



# FASD-CAN

Fetal Alcohol Spectrum Disorder  
Care Action Network

## SEPTEMBER 2025 NEWS

### Latest updates from FASD-CAN

Kia ora

#### Nau mai, haere mai to FASD Awareness Month 2025!



Aotearoa NZ is part of a global initiative to raise awareness throughout September about Fetal Alcohol Spectrum Disorder. What will you be doing to raise awareness about FASD over the coming month?

The ninth minute of the ninth hour of the ninth day of the ninth month (aka September 9 at 09:09am) has particular significance, and FASD-CAN will be online at this time to honour it. The numbers symbolise the nine months of pregnancy, emphasising the importance of an alcohol-free pregnancy to prevent FASD. We hope wherever you are on that day, you can do something in your

homes or mahi to recognise this. FASD-CAN acknowledges this day and month but we don't just stop there. We're also there to support caregivers and whānau affected by FASD.

*"Ma te kaha o te kaha, te aratohu me te whakaaro nui, ka tupu te tipu me te whakatutuki i te hunga ki te FASD. With shared strength, guidance and wisdom, those with FASD can grow and achieve."*

FASD-CAN's board and kaimahi are passionate about this proverb. It drives what we do and expresses the idea that individuals with FASD can thrive and achieve their potential with the support of others. It highlights the importance of collective strength, mentorship, and thoughtful guidance in helping those with FASD overcome challenges and reach their goals.

If you join us at 9am online, you'll see and hear the voices of our rangatahi, our kaimahi and our caregivers. We're excited to hear what our rangatahi with FASD have been doing. **We're also pleased to welcome Minister Doocey to our online**

**event and to hear more about the Government's priorities for addressing FASD.**

Read below to find out ways you can join us in acknowledging the day and the month.

Noho ora mai  
**Stephanie**

**FASD-CAN CEO**

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## **FASD Awareness Month 2025**

'Whakarongo ki o mātou reo! / Hear Our Voices!' – let's all make our voices heard!

Helping to increase awareness of FASD can be as simple as wearing red shoes next Tuesday, 09/09 (FASD Awareness Day) and using them to start conversations with friends, whānau, workmates, teachers at your school or even someone on the bus!

Go further with our social media posts which are ready to go – enough for you or your organisation to do a post a week on your own Facebook or Instagram throughout September. Don't forget to tag us (@fasdsupport or #fasdsupportnz) when you post.



Print out our graphic info sheets and pin on noticeboards; download our updated FASD quiz and show it at your workplace or school – and find out how you can win one of two \$300 supermarket vouchers by talking to your local MP and getting a photo with them.

[Click here to help raise awareness.](#)

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### **FASD Day Events: 09/09/25**

Please join us online on Tuesday at 9am to celebrate FASD Awareness Day.  
[Click here to register now.](#)

**Sausage Sizzle Silo Park – 09/09, 5.30pm (for those in Tāmaki Makaurau)**  
Auckland Harbour Bridge AND Sky Tower will be lighting up **RED** to support FASD Awareness for the very first time this year! We'd love you to join us in Auckland.  
[Click here to RSVP.](#)

\* **Please note: there are landmarks lighting up red all over the motu!**  
Head to our [FASD Awareness Day page](#) and scroll down to see what's lighting up in Whangārei, Rotorua, Napier, New Plymouth, Whanganui, Pōneke Wellington,



Whakatū Nelson, Ōtautahi Christchurch and Ōtepoti Dunedin. We'd love to see your photos of landmarks lit up near you – email them to [kathy.hunter@fasd-can.org.nz](mailto:kathy.hunter@fasd-can.org.nz).

## Special offers – just for FASD Awareness Month!

- **FASD in Education – Global Webinar Series with Ailsa Clarke: 40% off!**



We really don't want you to miss our three-part global webinar series for educators, school support staff, and caregivers/parents. Our presenter Ailsa Clarke is a renowned Scottish expert on FASD and trauma in education. An ex-teacher herself, she has lived experience of a tamaiti / child with FASD.

### **Webinar 1: Planning and Preparation \$50 now \$30**

Thursday 11 September 2025, 3:30pm–5pm

### **Webinar 2: Strategies for Supporting FASD in the Akomanga / Classroom \$50 now \$30**

Thursday 16 October 2025, 3:30pm–5pm

### **Webinar 3: Sensory and Environmental Matters ... Matter! \$50 now \$30**

Thursday 30 October 2025, 3:30pm–5pm

[Register here](#) for all three sessions on our training platform.

