

Fetal Alcohol Spectrum Disorder (FASD)
 Family/Caregiver Support Group
 Funded Group List 2020-21



Funding Provided by the Government of Ontario

Group Name	Algoma FASD Parent & Caregiver Children Support Group
Agency/Organization	THRIVE Child Development Centre
Location	Algoma
Group Representative	Audree Labonte
Telephone	705-759-1131 x263
Email	alabonte@kidsthive.ca
Group activities	Support group activities for "Those who love and care for someone with FASD". Support group for children and Virtual coffee breaks for parents.

Group Name	Garden River First Nation Friends and Family Retreat
Agency/Organization	Garden River Wellness Centre
Location	Algoma
Group Representative	Kim Duguay
Telephone	705-946-5710 x273
Email	kduguay@grhc.ca
Group activities	Social Distanced, week-end retreat with education, support and respite provided. FASD informed staff and volunteers including the lifeguard.

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Group Name	Brant FASD Caregiver Support Group
Agency/Organization	Contact Brant
Location	Brant
Group Representative	Linda McFadyen
Telephone	519-758-8228
Email	linda@contactbrant.net
Group activities	Virtual groups that include shared cooking and dining experiences with ongoing FASD support and access to lending libraries.

Group Name	Dufferin Caregiver Support Group
Agency/Organization	Dufferin Child and Family Services
Location	Dufferin
Group Representative	Tara Leskey
Telephone	519-941-1530 x237
Email	tara.leskey@dcafs.on.ca
Group activities	A (Virtual) caregiver support group allow for making connections and networking, with concurrent FASD informed children's programming. REACH FOR IT allows for community partnerships and FASD awareness to build while providing respite for caregivers and a supportive social/recreational activity for children/youth with FASD.

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Group Name	Guelph FASD Family and Caregiver Support Group
Agency/Organization	N/A
Location	Dufferin, Wellington
Group Representative	Laurie Whyte
Telephone	519-803-8230
Email	l.whyte@yahoo.ca
Group activities	REACH FOR IT - partnership with local police department to build relationships, improve FASD awareness, while providing a social recreational group for children while providing respite for caregivers.

Group Name	Lindsay FASD Caregivers Group
Agency/Organization	Children's Services Council
Location	Haliburton, Kawartha Lakes
Group Representative	Janice Balfour
Telephone	705-328-3606
Email	admin@cysc.ca
Group activities	10-week Espionage themed social skills program for children/youth to help build social skills and a sense of belonging. Family Kits and private Facebook group for ongoing support.

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Group Name	Fostering Connections-Middlesex/Elgin/Oxford/Huron/Perth
Agency/Organization	Community Services Coordination Network
Location	Huron, Perth, Oxford, Elgin, Middlesex
Group Representative	Judy Wright
Telephone	519-438-4783 x191
Email	judywright@cscn.on.ca
Group activities	Virtual speaker series and discussion platform for caregivers and youth with FASD or suspected FASD.

Group Name	Northwestern Ontario FASD Caregiver Support Group
Agency/Organization	Firefly
Location	Kenora, Rainy River
Group Representative	Amanda Brennan
Telephone	807-467-5437
Email	abrennan@fireflynw.ca
Group activities	The Virtual FASD support group meet at least every 6 weeks to cover topics and themes established with participant input and that are facilitated by a multidisciplinary FASD informed group of clinicians and individuals with lived experience.

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Group Name	Sarnia-Lambton FASD Support Group
Agency/Organization	Pathways Health Centre for Children
Location	Lambton
Group Representative	Amber Arnold
Telephone	519-542-3471 x304
Email	aarnold@pathwayscentre.org
Group activities	Partnerships with community programs to deliver virtual nutrition and cooking classes.

