



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

FASD NEWS, MARCH 2026

Kia ora

The year is well underway, and we have some special opportunities for caregivers and whānau coming up over the next couple of months.

Some of these have been initiated by requests from you, our members – like our first webinar of the year, *'The 'Dad' Role in FASD'*. I can't wait to hear perspectives from men, not necessarily fathers, who are caring for someone with FASD in their whānau.

We've just finished our He Ara Tika FASD Community Kaimahi training workshops around the motu. It was inspiring to see the numbers of non-clinical professionals keen to participate and apply learning to their mahi. Fingers crossed we receive funding to deliver more of these trainings from July 2026.

We're also excited to offer our Kete into Practice 10-module course for educators again this year – it starts this week but there's still time to [register!](#) Again, it's encouraging to see many educators who want to understand the challenges their ākonga / students affected by prenatal alcohol exposure face, and use the knowledge to modify their teaching practice.

Support groups for parents and caregivers have started again for the year, and so have our LANSAS and Ngā Tupu Rau professional group webinars for the social and education sectors.

It's going to be a busy few months – but 'good busy'! Do join us, we're here for you.

Noho ora mai rā

Stephanie
FASD-CAN CEO

Webinar: The 'Dad' role in FASD **Wednesday April 1, 7.30pm-8.30pm**

You asked for it and we've managed to make it happen! Join us to hear from panel of men discussing perspectives on tackling FASD in the whānau. Expect top tips and honest stories from fathers, uncles and grandfathers – because diverse whānau members can and do stand in the Dad role.



Ngā mihi to to the wonderful Dr André McLachlan, who will be facilitating the panel and sharing from his own lived perspective.

[Please click here to register.](#)

Caregiver Training: He Maonga Āwhā | Finding the Calm in the Storm

Two-day workshop, 26/27 May 2026, Central Auckland

Are you a caregiver, family, or whānau member of a someone with FASD (or possible FASD) who is facing aggression or violence at home? This FREE two-day, intensive workshop will help you create calm for your whānau.



He Maonga Āwhā will give you a toolkit with five main pillars of understanding: brain-based understanding, trauma-informed care, connective parenting, non-violent resistance, and mātauranga Māori teaching for resilience.

Connect with others who truly 'get it' and build your support network. Limited places available.

** For those outside the greater Auckland area, we have some funding for up to 10 caregivers or whānau to attend from around the motu, which will help with cost of two nights' accommodation and airfares – register early.*

NOTES

- To do this course you must be **currently** experiencing CAPVA in your home.
- You must also have a basic understanding of FASD – this will be intensive training for serious issues, not an introductory FASD workshop.

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

Life with FASD 2: He Ara Hononga me Aroha | A Path of Connection with Love

Mon/Tues May 11-12, Central Auckland

It's the next level! For caregivers who have completed our 'Life with FASD 1: Understand and Connect with Aroha' course, we have now developed Life with FASD 2 – a two-day follow-on training to enable a deeper dive for caregivers to understand more about the brain-based symptoms of FASD and learn further strategies to support the whole whānau.

The training will be face-to-face in central Tāmaki Makaurau (venue TBC), for a strictly limited number of participants.

** For those outside the greater Auckland area, we have some funding for for travel and accommodation for up to eight caregivers – register early.*

NOTE: You must have completed Life with FASD 1 to do this training.

[Don't delay – please click here](#) for more info and to register your interest.

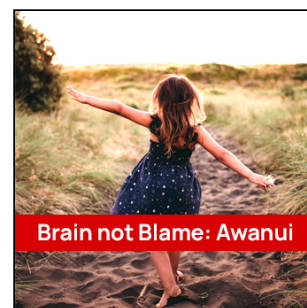
FAR NORTH FASD WORKSHOPS

There are a couple of awesome workshops up north in the next couple of months!

• Brain Not Blame – Understanding Te Iho Tatai a Rongo (FASD)

March 10, 10am-2pm, Tuhiata Mahiora, Awanui

A free community event for support, awareness and prevention of FASD. You'll gain understanding, compassion and hope; learn the basics of how alcohol affects the brain of the developing pēpi and find out about local supports that can make a real difference. You'll also make new friends and strengthen your community. Kai provided.



In collaboration with [CAYAD](#), [Tuhiata Mahiora](#) and [Te Rarawa](#).

[Find out more and register here.](#)

• FASD 101 in Te Tai Tokerau – Rawene

Next 5-week caregiver course starts Thursday April 2



FASD-CAN and [Hauora Hokianga](#) have another five-week FASD course coming up in Rawene.

