



# *retreat* for parents of people with *fetal alcohol spectrum disorder*

The **Adoptive Families Association of BC (AFABC)** and the **Adoption Council of Canada (ACC)** are pleased to invite you to our first parent retreat. If you are an adoptive parent of a child, youth, or adult who is suspected of having or has been diagnosed with a Fetal Alcohol Spectrum Disorder (FASD), we hope that you will join us. As a parent-led organization, we know the importance for parents to have a chance to come together with those who understand and care.

This retreat is planned to provide opportunities to share stories of challenges and triumphs, to listen and to learn, and to enjoy time away. Most important, though, is the chance to develop friendships and support. We hope that you will find a way to join us at this retreat planned just for you.

While we realize that finding child care can be difficult, the event is for adults only.

**Register early as space is limited.**

**Saturday, April 18, 2009**  
**8:15 am – 4 pm**

**The Anderson Heritage House**  
**6135 MacDonald Street**  
**Vancouver, BC**

Free parking

**Registration fee: \$30**

Registration deadline  
**Friday, March 13, 2009**

Adoptive Families  
Association of BC



Adoption Council of Canada  
Conseil d'adoption du Canada

# agenda

8:00 am	Registration, continental breakfast
8:30 am	Introductions, icebreaker activities
9:15 am	Information and discussion groups
10:00 am	Speakers: Choice of either <i>Basics of FASD</i> OR <i>Strategies for parents of those with FASD</i>
10:45 am	Break
11:00 am	Discussion groups
11:30 am	Self care and reflection time
12:00 pm	Lunch
1:00 pm	Speaker: <i>Parent self care</i>
1:45 pm	Discussion: <i>Self care</i>
2:30 pm	Activities: Choice of 2 of either Art, yoga, massage OR humour
3:30 pm	Closing celebration and evaluation
4:00 pm	Wine and cheese social (attendance is optional)

# registration

Attendee information			
Name:			
Street Address:			
City:		Province:	
Postal Code:			
Phone:			
E-mail:			
Special dietary needs (specify):			
Number of children in family with FASD:			
Age(s) of children in family with FASD:			

Registration fee is \$30	
Payment method:	<input type="checkbox"/> Cheque <input type="checkbox"/> Cash
Make cheques payable to:	Adoptive Families Association of BC (Retreat for adoptive parents of children with FASD project)
Mail completed registration form and payment to:	Tanya Loretto, Parent Liaison, ACC 6135 MacDonald Street VANCOUVER BC V6N 1E7  Phone: 604-266-1220 Fax: 604-266-1270 tloretto@shaw.ca

**Registration deadline: Friday, March 13, 2009**