

One day workshop plan

Honoring our “family tree”

Morning

1. Territorial acknowledgement
2. Safety/grounding
 - a. Energy
 - b. Togetherness
 - c.
3. Intention/purpose
 - a. Open heart
 - b. Not here to condemn or judge
 - c. Walk in a gentle way
4. Ice breaker (conformity/acceptance)
5. Vulnerability/Transparency
 - a. What stops us from showing up?
 - i. What would stop you from participating?
 - ii. What allows you to feel safe?
 - iii.
 - b. Shame and guilt
 - c. Alcohol in our world view
 - i. Stereotypes, pink advertising, why do we use alcohol in our society
6. What is FASD? Body/brain
 - a. What does your brain do?
 - b. “executive function skill” awareness
 - c. Brain overload – gas and brake at same time
 - d. With FASD, some or all can be impaired
7. What are your burning issues?
 - a. Brainstorm
 - b. Small groups/sharing

Afternoon

8. Nate Sheets videos (dysregulation)
9. Cognitive issues
10. Groups around burning issues??
11. Wellness – self care for caregiver
12. Strategies?
13. What is in their backpack for survival?
14. All behaviour is communication what is the behaviour trying to communicate
15. Skit around communication, assumptions, what is going on in the brain
16. Resource lists/checklist

Connections – building capacity/community connections

Word cloud

What does it mean to be a caregiver?

How do you view FASD?

How do you stay grounded?

Second day

Sex

Relationships

Adulting

Daily functioning skills

Community living skills – how do you transition to life after school

How do we empower young adults to be able to say what they need

What has worked?

What does it mean to have an external brain?

How do we deal with shame and guilt?

Prevention awareness/strategies

Advocacy

What are we, what do we do – Mission statement

FASD Together: We are a collective group of educators whose passion for FASD awareness and education support awareness and education for all those who walk with FASD. We recognize that when an individual is identified with FASD, it impacts more than just the person. We all share a responsibility for support, engagement and honoring the challenges and barriers experienced by people with FASD and their families. Individuals, families and communities. Wholistic committed to providing education, in a safe, respectful inclusive learning environment that supports caregivers and families to provide proactive supports and approaches.

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