- **Lisa Smith, Continance Specialist – FREE sessions!**

People of any age who have FASD commonly experience continence issues – it can be as simple as not drinking enough water, to more complex problems (see our website [here](#) for more information).

A huge special thanks to Lisa Smith of [Childrens' Continance](#) who would like to offer FASD-CAN members FOUR x FREE consultations over the month of September! Each assessment (up to two hours) is worth \$260. This can be online or in person – Lisa is based in Napier, but does online assessments all over the motu.



## For a free workshop:

1. **Make sure you are a member of FASD-CAN** – if not, [click here](#) and join us now, it only takes a moment and it's free with no obligation.
2. **Email Lisa** at [lisa@poosandwees.org.nz](mailto:lisa@poosandwees.org.nz) (you can see why kids love her) and mention FASD-CAN. Good luck!

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## IDP5 / Titoki – El Rancho, Waikanae, 7-9 November 2025



Exciting news: we have dates for our next Individuals Development Programme (IDP) weekend for our rangatahi with FASD aged 16+.

These weekends for rangatahi and adults with FASD are a mix of workshops to learn about FASD, gain deeper understanding about themselves and others, and have fun events such as kayaking, walking, rock climbing or Nerf wars! There's also plenty of chill time.

[Click here](#) to find out more and fill in your expression of interest for attending.

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## Pizza Club – this time in Upper Hutt!

### Brewtown, Upper Hutt Saturday September 27, 6pm

Join us at the inaugural Pizza Club in Upper Hutt this September. Tāmaki Makaura / Auckland Pizza Club has been going for a few years now, and it's been a great way for our rangatahi with FASD to make new friends and have fun with others who 'get it'. A caregiver or support person is also welcome.

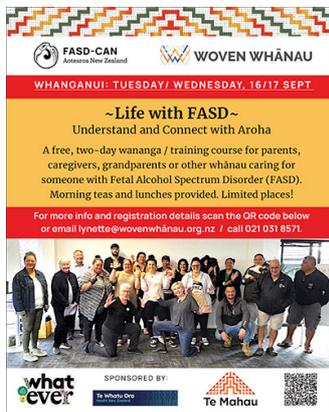
[Click here](#) or on the graphic for all info and to RSVP. See you there!



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## LWF Caregiver Training in Whanganui Tuesday & Wednesday 16/17 September – FREE

**Last chance** for parents, caregivers, grandparents or other whānau to register for our 'Life with FASD: Understand and Connect with Aroha' caregiver and parent training course in Whanganui. This is a free, in-person training from 9.30am-2.30pm each day, with morning teas and lunches included.



Not many places left – [click here to find out more](#) and register.

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## FASD wānanga in Hokianga, Te Tai Tokerau / Northland

A second FREE five-week FASD course for caregivers, parents and whānau will be held during September and October across two marae in Hokianga, starting September 18.

Facilitators Fran Hauraki of [Hauora Hokianga](#) and RuruHana Brownie of FASD-CAN aim to promote understanding of FASD to create supportive, FASD-informed communities. They'll use a mātauranga Māori perspective on brain development using te Whare O Oro strategies.



[Click here](#) for more information and to register – please register by Monday 15 September for catering purposes, as lunch is provided if you would like to stay on afterwards.

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## Online Caregiver Support Group Meetings – upcoming dates

Our online caregiver support groups are open to everyone around the motu – whether you have one of our in-person support groups near you or not.

[Online Caregiver Support Group LUNCHTIME](#) – (monthly) Thursday September 4, 12:30pm

[Online Caregiver Support Group EVENING](#) – (monthly) Wednesday September 17, 7:30pm

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## CFA Excellence in Foster Care Awards

Finally for this month, if you know an extraordinary caregiver who goes above and beyond for their tamariki and rangatahi, please consider nominating them for next year's CFA (Caring Families Aotearoa) Excellence in Foster Care Awards.

Your nominee can be anyone providing a home to a child not born to them (excluding step-parents). This includes whānau and kin caregivers, grandparents raising grandchildren, and people with permanent care of a child or young person. The nominee does **not** need to have a supporting agency such as Open Home Foundation or Oranga Tamariki.

[Click here](#) to nominate someone.

Have a wonderful FASD Awareness Month!

Mauri ora

**Your FASD-CAN Team**

Stay in the know about FASD in Aotearoa. If you've been sent this email by someone else, please join us as a member to receive newsletters!

If you would like to donate to FASD-CAN, to help us in our mahi, [click here](#) to go to our donation page.

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