



## Online FASD Caregiver Support Group

Support groups can be very empowering for stressed caregivers – they have many positive effects including increasing emotional support, improving knowledge, learning new strategies and reducing isolation.

For those who are unable to access a local, face to face FASD support group, FASD-CAN members can join an online support group. The group is hosted by caring facilitators, all of whom have lived experience of raising tamariki and rangatahi with FASD.

Meetings happen on the first Thursday of each month at lunchtime between 12.30pm-1.30pm. You can join the group at any time.

**All info, including registration, is on the link below (or click the QR code).**

**[www.fasd-can.org.nz/fasd\\_online\\_caregiver\\_support\\_group](http://www.fasd-can.org.nz/fasd_online_caregiver_support_group)**



**FASD-CAN**

Fetal Alcohol Spectrum Disorder  
Care Action Network

