



## FASD-CAN

Fetal Alcohol Spectrum Disorder  
Care Action Network

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### March 2025 news

#### Latest updates from FASD-CAN



I hope by now things have settled in your whare for the new year – it's taking time to settle down in ours and we've had a few bumps along the way, but some structure has certainly helped.

We are happy to announce a new seven-week, online, Life with FASD course this year for caregivers, starting May 1. This training has been called life-changing by past participants, so if you can find time, it's a fantastic investment in the future of your whānau.

And do check out our webinar next Wednesday – we have Professor Raja Mukherjee with us live in the morning from the UK (and being replayed in the evening for those that can't make the morning). More info below.

It was a privilege once again to join our young adults group in beautiful Waikanae for a weekend recently. Seeing them grow in confidence, find their voices and get such a buzz out of connecting with one another was truly inspiring for the mahi we all do and why we do it. It was also inspiring to hear what the caregivers got out of it. There are times when we need space to talk about our anxieties – but also time for our cups to be refilled. Thanks to all the rangatahi who contributed to make the weekend fantastic and also to the caregivers for your willingness to connect. We couldn't do these events without our sponsors – so to those who donate towards these special weekends, thank you. They have been life-altering and we would like to continue offering them if we can.

A special thanks also to Ruruhana Brownie, our Navigator in Whangārei. She has offered to facilitate a regular online evening caregiver and whānau support group. So it

doesn't matter what part of Aotearoa you're in, jump online and kōrero with others on a similar pathway. You'll learn, be inspired and may also help others. What is it they say? A problem shared...

Ngā manaakitanga

**Stephanie**

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### **Upcoming education opportunities**

- **Life with FASD: Understand and Connect with Aroha ONLINE**

*May 1 – July 26, Thursdays from 10.30-12pm, FREE*



This wonderful caregiver training course will be happening in 2025 in seven modules over nine weeks. It has been developed to support and empower those caring for someone who is impacted by FASD (or possible FASD), whether you're a caregiver, parent, grandparent or other whānau member.

[Click here for more info and to register.](#)

- **Raja Mukherjee: FASD, co-occurring neurodiversity and misdiagnosis**

*Wednesday March 12, 8.30am (live from London) AND 7.30pm (recording), FREE*



Remember to register (many already have!) for what will be a fascinating webinar. Raja will be speaking about the co-morbidities that can occur alongside FASD, including ADHD and Autism Spectrum Disorder (ASD), as well as vision and hearing difficulties. This free webinar will happen live from London in the morning at 8.30am NZST, but we'll be recording it for one more viewing in the evening.

[Click here to go to our events page](#) to register for either webinar.

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#### **IDP4: an empowering weekend for our rangatahi!**



El Rancho in Waikanae hosted another few days of fun and whanaungatanga / connection, confidence-building, support, encouragement and awesome activities for our rangatahi. Some of our young leaders have made great strides towards their goals of self-advocacy over the last year. They are the experts in FASD and we organise these weekends to support them in helping others find out more about it.

[Click here](#) to see a great informal video of the weekend, and to find out more about what this regular catch-up with others who have FASD means for our rangatahi – as well as for their parents and caregivers.

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**Dr David Junior Gilbert in Aotearoa NZ**



The FASD community was privileged to have had Dr David Junior Gilbert in Aotearoa in late February (left, with Professor Anita Gibbs after presenting to Dunedin Police). From Tāmaki Makaurau to Ōtepoti, we’ve learned much more about his research on the vulnerabilities of young people with FASD who have found themselves in police cells, or in court.

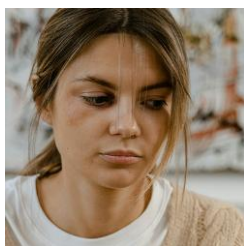
We talked to an Auckland whānau who has helped him with his research – they said the process was very positive and empowering. They also received his detailed assessment notes on specific vulnerabilities for their rangatahi, which they found ‘invaluable’.

[Click here](#) to find out more about this family's experience, and how to take part in this exciting global research – Gilbert is still very keen for more participants.

*PS – in May we’re excited to bring you a webinar with Gilbert, filmed while he was here and interviewed by FASD-CAN Navigator Anna Gundesen – stay tuned for updates!*

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## CPVA survey



VisAble is conducting a short survey to find out more about Child to Parent Violence and Aggression (CPVA) in Aotearoa. CPVA is more common than most people realise, so VisAble want to create awareness and hopefully support for those experiencing it. The survey is completely anonymous.

[Click here](#) to find out more.



### **‘Teens and Beyond’ Transition to Adulthood resource**

Have you seen our new transition resource, [Teens and Beyond](#)? It’s a comprehensive guide for rangatahi and adults (18-32 age range) for living interdependently in Aotearoa NZ.

Topics include getting ID, the law, income support, employment, tertiary study and much more.

If you have checked out Teens and Beyond, please take a moment to let us know what you think of it – email us at [admin@fasd-can.org.nz](mailto:admin@fasd-can.org.nz).

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### **FASD-CAN Online Group Meetings**

#### **Announcing our brand-new EVENING online caregiver support group!**

Our lunchtime group has been happening for some time, but we know some of you can’t make it during the day. So our new evening group will kick off on March 19 and take place on the third Wednesday of each month at 7.30pm-8.30pm.

[Click here to register](#) for our EVENING online support group!

#### **Next meeting dates for our other groups:**

[Online Caregiver Support Group LUNCHTIME](#) – (monthly) Thursday 6 March, 12:30pm

[LANSAS](#) online group for social workers and support workers (quarterly) – Tuesday 13 May 4pm

[Ngā Tupu Rau](#) online group for educators (once a term) – Tuesday 3 June, 4pm

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That's it for this month – enjoy the last weeks of summer!

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.

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