



## FASD-CAN

Fetal Alcohol Spectrum Disorder  
Care Action Network

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### OCTOBER 2025 NEWS

## Latest updates from FASD-CAN

Kia ora koutou



It was uplifting this year to see so many landmarks around Aotearoa NZ lit up in red for the first time to support FASD Awareness Day. Here I am enjoying the Wellington lights, while whānau and friends in Tāmaki Makaurau enjoyed the sausage sizzle on the waterfront to see Sky Tower and the Harbour Bridge glowing red.

Our 09/09 get-together had nearly 200 registrants to watch as Minister Matt Doocey announced the [2025-2028 FASD Action Plan](#) live, and the launch of our 'Tītoki' mahi to our community – the official naming of what used to be known as the Individual Development Programme (IDP), which is now

expanding. Thanks to FASD-CAN Board Member Darryl Roycroft, who used his talents to work with our kaiārahi / young leaders to give Tītoki its name, its story and tohu, along with its vibrant mātauranga Māori concepts and connections. Our Tītoki rōpū of rangatahi launched the 'Eight Key Messages' they've been working on all year: what they want everyone to know about FASD from their living experience perspective.

[If you missed this on the day, watch our 09/09 recording here.](#)

### Short film success!

On 09/09, we also showed our new short film about our rangatahi / young adults sharing the voice of their living experiences at the previous Tītoki weekend. We entered this film into the new Canadian FASD Film Festival, and **we are very excited to say that the film has been selected to be shown at the FASD Conference later this month!** We are so proud of our project lead for this, Anna Gundesen, our fantastic cameraman and editor Jeff & Bridget McDonald; Paige Saxby our super-admin who helped with the final cut for the film festival, and of course all the rangatahi and caregivers / whānau involved. We'll keep you posted!

In other news, FASD-CAN is excited to be partnering with Te Rau Ora and Te Amorangi (the Māori Coalition) to bring **free, half-day, non-clinical FASD trainings**

**to community kaimahi / staff and whānau** in seven main centres around the motu / country. Thanks to Te Whatu Ora / Health NZ for funding this mahi – more info and registration below.

And... **we are looking for two new Navigators** in Tāmaki Makaurau / Auckland and Te Wai Pounamu / the South Island – scroll down to find out how you can join our wonderful FASD-CAN team!

A special thanks too for anything you did to raise awareness of FASD during September. With nearly 40K views on our Facebook page alone in September, we know you're walking beside us in our mahi. FASD Awareness Month comes and goes, but we're here to stay – and our advocacy and support continues.



Noho ora mai  
**Stephanie**

**FASD-CAN CEO**

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## **Free Webinar for Caregivers: Nourishing our Nervous Systems Tuesday October 28, 7.30pm**



October 29 is the international [Day of Care and Support](#).

Carers NZ and the Carers Alliance of 60 national not-for-profit organisations, including FASD-CAN, are spotlighting NZ's 1M+ carers and their essential roles with the ['We See You' campaign](#).

To mark the day and support our caregivers, FASD-CAN is running a free self-care workshop for our parents, caregivers and whānau **the evening before on October 28**.

FASD-CAN kaimahi / staff know from our own lived experience that caregivers experience stress in many ways, including lack of support, financial burdens and challenges with mental and physical wellbeing. Our facilitator Lee Tempest will teach you tools to promote relaxation and support your nervous system, which can be utilised easily wherever you are. We hope you can join us!

[Click here](#) to register, find out more and to sign the Carer's NZ petition calling for action to protect the mental, physical and financial wellbeing of Kiwi caregivers.

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## He Ara Tika – free, non-clinical FASD workshops for community kaimahi & whānau

Various dates and venues around Aotearoa, 9.30am-1.30pm

We're delivering these community trainings in seven main centres around the motu: Kaikohe, Tāmaki Makaurau (full), Taupō, Pōneke (Wellington and Porirua), Ōtautahi / Christchurch, Ōtepoti / Dunedin and Waihōpai / Invercargill, between now and March 2026.

