



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

DECEMBER 2025

Meri Kirihimete koutou

As we close off another year (oh boy, they seem to race by these days!), I want to take this opportunity to thank all who have been part of our journey in 2025.

Whether you have helped us in large or small ways; started on your FASD-informed journey, advocated for tamariki, rangatahi, whānau or caregivers; whether you have donated to us or funded our mission; if you have participated in one of our learning opportunities, received support from one of our kaimahi or been involved in one of our events – you are the reason we at FASD-CAN do what we do. It has been an amazing year of serving you, our community.

There have been so many highlights this year but a few in particular are at the forefront of my mind:

- Collaborating to bring He Ara Tika, free FASD training to community kaimahi and whānau/caregivers in nine places around Aotearoa. We've had such great feedback that we're hoping the funding will be extended to deliver to other communities around the motu.
- Receiving some funding until July 2026 to continue to keep our lights on and continue to deliver FASD support and services – yay!
- Our Tītoki short film about our weekend camps for rangatahi with FASD receiving a runner-up award at the Canadian FASD Film Awards.
- The honour of advocating for and highlighting the lived experience of those affected by FASD in submissions, hui and kanohi ki te kanohi opportunities with MPs and government officials.

While the team are taking this opportunity to have a break ready for a very full 2026 year, we know that the festive season can create both great memories times and big challenges for whānau living with FASD. We have some holiday tips for you which may be helpful [here](#).

Have a blessed and whānau-filled time this Christmas.

Noho ora mai
Stephanie

FASD-CAN CEO



FASD-CAN Kaimahi (L-R):
Kathy Hunter – Comms,
RuruHana Brownie – Te Tai
Tokerau Navigator, Janet Miller
– Funding Manager, Stephanie
James-Sadler – CEO, Kim
Milne – Principal Advisor, Anna
Gundesen – Tāmaki Navigator
& Tītoki, Paige Saxby – Admin
& Training.

New Resource: Information Sheets

Over the course of this year, we've been working on a series of topics that we know from our own lived experience are things parents, caregivers and professionals want to know about FASD.

Check out our new 'Info Sheets' section on our 'Understanding FASD' page. Most have a handy, two-page downloadable / printable sheet – as well as a longer version for those who'd like to do a deeper dive into the subject. So far we have:

- FASD and Common Thinking Traps
- FASD and Connective Parenting
- FASD and Eating Issues
- FASD and Extreme Fatigue
- Looking Beyond 'Behaviourism'.

More to come! [Check them out here.](#)

Tītoki 6: March 20-22, 2026 – expressions of interest now open!

Our Tītoki weekend a couple of weeks ago was another roaring success – and we're already planning the next one for our rangatahi and young adults with FASD!

[Click here for a report on Tītoki 5 – including a video of photos – all of which were taken by one of our rangatahi, Jackie \(18\).](#)



These wonderful 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, swimming and rock climbing. There's also plenty of chill time and whanaungatanga / connection with others who are walking the same road.

[Click here](#) to find out more and fill in an expression of interest to attend Tītoki 6.

Kete into Practice: Training for Educators and Support Staff



* Group discount now available!

Our 10-module FASD training for educators and school support kaimahi is back in 2026 – get your professional development for neurodiversity sorted before the end of the year!

This practical, evidence-based training was run back in 2024 to rave reviews – with some kaiako / teachers saying it was very helpful for interacting with ALL learners with neurodisabilities, not just those with FASD. This is due to our emphasis on the principals of Universal Design for Learning (UDL) and trauma-informed practice.

Our three highly experienced facilitators include Scottish education specialist Ailsa Clarke, educational psychologist Debbie Kenwright and FASD-CAN Principal Advisor Kim Milne – with Ailsa and Kim both having lived experience of FASD.

Get a team of four or more together with your colleagues and take advantage of our 25% group discount – and be ready for neurodiversity in 2026!

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

Pizza Club

Our get-togethers for rangatahi has extended this year to Pōneke and Ōtautahi, with the first one in Christchurch a great success. Don't miss the last ones for 2025!



Pōneke / Wellington, 13 December 6pm-8.30pm

We have another Pizza Club coming up in December since the inaugural one was a huge success! This time the rangatahi and their caregiver or support person (if required) will be going to 'Escape Masters' after pizza – a guided, themed, team game, which we are assured will be lots of fun!

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

Pizza Club Auckland – at the ZOO! Tuesday December 16 at 2.30pm

Our final Tāmaki / Auckland Pizza Club for the year is at... AUCKLAND ZOO! There's free Zoo admission and pizza afterwards in Western Springs Park for each person with FASD – plus a parent, caregiver or support person if needed.



Please note: for this event only, we've lowered the age to 14+ but a caregiver or parent **must** be present and fully responsible for under 18s.

PS: save the date for our first Pizza Club in 2026 – Friday 20th February.

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

He Ara Tika workshops for community kaimahi

These are 'FASD 101' workshops, specifically for non-clinical community support kaimahi – think youth workers, WINZ and frontline housing staff.

There are still two of these FREE, four-hour training sessions left – one in Porirua on Thursday February 12, and one in Ōtautahi / Christchurch on Wednesday March 4.

There are still a few spots left in both so don't delay!

[Click here](#) to register now for Porirua.

[Click here](#) to register now for Ōtautahi / Christchurch.



Tools to Nurture Wellbeing: caregiver webinar recording now online

We know that the holidays can be draining for everyone. Our recent wellbeing webinar is now online – just in time for the silly season!



Stress can lead to an over-abundance of cortisol and other stress hormones which can in turn cause chronic pain, digestive issues, anxiety, and difficulty focusing. Facilitator Lee Tempest teaches valuable and practical tools to promote relaxation and support your nervous system which can be utilised quickly and easily wherever you are.

[Click here to register \(free\).](#)

Life with FASD 1: Understand and Connect with Aroha

Next year we'll be bringing you another of our FREE, two-day, face-to-face caregiver trainings on Tuesday and Wednesday February 25/26 – this time we're hoping to head for Hawkes Bay.



However, we need some idea of numbers before we can proceed with this training in the Hawkes Bay region.

If you are in the area and would be keen to attend, [please email our CEO](#), Stephanie James-Sadler, and let her know as soon as possible!

And coming next year... Life with FASD 2!

Just a heads-up: for those who have already completed LWF1, we are planning a LWF2 course – a step-up course for caregivers to understand more about the brain-based symptoms of FASD and learn further strategies to support the whole whānau.

We're aiming for our first in-person LWF2 to happen mid-May in Tāmaki Makaurau, Auckland, and hoping for funding to bring a small number of caregivers from out of town. We're also planning an online version in June. More details, including expressions of interest will be in our February 2026 newsletter. Stay tuned...

Are you aware of our [Facebook](#) and [Instagram](#) pages? We'll be keeping in touch throughout the holidays, so jump on and follow us now – there's always something to read and catch up on.

That's all for 2025! Have a wonderful break – we wish you a calm, steady and loving Christmas, New Year and summer holiday. We're back on deck on January 12, 2026.

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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