Topics covered will include how alcohol affects our unborn pēpi, the signs and symptoms of FASD, understanding a brain-based approach to parenting and finding pathways to support – and of course connection with other whānau facing similar challenges.

Sessions are from 10am to 1.30pm every Thursday and it's all free, with kai provided – nau mai, haere mai!

[Find out more and register](#) – and please share with friends, colleagues and whānau.

CAREGIVER SUPPORT GROUP NEWS

Here are some new connection opportunities for caregivers around the motu.

- **Pōneke / Wellington region get-together**

Saturday March 14, 3pm-5pm
Southern Cross Garden Bar & Restaurant, 39 Abel Smith St, Te Aro

You're invited to an afternoon get-together for anyone with an interest in FASD in Pōneke / Wellington. Join us to connect and network with others on the same pathway with FASD in your region – the nibbles are on us!



Please RSVP by text to Leigh Henderson: 022 302 2313

- **New Caregiver Support Group on Auckland's North Shore!**



Thanks to Samia Buchan (pictured) for getting a group together on Auckland's North Shore in Browns Bay. Samia has a 15-year-old daughter with ADHD/ODD, ASD and FASD and wants to create a safe space where “we can all laugh, cry, vent and offload while having a cuppa.”

She has pencilled in 10am at Java Jungle, 77 Clyde Road, Browns Bay on Tuesday April 7. If this sounds like you, contact Samia via email at samiabuchan@gmail.com or text her on 021 0226 5646.

- **ONLINE Caregiver Support Group Meetings**

Our first **online** caregiver support groups for 2026! Open to everyone around the motu – whether you attend one of our [in-person support groups](#) near you or not.

Caring for a person with FASD can be very stressful – and it can also be enormously isolating. But when you join a caregiver support group, you have a place to connect with others who are travelling on the same road, to be supported (both emotionally and practically) and heard.



Online Caregiver Support Group LUNCHTIME – (monthly) **Thursday March 12, 12:30pm**

Our new Navigator in Te Wai Pounamu, Jacqui Mikkelson, will be hosting our **lunchtime** group in 2026 – so grab a sandwich and a cuppa and hop online to join in – nau mai, haere mai, all welcome!

Online Caregiver Support Group EVENING – (monthly) **Tuesday March 17, 7:30pm**
RuruHana Brownie, our Navigator from Te Tai Tokerau, Northland hosts this group.

OUR QUARTERLY FASD WEBINARS FOR PROFESSIONALS

LANSAS – for Social Workers and Support Workers

'Words Matter: Supporting Neurodivergent Tamariki with Collaboration and Compassion'

Tuesday March 10, 4pm

Join us to discuss the power of words – choosing the right ones can boost collaboration and connection, and enhance the mana of your learners with FASD.

Using Dr Ross Greene's Collaborative & Proactive Solutions (CPS), you'll understand how to reframe neurobehavioural symptoms as valuable communication.

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

NGĀ TUPU RAU – for Educators

'From Reaction to Reflection: the Power of a Pause'

Tuesday March 17 4pm-5pm

Join us for an interactive, one-hour webinar designed to equip teachers, learning support coordinators and other support staff with a practical framework for moving beyond immediate reactions to thoughtful, reflective, best-practice responses.

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

NEW INFO SHEETS ADDED!

Each month during 2026, we're aiming to bring you a few new info sheets on a subject we know you'll be interested in. Most have a handy, two-page downloadable / printable info sheet as well as an extended version for a deeper dive.

We've now added FASD and Motivation, FASD and Sleep and Mental Health and Suicide.



[Check them out](#) on our Resources page (also via our 'Understanding FASD' page).

PIZZA CLUB ŌTAUTAHI / CHRISTCHURCH



Last month's group get-together with pizza and bowling was a huge hit. Big thanks to Youth and Cultural Development, who helped our with fantastic youth workers and hosted us!

For the upcoming event, they'll plan an evening of games and activities depending on age and genders of those who come – fun guaranteed.

[Click here to register!](#)

2025 AGM REPORTS

We've prepared our reports for the last calendar year and included our 2025 AGM minutes, a report from our Chair, Dr Leigh Henderson and our performance report, too.

[Click here to read.](#)



We hope it's not too chilly already where you are... we're hoping to squeeze a bit more out of summer yet!

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.

JOIN FASD-CAN



FASD-CAN · New Zealand
This email was sent to kathyhunter.nz@gmail.com

If you no longer wish to receive these emails, please feel free to

[Unsubscribe](#)