Group Name	FASD Caregiver and Parent Advisory Committee London (FASD CPAC London)
Agency/Organization	N/A
Location	Middlesex
Group Representative	Annette Blackford Natalie Davison
Telephone	519-878-2598
Email	fasdcpaclondon@gmail.com
Group activities	Created a parent/caregiver advisory committee in order to participate in the local community of practice and is utilizing this platform to invite service providers to speak to the FASD supports that are offered. Setting up a Speaker's Bureau for ongoing reference.

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Group Name	Linkages - Niagara Region, Ontario
Agency/Organization	Family Counselling Center (FCC), Niagara
Location	Niagara
Group Representative	Adrian McKenzie Cathy Gales
Telephone	905 937-7731 x3421 905 937-7731 x3535
Email	adrian.mckenzie@facsnagara.on.ca
Group activities	Virtual kits sent to homes to assist with social skill development, self-esteem. Crafting and virtual yoga.

Group Name	Mentors for Young Adults with FASD
Agency/Organization	N/A
Location	Niagara
Group Representative	Joan Rinker
Telephone	905-562-8255
Email	alcoholbabies@gmail.com
Group activities	Brand New Text Mentoring program connecting youth with an FASD informed mentor.

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Group Name	Northumberland FASD Caregiver Support Group (Cobourg and Area)
Agency/Organization	Children's Mental Health Services
Location	Northumberland
Group Representative	Susan Sweetman
Telephone	603-966-3100 x240
Email	ssweetman@cmhs-hpe.on.ca
Group activities	A (Virtual) group of caregivers and their children with FASD (or suspected) from within Northumberland County who meet monthly (last Wednesday of each month) for facilitated sharing, supporting and education for the caregivers, and concurrent programming for the children and youth.

Group Name	FASD Group of Ottawa
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Ottawa
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	Virtual support group for caregivers of individuals with FASD living in the Ottawa region. This group also welcomes adults/older youth with FASD and frontline workers. This allows for connection and shared learning.

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Group Name	FASD Youth/Young Adult Group
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Ottawa, Prescott and Russel, Stormont, Dundas, and Glengarry
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	A virtual group to support youth and young adults with or suspected FASD. Zoom around the room, and many online activities to help engage and support individuals with FASD.

Group Name	Children’s FASD Group of Ottawa, Prescott Russell and Stormont, Dundas & Glengarry
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Ottawa, Prescott and Russel, Stormont, Dundas, and Glengarry
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	This group will allow children with FASD to build social skills, develop friendships, and explore activities together with guidance from trained facilitators.

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Group Name	Near North FASD Parent & Caregivers Support Group - North Bay
Agency/Organization	One Kids Place Children's Treatment Centre
Location	Parry Sound, Nipissing, Muskoka
Group Representative	Laurie Braidwood
Telephone	405-476-5437
Email	laurieb@onekidsplace.ca
Group activities	Virtual support group focused on family stability and wellness.

Group Name	FASD Connection Peel Support Group
Agency/Organization	ErinoakKids, Centre for Treatment and Development
Location	Peel
Group Representative	Meera Sidhu
Telephone	905-855-2690 x2117
Email	msidhu@erinoakkids.ca
Group activities	Virtual training event for parents and caregivers with 3x/month support sessions with concurrent children's programming. This is growing considerably with the need to establish sub-groups for age specific FASD education and support.

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Group Name	FASD Connection Peel Support Group - Children 2-8 years
Agency/Organization	ErinoakKids, Centre for Treatment and Development
Location	Peel
Group Representative	Meera Sidhu
Telephone	905-855-2690 x2117
Email	msidhu@erinoakkids.ca
Group activities	A parent/caregiver support group that provides age specific resources and tool kits to assist with managing the day-to-day challenges and celebrating the strengths that individuals and families experience related to PAE/FASD.

Group Name	FASD Connection Peel Support Group - Adolescents 9-14 years
Agency/Organization	ErinoakKids, Centre for Treatment and Development
Location	Peel
Group Representative	Meera Sidhu
Telephone	905-855-2690 x2117
Email	msidhu@erinoakkids.ca
Group activities	A parent/caregiver support group that provides age specific resources and tool kits to assist with managing the day-to-day challenges and celebrating the strengths that individuals and families experience related to PAE/FASD.

