



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

JUNE 2026

Kia ora

We've changed up the format of our newsletter for you busy people. Since we have an increasing amount of info, we're adding a new upfront list of items – for caregivers, for professionals, for everyone. [Let us know what you think!](#)

Last week I had the privilege of meeting with a group of people with FASD to discuss a roadmap to formalise advocacy for them and their whānau within Aotearoa NZ.

I was so impressed by the passion they have for having their needs recognised and their disability validated – and by the personal contributions from whānau and supporters to ensure their loved ones with FASD have equal rights and opportunities.

I look forward to seeing how this will grow – the voices of FASD lived experience must have a seat at the table of decision-makers in Aotearoa to influence policies and systems that affect **their** lives.

[Read more here](#) about what emerged from this inaugural hui.

Noho ora mai rā

Stephanie James-Sadler
FASD-CAN CEO

In this month's newsletter...

For caregivers and whānau:

- **TONIGHT!** Webinar: The Gut-Brain Connection
- Matariki celebration and waka experience
- Pizza Clubs in Tāmaki Makaurau / Auckland and Kirikiriroa / Hamilton

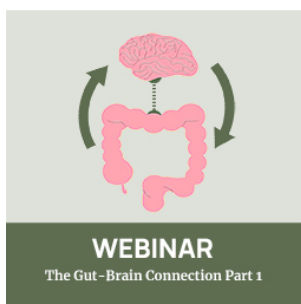
For professionals:

- NEW Education Masterclass: FASD and Executive Functioning
- PD courses on FASD coming up for Learning Support Coordinators: Kete into Practice

General Resources:

- Have your say on Disability Support Services (DSS)

- NEW info sheets: Blocked Care and Co-regulation
- Caregiver Support Groups



June Webinar – The Gut / Brain Connection Part 1: Bowel Issues

 **Wednesday June 10, 7.30pm**

Still time to register for this webinar! It's proving very popular – we may just get to 200 registrants! It's going to be both fascinating and valuable...

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

Matariki Celebration and Waka Experience

 **Saturday 4 July 2026, 9.15am – 2.30pm**

Please join us for a special Matariki celebration and waka experience on beautiful Lake Rotorua with Aotearoa Waka Experience! Bring all the whānau along for a day filled with connection and fun activities.



[Head to this link for more info and to register.](#)



New 2026 Education Masterclass: FASD and Executive Functioning in the Classroom

 **Monday 24 August, 3:30 – 5:00 pm**

A trauma-informed lens can help kaiako / teachers understand Executive Functioning (EF) in ākonga with FASD. You'll learn how to create an inclusive spaces and find out about common issues with memory, impulse control, emotional regulation, mental exhaustion and more.

Ailsa Clarke, International FASD Expert will facilitate this Masterclass.

[Find out more and register.](#)

Look out for two more Education Masterclasses in October and November 2026.

Kete into Practice: FASD for Learning Support Coordinators

The Ministry of Education has commissioned our FASD course 'Kete into Practice' for delivery to as many LSCs as possible throughout 2026 – for FREE.



There are 10 modules, one Masterclass (with three options) and two Community of Practice discussions in each course.

The final two start dates of this special FASD course for LSCs are coming up in July and August – don't miss out on this important PD!

Some recent feedback:

"Insightful and practical. Loved the pace, interaction and delivery. Thanks!"

"So much to learn and so much to continue to learn to support students in our schools."

"Your wonderful presenters are passionate and can relate well to us."

Head to the links below to find out more and register now.



[More about Group 3: starting July 28](#)



[More about Group 4: starting August 4](#)

Pizza Clubs on the way!



These fun evenings have been so helpful for our rangatahi to get together and make friends with others who understand them.

It's the first Pizza Club for Hamilton – so rally the troops and head to the new Fun Zone for pizza and mini-golf!

• Tamaki Makaurau / Auckland – with bowling



Friday June 26, at the FASD Centre in Albany from 6pm

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

• NEW! Kirikiriroa / Hamilton – with mini-golf



Friday July 3, Fun Zone in Central Hamilton from 6pm

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

Caregiver Support Groups

Did you know? We have in-person support groups meetings in:

- Whangārei

- Tāmaki Makaurau (Takapuna / Blockhouse Bay and Papakura)
- Kirikiriroa / Hamilton
- Pōneke / Wellington
- Ōtepoti / Dunedin
- Invercargill.

If these don't work for you, we have two monthly online options:

Online Caregiver Support Group LUNCHTIME

First Thursday of each month

 **Thursday July 2, 12:30pm**



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

[Click here](#) for your Zoom link.

Online Caregiver Support Group EVENING

Third Wednesday of each month

 **Wednesday June 17, 7:30pm**



RuruHana Brownie, our Navigator from Te Tai Tokerau / Northland hosts this group – her wealth of experience means a warm welcome and understanding every time.

[Click here](#) for your Zoom link.

Changes to Disability Support Services (DSS)

There is a lot going on out there regarding proposed changes and chances for input into Disability Support Services and it's very important for our FASD community to get involved. Things may be changing and even if you are not currently eligible for DSS, FASD-CAN is determined that those with FASD have the right to support.

• The DSS Bill

 **DEADLINE THIS FRIDAY 12 JUNE, 1PM!**

On 18 May, the Government introduced the DSS Bill with no consultation – it's controversial and it's being rushed through. We have already encouraged our people to make a submission on this – [find out more and make an easy submission here](#).

• DSS Bill Petition

 To be presented to Parliament July 2 at 12.30pm.

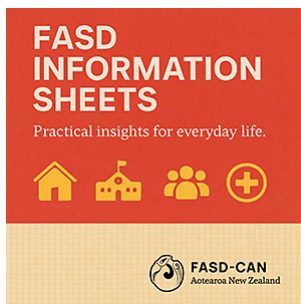
[Find out more and sign here](#).

• DSS Community Consultation

 **DEADLINE 31 JULY**

Disability Issues Minister Louise Upston has recently announced a community consultation to improve key areas of Disability Support Services (separate process from the DSS Bill). The consultation is now open with a range of information, online and in-person workshops – [find out more here](#).

NEW info sheets for June



Two more of these great resources to check out this month!

• **FASD and 'Blocked Care'**: This is a condition that most parents and caregivers of people with FASD experience. It's a neurological response to persistent, long-term stress – not a failure of care or lack of love.

• **FASD and Co-regulation**: A de-escalation framework which uses a support person's calm nervous system to settle an overwhelmed person's survival response. A valuable tool for your whānau.

[Check them out here](#).

That's it for June. Stay warm out there!

Mauri ora
Your FASD-CAN Team