



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

September 2026: FASD Awareness Month!

Kia ora Kathy

It was a pleasure and a joy to highlight the start of FASD Awareness Month by launching the new FASD Assessment, Diagnosis and Support Hub in Ahuriri / Napier on September 1.

The partnership we have with Te Kupenga Hauora Ahuriri and the Hawkes Bay Child Development Team is a strong framework for this much-needed mahi. We now have three years to measure how this type of Hub can impact our communities by supporting whānau and providers to become more FASD-informed.

Here are some photos of the wonderful launch event.



Have your say!

The FASD-CAN Board and I would love you to tell us your thoughts for our strategy over the next five years. Are we missing anything that's impacting you? Hearing from our community is a great way to help us plan. If you're at our Tāmaki Makaurau event tonight, you can tell us in person – if not, [click here to fill in a quick form](#) to help us review our strategy – you'll go into a draw for a \$300 supermarket voucher!

Finally, I hope you manage to do something during September to raise awareness of FASD in your work or community. Many of our members are organising a morning tea with red velvet cupcakes, and showing our [FASD Month Quiz](#). Don't forget to wear your red shoes – I've collected a few pairs now and they often get conversations started...



Noho ora mai rā
Stephanie James-Sadler
FASD-CAN CEO

In this month's newsletter...

Note: you can register for any event or training below by heading straight to our [Events page](#).

For caregivers and whānau

- 9am TODAY! FASD Awareness Day Webinar (Zoom link below)
- 8.50am TODAY! FASD Awareness Day morning event in Kirikiriroa / Hamilton
- FASD Awareness Day events TONIGHT in Whangārei, Tāmaki, Whakatū
- Register soon! Life with FASD 1 Caregiver Training: Ōtautahi – October 16/17
- Online Support and Connection Groups this month

For people with FASD

- NEW Pizza Clubs in Kirikiriroa and Ōtautahi this October
- Register soon! Tītiki – November 20/21

For Educators

- NEW Masterclass: Beyond Behaviour – Supporting Ākonga using CPS, Tuesday, 13 October
- NEW Masterclass: Supporting Ākonga with FASD using the WARMTH Framework, Wednesday 4 November

General

- FASD-CAN is hiring – Navigator Service Manager
 - NEW Info Sheets: Felt Safety / FASD Developmental Profiling
 - Meet FASD-CAN's FIVE new Kaimahi
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Today is International FASD Awareness Day!

• THIS MORNING – ONLINE

Join FASD-CAN's Navigators and CEO this morning at 9am to celebrate some



important new progress in FASD support in Aotearoa. Find out how our wonderful Navigator team can help both professionals and whānau around the motu. Your Zoom link is: <https://us02web.zoom.us/j/82168973240>

- **THIS MORNING in Kirikiriroa / Hamilton**

Join a collaboration of organisations for morning tea together – the Victoria Bridge is lighting up red tonight!

Our FASD Awareness Day EVENING events

We have a number of events happening tonight around the motu and it's not too late to join us.

[All details and RSVPs here](#) for the events below.

- **TONIGHT in Tāmaki Makaurau**

Meet the FASD-CAN Board and youth homelessness expert Aaron Hendry in Western – Sky Tower is lighting up red.

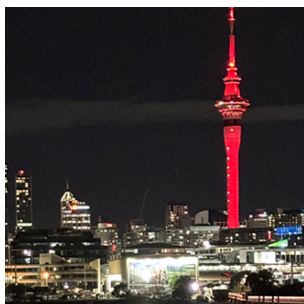
- **TONIGHT in Whangārei from 6pm**

Pizza and picnic at the Canopy bridge, which is lighting up red. Dress in red for prizes!

- **TONIGHT in Whakatū / Nelson** – see the Cathedral light up red for the first time for FASD Awareness!

Don't be shy – get involved to raise awareness and connect this FASD Awareness Day and month. It takes a Community, everyone plays a part.

Light ups around the motu



Further confirmed locations lighting up include Rotorua, Gisborne, New Plymouth, Whanganui, Foxton, Wellington, Christchurch, Dunedin and Invercargill. See link below for more info.