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Group Name	FASD Connection Peel Support Group - Youth & Young Adults 15-20 years
Agency/Organization	ErinoakKids, Centre for Treatment and Development
Location	Peel
Group Representative	Meera Sidhu
Telephone	905-855-2690 x2117
Email	msidhu@erinoakkids.ca
Group activities	A parent/caregiver support group that provides age specific resources and tool kits to assist with managing the day-to-day challenges and celebrating the strengths that individuals and families experience related to PAE/FASD.

Group Name	FASD Connection Peel Support Group - Mentorship program for children and youth
Agency/Organization	ErinoakKids, Centre for Treatment and Development
Location	Peel
Group Representative	Meera Sidhu
Telephone	905-855-2690 x2117
Email	msidhu@erinoakkids.ca
Group activities	A mentoring program to support the inclusion of children/youth with FASD into existing community programs. The aim is to ensure that children/youth feel a sense of belonging while building service provider skills, understanding, and system capacity to support individuals and families experiencing the effects of PAE/FASD.

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Group Name	Peterborough FASD Adult Support Group
Agency/Organization	Tri County Community Support Services
Location	Peterborough
Group Representative	Brittany Thompson
Telephone	613-920-3350
Email	bthompson@tccss.org
Group activities	Providing zoom gatherings/groups and supplying Wi-Fi to families in need. Virtual groups including cooking together with kits put together with necessary supplies and delivered to the homes prior to session.

Group Name	FASD Group of Prescott Russell (PR) and Stormont, Dundas & Glengarry (SDG)
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Prescott and Russell, Stormont, Dundas, and Glengarry
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	This virtual support group aims to enable caregivers of individuals with FASD in the rural areas of PR and SD&G to connect and share stories and advice with each other.

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Group Name	Hastings & Prince Edward FASD Caregiver Support Group
Agency/Organization	Children's Mental Health Services
Location	Prince Edward, Hastings
Group Representative	Susan Sweetman
Telephone	603-966-3100 x240
Email	ssweetman@cmhs-hpe.on.ca
Group activities	The FASD Caregiver (Virtual) support group was developed to provide an opportunity for families to connect with others in the community to provide support and to share educational opportunities and experiences in a non-judgemental environment.

Group Name	FASD Community Partner - Rainy River District
Agency/Organization	N/A
Location	Rainy River
Group Representative	Tina Arnold
Telephone	807-274-7787 x5023
Email	tina.arnold@krrcfs.ca
Group activities	FASD education and support provided through Virtual Wellness events.

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Group Name	Simcoe County FASD Caregiver Support Group
Agency/Organization	Catulpa Community Support Services
Location	Simcoe
Group Representative	Carolyn Walsh Vicky Schenk
Telephone	705-321-2149
Email	cwalsh@catulpa.on.ca vschenk@catulpa.on.ca
Group activities	Zoom virtual sessions which include important topics as requested by members e.g. collaborative problem solving, trauma and grief, Healthy Sexuality, and sleep well sessions for adolescents with FASD. Providing Wi-Fi to individuals and families in need to reduce barriers.

Group Name	Maamwesying FASD Support Group
Agency/Organization	Maamwesying North Shore Community Health Services
Location	Sudbury, Algoma
Group Representative	Frances Pine
Telephone	705-227-1309
Email	frances.pine@nmninoeyaa.ca
Group activities	Support groups for members from a vast Northern Ontario region. Group members include parents/caregiver, family/siblings, service providers/community members who all can support the individual and family. Strategy binders have been created to have resources readily available for remote families without Wi-Fi and who prefer hard copies.