If you're a community worker supporting individuals with diagnosed or possible FASD, or their whānau or caregivers, please join us – and invite the whānau you're working with, so you can all learn together! We'll be running an online session next year if you can't get to these, but our participants find that kano ki te kano / face-to-face workshops are highly valuable, especially for building community networks in your rohe / region.

[Click here](#) to go to our Events page to find a date and venue in your region.



**FASD Training For Community Kaimahi / Workers and Whānau**

**He Ara Tika: a pathway to empower whānau and communities with knowledge to respond to Fetal Alcohol Spectrum Disorder / Te Iho Tātai-ā-Rongo.**

This free, four-hour training offers participants the knowledge and strategies to effectively engage with FASD-related needs. It is also a valuable opportunity to create supportive environments that are FASD-informed. The He Ara Tika training is interwoven with mātauranga Māori.

- Understanding what FASD is and isn't, relevant to your role and context.
- Being able to describe the symptoms (behaviour) that reflects challenges and opportunities related to FASD.
- Learn about possible pathways to extend learning and assess FASD.

- Gain strategies to use in your role and context to respond to the FASD-related requirements of the person, their whānau and support people.
- Opportunities to network with others.

Community kaimahi/workers and whānau/caregivers are welcome, māui māui hāere mai (sorry, no crèche facilities available).

**He Ara Tika is on the road around Aotearoa NZ from September 2025 – go to link below, or scan QR above to find a session near you.**

**Info / registration: <http://bit.ly/3kew5Dp>**

**TERAUORA** **Te Whānau Ora** **FASD-CAN**  
Fetal Alcohol Spectrum Disorder  
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## Kete into Practice: Training for Educators



**Kete into Practice – 2026**  
10-module online FASD Training for Educators

FASD-CAN.org.nz presents a practical, evidence-based training course on Fetal Alcohol Spectrum Disorder for educators in Aotearoa NZ.

The course will enable educators at every level to implement strategies for FASD that work in a real-world setting of limited resources and competing demands. Our aim is to enable kaiako and support staff to understand and address the unique needs of these neurodiverse learners.

There will be ten modules delivered fortnightly online over 3 terms in 2026. Sessions are 15 hours long every

second Thursday presented by three FASD-informed experts in education. Testimonials from 2026: "The course challenged my preconceived ideas, understanding and biases regarding FASD students."

"This learning follows all the UDL principles that also support other neurodiverse learners."

Register via QR code above or via: <http://bit.ly/3kew5Dp>

**FASD-CAN**  
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Early notification to book in your professional development for next year: our 10-module FASD training for educators is back in 2026!

It begins on March 5 and will run fortnightly on Thursdays. Teacher aides, kaiako and learning support staff have told us they want practical, evidence-based strategies for FASD in a real-world setting of limited resources and competing demands – and that's exactly what we'll be delivering.

Click on the image to download the pānui to share with your colleagues and add to your newsletters!

[Click here for more info and to register.](#)

## Join our team as a Navigator!

FASD-CAN is expanding our Navigator team to tautoko / support parents, caregivers and whānau to better understand the brain differences of people of all ages who have Fetal Alcohol Spectrum Disorder / Te Iho Tātai-ā-Rongo.

FASD-CAN is seeking two passionate and knowledgeable Navigators to join our team – one in Tāmaki Makaurau and one in the South Island. This role is grounded in the principles of whanaungatanga, manaakitanga and kotahitanga; recognising the importance of trusted relationships, collective strength, and culturally-affirming support.

Please see the links here:

Do Good Jobs: [2 x FASD Whānau /Caregiver Navigators](#)

TradeMe Jobs: [2x FASD Whānau /Caregiver Navigators](#)



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## Help! Two important requests for volunteer input from our members!