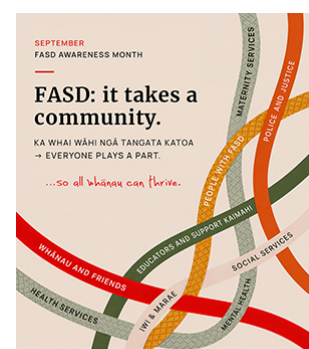
If you are able to get out tonight and see any of these – it's worth it! **Please take photos** and send your best one or two to kathy.hunter@fasd-can.org.nz – straight from your phone, at 'largest size'. Many thanks!

PS: You could [print this flyer](#) out to hand out to anyone you see who may want to know why things are lighting up – it's a great opportunity to raise awareness.

FASD Awareness Month Resources

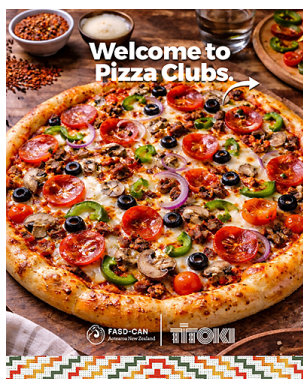
The whole of September is **FASD Awareness Month** – full of opportunities to raise the profile of FASD. Why not have a morning tea at work (those red velvet cupcakes are popular) and run our 10-minute quiz (pdf format) on your computer or laptop? Or continue to share our social media tiles.

The global theme is: **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 – for the benefit of all.

[Find landmarks lighting up and resources for FASD Awareness Month.](#)



NEW: Pizza Clubs around the motu in October

We'd love to see our rangatahi with FASD at these next two get-togethers!

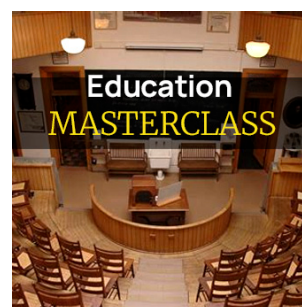
- Hamilton / Kirikiriroa, Friday 9 October, 6pm-9pm
[RSVP and download pānui here.](#)

- Ōtautahi / Christchurch, Friday 16 October, 6pm-9pm
[RSVP and download pānui here.](#)

NEW: TWO Education Masterclasses

- **Masterclass 2: Beyond behaviour – supporting Ākonga using CPS**
Tuesday, 13 October | 3:30pm – 5:00pm

Join CPS practitioner Fiona Harkness and RTLB for a practical 90-minute workshop on supporting students with FASD and other neurodivergence.



Collaborative and Proactive Solutions (CPS), developed by Dr Ross Greene, helps us look beyond behaviour, identify the unsolved issues behind it, and respond before difficulties escalate.

[Register for Masterclass 2.](#)

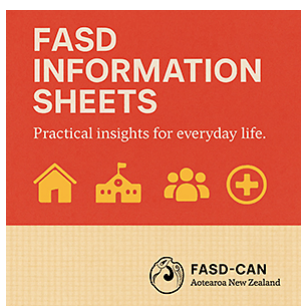
- **Masterclass 3: Supporting Ākonga with FASD using the WARMTH Framework**
Wednesday, 4 November | 3:30pm – 5:00pm

The WARMTH Framework helps educators create calmer, more inclusive learning environments for learners with FASD — with benefits for every learner. Kim Milne from FASD-CAN Aotearoa and educational psychologist Nicola Maddox will explore practical ways to embed wellbeing, affirming practice, strong relationships and timely, holistic support across your school.

Designed for kaiako, kaiāwhina, SENCos, LSCs, RTLBs and school leaders, the session will offer strategies and tools that can be put into practice straight away.

[Register for Masterclass 3.](#)

Info Sheets



• FASD and 'Felt Safety'

For people of all ages with FASD, feeling unsafe can be caused by things neurotypical people are mostly unaware of: sensory overload, changes in routine, dehydration, deep fatigue, intense eye contact or feeling rushed. Anticipating potential triggers can help caregivers and whānau change the environment before a fight-or-flight reaction occurs.