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Group Name	Thunder Bay Fetal Alcohol Support and Information Network
Agency/Organization	N/A
Location	Thunder Bay
Group Representative	Tesa Fiddler
Telephone	807-627-2219
Email	tbayfasin@gmail.com
Group activities	A parent/caregiver support group in partnership with a local Community Health Centre. A group webpage has been established with private zoom accounts for support group activities.

Group Name	Toronto FASD Network
Agency/Organization	Toronto FASD Network
Location	Toronto
Group Representative	Sharron Richards
Telephone	416-925-1073
Email	hutchings.richards@sympatico.ca
Group activities	The Toronto FASD Network was established in 2005 to enhance the capacity to prevent and address FASD through the coordination and development of resource and initiatives serving children, youth, and adults living with FASD, their parents, and care providers, pregnant women, and community stakeholders. This particular initiative aims to provide support for siblings of individuals with an FASD diagnostic to help them with a deeper understanding, emotional support, and ways to create safe boundaries and self advocacy skills, while respecting the complex needs of their family members.

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Funding Provided by the Government of Ontario

Group Name	Waterloo Region FASD Action Group - Parent/Caregiver Support Group
Agency/Organization	Lutherwood
Location	Waterloo
Group Representative	Rob MacDonald
Telephone	519-504-0695
Email	rmacdonald@lutherwood.ca
Group activities	A virtual Parent/Caregiver support group that offers both education and peer support by sharing personal experiences, coping strategies, connections to local supports, and reminders that families are not alone.

Group Name	Waterloo Region FASD Action Group - Adolescent Support Group
Agency/Organization	Lutherwood
Location	Waterloo
Group Representative	Rob MacDonald
Telephone	519-504-0695
Email	rmacdonald@lutherwood.ca
Group activities	A virtual support group for adolescents with FASD that offers a combination of education and peer support in order to reduce isolation and to establish/enhance a network of social support.

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Group Name	York Region FASD Caregiver Support Group
Agency/Organization	Catulpa Community Support Services
Location	York
Group Representative	Carolyn Walsh Vicky Schenk
Telephone	705-321-2149
Email	cwalsh@catulpa.on.ca vschenk@catulpa.on.ca
Group activities	Zoom virtual sessions which include important topics as requested by members i.e. collaborative problem solving, trauma and grief, Healthy Sexuality, and sleep well sessions for adolescents with FASD. Providing Wi-Fi to individuals and families in need to reduce barriers.

Group Name	Team LOVE - Journey Together - Tethering our Teens with Sheila Burns - Online for caregivers throughout Ontario
Agency/Organization	N/A
Location	Province-wide
Group Representative	Darlene Durand
Telephone	519-438-7221
Email	musictrain@execulink.com
Group activities	Tethering our teens - virtual and available to parents/caregivers of teens from across the province. Aimed to focus on the changing needs for individuals and caregivers while the young person transitions to and through adolescence. Focused on strengths and belonging.

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Funding Provided by the Government of Ontario

Group Name	Rural FASD Support Network Caregivers - Smiths Falls Chapter
Agency/Organization	N/A
Location	Province-wide
Group Representative	Diane Greer
Telephone	613-925-1916
Email	ggreer@xplornet.com
Group activities	Closed Facebook support group to respect confidentiality and safety for part of the group time, while allowing the livestream and sharing of educational components to go broadly to build capacity.

Group Name	Rural FASD Support Network - People living with FASD - Smiths Falls Chapter
Agency/Organization	N/A
Location	Province-wide
Group Representative	Diane Greer
Telephone	613-925-1916
Email	ggreer@xplornet.com
Group activities	Events for children to enable play and social interaction with a focus on sharing strengths.

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Group Name	Virtual ACT for Caregivers of Individuals with FASD across Ontario
Agency/Organization	Centre for Addiction and Mental Health (CAMH)
Location	Province-wide
Group Representative	Johanna Lake
Telephone	647-833-1487
Email	johanna.lake@camh.ca
Group activities	Provincial virtual Acceptance Commitment Therapy/Training for Parents and Caregivers.