1. We are looking for some extra **support with policies, compliance and accreditation**. If you have an hour or two a week to support FASD-CAN in this way, please contact our CEO, Stephanie, to chat further at [ceo@fasd-can.org.nz](mailto:ceo@fasd-can.org.nz)

2. Are you a midwife, or do you know one who is interested in FASD? We're seeking expressions of interest from our members to **contribute to the development of an FASD and Midwifery training course**. Initially it would be a kōrero with our Principal Advisor Kim Milne to gauge interest and availability. Please contact Kim if you're keen via [kim.milne@fasd-can.org.nz](mailto:kim.milne@fasd-can.org.nz)

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## Tītoki 5 / IDP5: El Rancho, Waikanae, 21-23 November 2025

Our next Tītoki weekend for our rangatahi and young adults with FASD aged 16+ is on its way, and it's going to be better than ever!

Our weekends away for rangatahi and adults with FASD are a mix of learning more about FASD to gain deeper understanding about how their own brains work, and enjoying fun events such as kayaking, walking, rock climbing or Nerf wars. There's also plenty of chill time of course, and whanaungatanga / connection with others who are walking the same road.



[Click here](#) to find out more and fill in your expression of interest for attending – be quick, there are only a few spots left.

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## Pizza Club



Our first Pizza Club for the Wellington area was a great success on Saturday 27 September. 12 rangatahi went go-karting, ate a LOT of pizza... and made new friends who get them. Caregivers and whānau also enjoyed connecting over kai while the rangatahi had fun.

We have another Pizza Club coming up in Tāmaki Makaurau THIS FRIDAY October 10 – there's still time to book, so don't miss out!

[Click here](#) for more details and to RSVP.

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## Our advocacy: NCEA Reform – Protecting Flexible Pathways

As most of you with rangatahi at school will know, the government is currently reviewing the NCEA system. FASD-CAN has delivered a comprehensive submission to the Ministry of Education outlining our stance that the current plan risks removing elements (such as flexibility and multiple assessment attempts) which allow our neurodivergent and trauma-impacted ākonga to succeed.



Our submission opposes the new Foundational Award and the four-subject requirement, which we believe will force disabled learners out of education earlier and limit their futures. We have urged the Ministry to instead strengthen the current system's inclusion features to ensure every student can gain a meaningful qualification.

If you find any points in our submission helpful, please use them to help others understand the importance of a flexible qualification system that helps our young people achieve.

[Click here to read our NCEA submission.](#)

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## Specialist webinars for Educators and Social Workers

Our free quarterly webinars support the professional development of these two highly important sectors.

**Ngā Tupu Rau – Free Webinars for Educators**  
**Tuesday 4 November, 4pm**

**'A Moment of Reflection: Shifting Perspective for Ākonga with FASD'**

Have you ever had a student who just won't do as you ask? What if the problem is not that they won't, but that they can't?

This one-hour webinar offers a powerful new perspective, providing you with a simple yet transformative tool for your classroom. We'll explore how a brief moment of reflection can change your approach and create a more compassionate and effective learning environment.

[Click here](#) to register.

## LANSAS – Free Webinars for Social Workers and Support Workers Tuesday 11 November, 4pm: topic TBC

Follow us on [Facebook](#) and [Instagram](#) to be notified of the topic for our final social workers webinar for the year.



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## FASD-CAN Annual General Meeting

Friday November 15, 4.30pm-4.50pm



Please join us for 20 minutes at our AGM! As always, we must legally have a minimum number of members present.

**So if you register and attend, your name will go into the draw for a spot prize!**

Note: if you wish to be actively involved (for example, vote, propose a motion or an agenda item) you must be a [member of FASD-CAN](#).

[Please click here](#) to find out more and register now.

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## Online Caregiver Support Group Meetings – upcoming dates

Our online caregiver support groups are free, and open to everyone around the motu – whether or not you attend one of [our in-person support groups in your area](#).

[Online Caregiver Support Group LUNCHTIME](#) – (monthly) Thursday November 6, 12:30pm

[Online Caregiver Support Group EVENING](#) – (monthly) Wednesday October 15, 7:30pm

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Phew! That's a lot of news for October! Have a wonderful month ahead.