• FASD and Developmental Age Profiling

A key feature of FASD is dysmaturity – an uneven pattern of development often called a 'spiky profile'. Someone may have a strong vocabulary, for example, but struggle with multi-step instructions, managing money or regulating emotions.

These resources have been created with educators in mind, but other professionals and caregivers may find them helpful. Included in this resource is an info sheet, a worksheet, a simplified worksheet, and a comprehensive guide to filling in the worksheets.

[Access these two new resources](#) (and others) via Resources / Info Sheets on our website.

New Kaimahi at FASD-CAN

We're delighted to say that FASD-CAN is going through a much-needed period of expansion – we have recently been fortunate to add **FIVE** more exceptional new kaimahi / staff to an already strong team – and we're looking for one more (see below)! We welcome them warmly – find out more about them on the links below. In alphabetical order:



Fran Hauraki – (Ngāpuhi) Kaiwhakatere / Navigator, Te Tai Tokerau.

Fran is highly qualified for this role, with 20 years of background across many social services. She has lived experience of FASD and has trained others from Hokianga to Bluff. Fran lives on her papakāinga in Ngāwhā in an intergenerational whānau.



Katrina McLaren – Senior Administrator

From Te Whanganui-a-Tara, Katrina has over two decades working in a senior administration role within Government. She has taken over Paige's role while she's on maternity leave.



Robyn McRae-Aoake – (Te Arawa) Service Delivery Administrator

Robyn is already involved in daily operations of FASD-CAN. She and her husband are based in Matamata and she has lived experience with a neurodivergent tamariki tāne.

Ebony Sullivan – (Ngāti Porou) Kaiwhakatere / Navigator, Ka Tipu Ka Ora (FASD Hub, Ahuriri)

Ebony has moved to Ahuriri / Napier with her family for this great role in the new



FASD Hub. Like Fran, she has a very strong background in whānau care, and has lived experience with her own neurodivergent tamariki.



Rachael Wheeler – Accounts and HRC Coordinator

Rachael is from Tauranga and brings varied experience to this dual role – an important part will be supporting RuruHana Brownie in running our new three-year FASD training research project alongside the University of Auckland.

We are privileged to have these wonderful wāhine on board with FASD-CAN. Haere mai, haere mai all!

Wanted: Navigator Service Manager



Join FASD-CAN with this great opportunity to manage and inspire our Kaiwhakatere / Navigators. You'd be working with a small team of amazing wāhine who deliver direct support to people with FASD and their whānau around the motu.

We're looking for a Service Manager to provide operational leadership to our Navigator / Kaiwhakatere service and to manage and expand the training opportunities they may come across. It's full time, up to \$100K, with travel.

[Find out more and apply for this role with FASD-CAN.](#)

**** REGISTER SOON!**

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.](#)



**** REGISTER SOON!**

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

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

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 toasted marshmallows! It's all about whanaungatanga / connection, āwhi / support, and increasing mana.

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

Online connection group: Teens to Adults

Thursday September 17 at 7.30pm (third Thursday of each month)



Hosted by Teesh Dowie-Lewis, our Navigator from Kirikiriroa / Hamilton, each of these online sessions is semi-structured: some whakawhanaungatanga / chat to start with, then a half-hour on a special topic, then some Q&A to finish.

This month's topic: 'Alcohol, Drugs and Keeping Safe'.

[Find out more and register.](#)

Caregiver Support Groups

Online Caregiver Support Group LUNCHTIME

First Thursday of each month

 **Thursday October 1, 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!

[Get your lunchtime Zoom link.](#)

Online Caregiver Support Group EVENING

Third Tuesday of each month

 **Tuesday September 15, 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.

[Get your evening Zoom link.](#)

We look forward to seeing you at one of our events – or to hear about one of your own! Enjoy the spring weather and have a great FASD Awareness Day / Month.

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



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This email was sent to kathy.hunter@fasd-can.org.nz

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