Group Name	Peterborough, City of Kawartha Lakes and Haliburton Children and Youth Support Group
Agency/Organization	Tri-County Community Support Services
Location	Province-wide
Group Representative	Kim Carson
Telephone	705-876-9245 x231
Email	kcarson@tccss.org
Group activities	To create an environment where children and youth with FASD feel understood and a sense of belonging. Family kits are created and delivered to homes, and Virtual Espionage themed video game platform focussing on Social Skill development is offered.

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Group Name	A Night Out with Friends - London ON
Agency/Organization	London Family Court Clinic (LFCC)
Location	Province-wide
Group Representative	Kim Harris
Telephone	519-494-6572
Email	kim.harris@lfcc.on.ca
Group activities	Virtual support group with participant informed topics covered. Activity packages to enhance participation, with a lending library. Clinical training for residents and students pursuing the helping professions and opportunities for online activities for children/youth including Martial Arts.

Group Name	Algoma FASD Parent Caregiver Youth & Adult Support Group
Agency/Organization	Algoma Family Services
Location	Province-wide
Group Representative	Kimberly Cavanagh
Telephone	705-297-2805
Email	kcavanagh-dillane@algomafamilyservices.org
Group activities	Resource packages provided prior to virtual events facilitated by topic experts. Focussing on Therapeutic parenting, self regulation with Occupational Therapists, and Elder to assist with personal wellness plans and Trying Differently Rather than Harder.

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Group Name	Hamilton FASD Parent & Caregiver Support Group
Agency/Organization	N/A
Location	Province-wide
Group Representative	Mark Courtepatte
Telephone	905-628-0055
Email	hamilton.fasd@gmail.com
Group activities	Volunteer support group (Virtual) which provides assistance and support to all parents/caregivers and individuals with FASD or suspected FASD. Ongoing web conferencing and plans for a larger collaborative conference to provide training to parents/caregivers and service providers.

Group Name	Ontario Support and Education Group for Adults with Fetal Alcohol Spectrum Disorder (FASD) or Suspected FASD
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Province-wide
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	This virtual monthly group will provide the opportunity for adults with FASD to receive facilitated support and education about their brain-based disability from qualified professionals in a supportive, inclusive environment.

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Group Name	Ontario Social Group for Adults with (or Suspected) Fetal Alcohol Spectrum Disorder (FASD)
Agency/Organization	Able2 (formerly Citizen Advocacy Ottawa)
Location	Province-wide
Group Representative	Nancy Lockwood
Telephone	613-761-9522 x234
Email	fasd@able2.org
Group activities	This facilitated monthly virtual support group will foster connections between adults with FASD, reducing isolation and allowing for peer support sharing of experiences.

Group Name	Waterloo Region FASD Action Group - Digital Video
Agency/Organization	Lutherwood
Location	Province-wide
Group Representative	Rob MacDonald
Telephone	519-504-0695
Email	rmacdonald@lutherwood.ca
Group activities	This digital video is intended to build upon existing support group activities by increasing reach, and by creating a tool that parents/caregivers will use to help educators and service providers to identify and understand the complexities of FASD. This deeper understanding will allow for adjustments to their respective services to provide more appropriate support and accommodation to children, youth and families who are experiencing FASD.

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Group Name	FASD Support Group of Renfrew County
Agency/Organization	Family & Children's Services of Renfrew County
Location	Province-wide
Group Representative	Victoria Gillan
Telephone	613-735-6866 x3131
Email	victoria.gillan@fcsrenfrew.on.ca
Group activities	FASD support (Virtual) will focus on building functional skills and strategies for families/caregivers. Sessions include Non-violent crisis prevention/intervention training, safety planning with police officers, grief and loss, sensory considerations with an Occupational Therapist and education through a neurobehavioral approach with peer support.