



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

FASD in Aotearoa: July 2026

Kia ora koutou



Huge news! Last week, FASD-CAN was at the launch of three new FASD assessment, diagnosis and support hubs. This is a pilot programme based in three regional communities: Ahuriri / Napier, Rotorua and Tairāwhiti / Gisborne.

This is something we've been advocating for many years and we're excited to be partnering with Te Kupenga Hauora Ahuriri and the Child Development Team in the Hawkes Bay. Our role will be providing pre- and post-assessment support for whānau, and

workforce development within the community.

As we work through this new initiative, I'll be able to share more – but right now, we're delighted to have made a start!

[Find out more about Aotearoa's first FASD Community Hubs.](#)

Noho ora mai rā

Stephanie James-Sadler
FASD-CAN CEO

In this month's newsletter...

- NEW: FASD Awareness Month is coming up!

For caregivers and whānau:

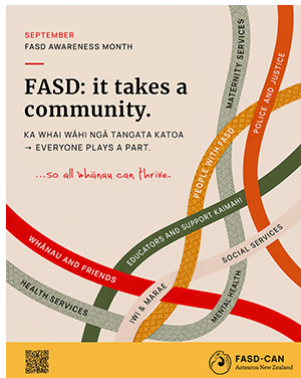
- NEW Webinar: The Gut-Brain Connection Part 2: Nutrition
- NEW Pizza Clubs in Ōtautahi / Christchurch and Pōneke / Wellington.
- NEW Online Connection Group: Teens to Adult Transitions
- Online Caregiver Support Groups this month

For professionals:

- NEW Social and Support Workers webinar: How FASD-CAN Navigators can support you
- NEW Educators webinar: FASD Diagnostic Reports: "What the...!?"

- Education Masterclass: FASD and Executive Functioning
- 13-session PD for LSCs coming up: Kete into Practice.

FASD Awareness Month 2026 is only six weeks away!



We've been working some resources to back up our theme – it's a global one this year:

*FASD: it takes a community.
Ka whai wāhi ngā tangata katoa / everyone plays a part.*

This highlights the power of collective support in creating a society where people with FASD and their families can thrive.

The theme goes beyond framing FASD as an individual issue, because the impacts of FASD matter to the whole community.

[Head to our FASD Awareness Month 2026 resources page to get inspired!](#)

Webinar – The Gut / Brain Connection Part 2: Nutrition

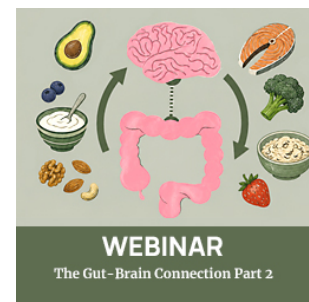
 **Wednesday July 22, 7.30pm**

We all know that nutrition is important, and it's worrying when neurodivergent challenges (sensory processing, executive functioning, appetite regulation issues and more) make it harder to ensure our kids are eating well.

In this FREE webinar, nutritionist Juanita Cross will discuss evidenced-informed strategies for healthy eating behaviours, and share tips for improving gut health where sensory and behavioural challenges are present.

[Register here.](#)

PS: If you didn't see *The Gut-Brain Connection Part 1: Bowel Issues* - the recording is now available on our training platform [on this link!](#)



NEW online parents & caregiver group: Teens to Adults

 **Thursday July 23 at 7.30pm**

At a recent one-day transitions workshop, attendees told us they would love some ongoing support about their rangatahi / teenagers who are heading towards adulthood. The issues are real!

You asked for it so we've set it up: a monthly, online learning and connection group that anyone moving through this stage of life with their rangatahi can join.

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



Quarterly Webinars for Educators



FASD Diagnostic Reports: "What the...!?"

Translating Clinical Profiles into Everyday 'Ramps' for Our Tamariki – Wednesday August 19, 4-5pm

For educators, decoding an FASD diagnostic report can feel like translating a medical textbook. However, they provide important understanding as to how a child processes the world.

This webinar will help translate diagnostic reports into strategy to support your neurodivergent tamariki and rangatahi.

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

Quarterly FASD Webinars for Social Workers and Support Workers

How can FASD-CAN's Navigators help you?

Tuesday August 11, 4-5pm

Calling social workers and support workers! [FASD-CAN Kaiwhakare / Navigators](#) around the motu may be able to help you to support your clients with FASD. They are highly FASD-informed, they have lived experience, and they're here to help.

[Register now](#) to see how our Navigators can support you within your communities.



Education Masterclass: FASD and Executive Functioning in the Classroom



Monday 24 August, 3:30 – 5:00 pm

Executive functioning skills impact and influence what happens in a classroom and around a school/kura. A trauma-informed lens can help kaiako / teachers understand

executive functioning (EF) in ākonga / students with FASD.

You'll learn how to create 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

There are 10 modules, one Masterclass (with three options) and two Community of Practice discussions in each of these FREE courses for LSCs.

The final two start dates are coming up in July and August – don't miss out on this important PD!



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

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

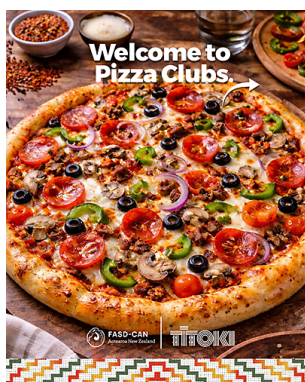


[More about Group 3: starts July 28](#)



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

More 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.



[Ōtautahi / Christchurch](#) – Friday July 24, 6pm



[Pōneke / Upper Hutt](#) – Saturday July 25, 6pm
with ice skating!

Click the links above for more info and to RSVP.

** Please note, supervision requirements have changed: if your rangatahi is under 18, they must now have a parent or caregiver with them at all times.*

Caregiver Support Groups

Find a regional support group meeting near you, and get in touch via our [caregiver and whānau support webpage](#). If you can't make it in person, our online groups below are for you! Nau mai, haere mai.

Online Caregiver Support Group EVENING

Third Tuesday of each month



Tuesday July 21, 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.

Online Caregiver Support Group LUNCHTIME

First Thursday of each month



Thursday August 6, 12:30pm



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

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

NEW graphic pānui: The FASD Iceberg for Educators



Here's an FASD-angled version of the 'iceberg' graphic – especially for kaiako / educators, school support kaimahi – plus parents, caregivers and whānau.

It was used in a recent webinar, and attendees loved it so much, we've turned it into one of our graphic flyers.

It shows how we can reframe behavioural symptoms of FASD as tools for communication – when you know, you know.

Find it with others [on this link](#).

That's it for July. Start planning how you'll make **September** a standout in your whānau, community or workplace to help bring awareness to FASD. And stay warm out there!

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.