Group Representative	Chelsey Mikulic-Frye Courtney Farrow-Lawrence
Telephone	Chelsey: 416-859-8896 Courtney: 647-355-2363
Email	chelsey.mikulic-frye@surreyplace.ca courtney.farrow-lawrence@surreyplace.ca
Group activities	A space where families can come together to help build on their strengths, and lean on one another to support their challenges.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

32.

Group Name	Halton FASD Support Group for Parents/Caregivers of Adults with FASD
Agency/Organization	N/A
Location	Toronto, Dufferin, Peel, Brant, Halton, Hamilton, Niagara, Virtual
Group Representative	Brenda Pinkus
Telephone	905-523-9835
Email	fasdhaltonadult@gmail.com
Group activities	The group offers support & provides information/resources/education for parents & caregivers of adults 16+ with (possible) FASD to assist them with challenges they face daily.

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33.

Group Name	Hamilton FASD Parent & Caregiver Support Group
Agency/Organization	N/A
Location	Toronto, Peel, Simcoe, Brant, Chatham-Kent, Elgin, Essex, Grey, Halton, Hamilton, Niagara, Waterloo, Wellington
Group Representative	Mark Courtepatte
Telephone	416-300-4146
Email	hamilton.fasd@gmail.com
Group activities	Our vision is to provide support to parents, caregivers and individuals with FASD so that they can achieve their best capabilities.

Fetal Alcohol Spectrum Disorder (FASD)
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34.

Group Name	Waterloo Region – Adolescent Support Group
Agency/Organization	Lutherwood Children’s Mental Health Services
Location	Waterloo
Group Representative	Rob MacDonald
Telephone	519-504-0695
Email	rmacdonald@lutherwood.ca
Group activities	2x 6-week group that will offer virtual sessions as well as in-person events for adolescents affected by FASD and their caregivers.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

35.

Group Name	Dufferin Wellington Guelph FASD Youth and Siblings Group
Agency/Organization	Dufferin Child and Family Services
Location	Wellington
Group Representative	Jennie Hilts Tara Leskey
Telephone	Jennie: 519-941-1530 ext. 386 Tara: 519-941-1530 ext. 237
Email	jennie.hilts@dcafs.on.ca tara.leskey@dcafs.on.ca
Group activities	Supporting siblings and families who have individuals with FASD or suspected FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

36.

Group Name	York Region FASD Family/Caregiver Support Group
Agency/Organization	Catulpa Community Support Services
Location	York, Virtual
Group Representative	Carolyn Walsh
Telephone	705-321-2149
Email	cwalsh@catulpa.on.ca
Group activities	The family/caregiver sessions will provide a safe space where individuals can talk about their shared experiences with others who may know how they feel (a safe space where participants will experience no judgement, alongside access to relevant FASD resources and information).

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

37.

Group Name	Team LOVE London – Backstage Crew
Agency/Organization	N/A
Location	Virtual
Group Representative	Darlene Durand
Telephone	519-619-7687
Email	teamlove@execulink.com
Group activities	This group will meet in person once a month for 6 months, providing peer support for both the caregivers and their children.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

38.

Group Name	Provincial Group for People Who Identify as Fathers Experiencing AFCCA
Agency/Organization	Adopt4Life
Location	Virtual
Group Representative	Julie Despaties
Telephone	1-888-274-6222
Email	julie@adopt4life.com
Group activities	This group will provide an opportunity for people who identify as fathers and are experiencing aggression in their home by their child or youth to learn evidence-based strategies from a Non-violent Resistance Advanced Practitioner as well as connecting with peers on a similar journey.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

39.

Group Name	FASD Connections Across Ontario (FCAO)
Agency/Organization	Never Too Late
Location	Virtual
Group Representative	Kate Mannion
Telephone	416-863-5333
Email	kate.mannion@nevertoolatentl.ca hello@nevertoolatentl.ca
Group activities	NTL supports permanency parents who have welcomes youth 16+ into their families, including youth who have aged out of foster care without permanency, many of whom are navigating supporting young people living with FASD. Our group will be based on the feedback from permanency parents in the FASD community and will meet once a month for 7 months, including talks by lived experts with FASD, panels made up of experienced parents of youth with FASD, and supportive groups where parents and caregivers are making important connections and supporting one another.

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40.	
Group Name	Anishinabek Nation FASD Caregiver Support Group
Agency/Organization	Anishinabek Nation
Location	Virtual
Group Representative	Michelle Irvine
Telephone	705-497-9135
Email	michelle.irvine@anishinabek.ca
Group activities	A support group for Anishinabek Nation caregivers who support individuals living with FASD.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

41.

Group Name	Anishinabek Nation FASD Youth Support Group
Agency/Organization	Anishinabek Nation
Location	Virtual
Group Representative	Michelle Irvine
Telephone	705-497-9135
Email	michelle.irvine@anishinabek.ca
Group activities	A support group for youth living with FASD who are members of the Anishinabek Nation.

Fetal Alcohol Spectrum Disorder (FASD)
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42.

Group Name	Ontario Caregivers of Black FASD Children
Agency/Organization	Parents Against Racism Simcoe County
Location	Virtual
Group Representative	Natasha Shakespeare
Telephone	705-716-0370
Email	natasha@parsc.ca
Group activities	Support caregivers needs of Black children with FASD to be heard, thrive, and become equipped to navigate the unique needs of Black children.

Fetal Alcohol Spectrum Disorder (FASD)
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Funding Provided by the Government of Ontario

43.

Group Name	Online “Mindfulness with Animals” Course
Agency/Organization	N/A
Location	Virtual
Group Representative	Sherry-Lyne Kirschner
Telephone	519-494-5675
Email	sherkirschner@gmail.com
Group activities	6x 1 hour online sessions for group #1 (4-8 yea olds) and group #2 (9-12 year olds).