

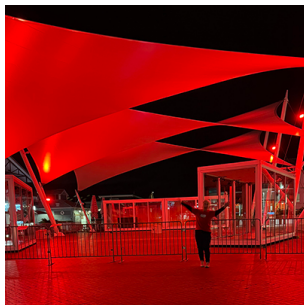


FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

FASD in Aotearoa: August 2026

Kia ora



Set your calendars, September is FASD Awareness month. The international FASD community join together and use the ninth month of the year to raise awareness of the impact alcohol can have during the nine months of pregnancy.

FASD-CAN is joining in with the global message this year: "FASD – It Takes a Community: Everyone Plays a Part."

If you live in or near Tamaki Makaurau, you're invited to a special evening event in Western Springs. Come meet our board members and have your say about FASD-CAN's plans for the future. See below for more info...

If you're in a workplace, why not organise a morning tea for the 9th and present our FASD quiz – maybe serve red velvet cupcakes?! If you're part of a community group, check out our list of monuments or landmarks lighting up red for FASD in Aotearoa, take some fun photos and we'll post them. Photo above – me last year!

Finally: don't forget to dust off your red shoes for September, and wear them to start conversations.

Everyone plays a part... it takes a community... please help raise awareness.

Noho ora mai rā

Stephanie James-Sadler
FASD-CAN CEO

In this month's newsletter...

!! FASD Awareness Day is nearly here!

[Check out our FASD resources](#) – an updated quiz, social media tiles and much more.

[For all events listed below, head to our Events page.](#)

 **FASD Awareness Day Events 09/09 – RSVP now!**

- Online: FASD-CAN Navigators (morning)

- Kirikiriroa / Hamilton (morning)
- Western Springs, Tāmaki / Auckland (evening)
- Whangārei – with pizza! (evening)

For caregivers and whānau

- **NEW:** Life with FASD 1 Caregiver Training: Ōtautahi – October 16/17
- Online Support and Connection Groups this month

For people with FASD

- **NEW:** Tītoki – November 20/21

For professionals – LAST CHANCE to register!

- For Educators: FASD Diagnostic Reports: "What the...!?" – August 19
- Education Masterclass: FASD and Executive Functioning – August 24

General

- Meet Kelly Archer – our new Tītoki Youth Development Navigator
- **NEW** FASD prevalence information – from FASD-CAN



FASD Awareness Day events

Our FASD Awareness Day – MORNING **9 September, 9.00am | ONLINE**

On Wednesday 9 September, FASD-CAN's Kaiwhakatare / Navigators from around the motu will be online to share the joys and challenges of their roles – what drives their mahi and how services and understanding of FASD varies

across services in Aotearoa.

If you register early, you can submit a question and we'll try and answer it.

[Register now for your Zoom link, and to submit any questions you may have.](#)

• Our FASD Awareness Day – EVENING **9 September, 5.30pm, Western Springs Gardens Hall, Tāmaki Makaurau**

Join the FASD-CAN Board to connect with our FASD community, whānau, caregivers, professionals and people with FASD. Nibbles and non-alcoholic drinks will be provided and the amazing Aaron Hendry of KickBackMakeChange will share how communities can support rangatahi experiencing homelessness.

You can also help shape FASD-CAN's future direction – either at this event or [via our online form](#). Everyone who contributes will go into the draw for a **\$300 supermarket voucher!**

[Register now for our evening event in Tāmaki Makaurau.](#)

- **FASD Awareness Day Pizza get-together – EVENING**
Whangārei Canopy Bridge waterfront, 6pm

Whangārei is lighting up red for FASD Awareness Day! You're invited to join RuruHana Brownie, our Northland Navigator, at the Canopy Bridge waterfront. Pizza is on us – please RSVP so we know how many to order.

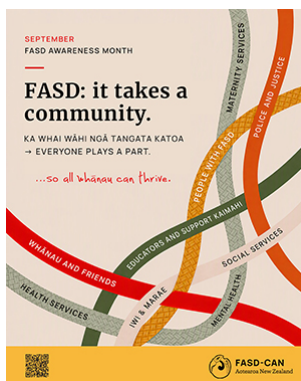
[Register now for our evening event in Whangārei.](#)

- **FASD Awareness Day get-together – MORNING**
Kirikiroa / Hamilton, 8.50am

The event is open to whānau, caregivers and professionals interested in FASD, a chance to meet others and discuss and hear what is happening.

[RSVP for the Kirikiroa event.](#)

FASD Awareness Month Resources



There are lots of ways to get the message out for our theme 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!](#)

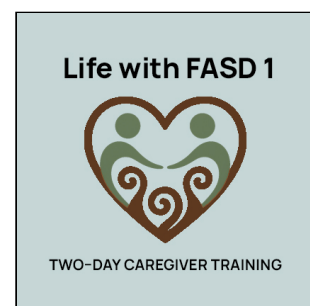
* Check out the list of landmarks around the motu lighting up red on 09/09 on this page – if you're near one, please take a photo and send to kathy.hunter@fasd-can.org.nz at your largest size.

Life with FASD 1: Understand and Connect with Aroha

Ōtautahi / Christchurch
Friday / Saturday October 16/17, 9.30am-2.30pm

This is our FREE, two-day basic FASD training for anyone caring for someone with FASD (or probable FASD) and it will enable you to:

- increase your knowledge of FASD and its challenges across the lifespan
- learn successful strategies for behavioural symptoms of FASD



- find out about support systems in health, welfare, education and justice
- build a network with other locals who have lived experience of FASD.

Kai is provided. Please click [here](#) to find out more and register – but be quick, spaces are strictly limited!

[Learn more and register now.](#)



Titoki 7: Weekend Camp for young people and adults with FASD

**Friday November 20 to Sunday November 22,
Waikanae**

Titoki 7 is coming up! This is our seventh weekend camp at El Rancho on the Waikanae coast for people with FASD.

Our camps are a mix of learning about FASD and fun stuff: special activities, swimming in the pool, walks – and of course our bonfire with marshmallows! It's all about whanaungatanga / connection, āwhi / support, and an increasing mana.

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

Meet Kelly Archer: our new Titoki Youth Development Navigator!

We're stoked to have found a new kaimahi in Kelly. She has a solid background working with young people experiencing addiction, neurodiversity, homelessness, and mental health. Kelly has a passion to ensure their voices are heard and she's ready to utilise her new honours degree in social work to help them do it!



[Find out more about Kelly.](#)

Final call: Quarterly Webinars for Educators



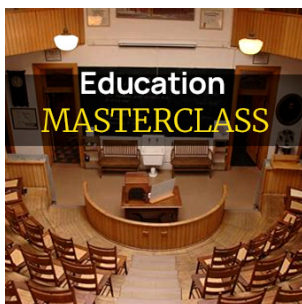
FASD Diagnostic Reports: "What the...!?"

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.](#)



Final call: 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.

International FASD expert Ailsa Clarke will facilitate this Masterclass.

[Find out more and register.](#)

** Stay tuned for two more Education Masterclasses in October and November 2026.*

Caregiver Support Groups

Find a regional support group meeting near you, and get in touch via our [caregiver and whānau support webpage](#). But if you can't make one in person, join one of our online groups below. We'd love to see you either way – the important thing is, you're not alone in your FASD parenting!

Online Caregiver Support Group EVENING

Third Tuesday of each month



Tuesday August 18, 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 September 3, 12:30pm



Our Navigator in Te Wai Pounamu, Jacqui 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 Online Connection Group: Teens to Adults

(third Thursday of each month)



Thursday September 17 at 7.30pm

Hosted by Teesh Dowie-Lewis, our Navigator from Kirikiriroa / Hamilton. Our first



online connection group for caregiver raising teens 'Teens to Adults' was a great success last month! Each session will be semi-structured: chat to start, half-hour on a special topic and Q&A to finish.

This month's topic: 'Building Independence'.

[Find out more and register.](#)

New FASD Prevalence Information for Aotearoa – from FASD-CAN

Aotearoa still has no national FASD prevalence study, despite this being part of the FASD Action Plan 2025–2028. Manatū Hauora, the Ministry of Health, has long used an estimate of 3–5%, but a much lower figure of 1.1% from a 2023 study is increasingly being quoted in some government circles, despite significant limitations acknowledged by its researchers.



Concerned that this could understate the scale of FASD, FASD-CAN co-Chair Dr Leigh Henderson has reviewed updated available evidence and provided a rationale for a new best estimate for Aotearoa in 2026 – our Clinical Advisor, Dr Valerie McGinn, has peer-reviewed it.

FASD-CAN will be using this from now on.

[Find out more about our prevalence analysis.](#)

A whopper of a month and September still to come. We hope to see you at one of our FASD Awareness Day events – or to hear about one of your own!

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](#)