Kete into Practice

The Ministry of Education is funding FASD-CAN's 'Kete into Practice' FASD course for delivery to as many Learning Support Coordinators (LSCs) as possible throughout 2026.

There are 10 training modules, 1 Masterclass (with three options) and 2 Community of Practice discussions in each course. All 1.5 hours each.

They have FOUR courses of Kete into Practice in 2026, with staggered start dates. There's still time to sign up for either of the first TWO groups – these have already begun, but if you sign up before Friday May 8, you can catch up with recordings of the first three sessions (these will be sent to you once you have registered) and begin live sessions next week (beginning May 11).

🗒️ Group 1: began Monday 20 April
🗒️ Group 2: began Wednesday 22 April
🗒️ Group 3: Tuesday July 28
🗒️ Group 4: Tuesday August 4

Click here to find the start date that works for you and register.

• Please SHARE with your colleagues (you'll be able to download the shareable pānui on all of the registration pages).

• Caregivers / parents / whānau – please encourage your local school to ensure their Learning Support Co-ordinator is signed up to one of these courses! Helping educators to become FASD-informed will change the school experience for many struggling ākonga / students with FASD or other neurodiversities.

He Ara Tika Training – 'FASD 101' for community kaimahi and whānau

FASD-CAN has two more FREE kanohi ki te kanohi (face to face) workshops this month – but you'll need to be quick – they're nearly sold out. Their He Ara Tika workshops are for non-clinical kaimahi (e.g. youth workers, AOD counsellors, social workers etc), as well as caregivers and whānau.

The trainings are four hours long (10am-2pm), with lunch included.

Some recent feedback:
"The FASD training was very informative and well structured. It enhanced my understanding of how prenatal alcohol exposure can affect brain development, behaviour, and daily functioning. The facilitators were awesome!"

Click here to register for He Ara Tika training, Kirikiriroa / Hamilton, May 20

Click here to register for He Ara Tika training, Whangārei, May 29

ONLINE now sold out – but do email training@fasd-can.org.nz to go on their waitlist for potential future trainings.

NEW: Announcing FASD-CAN's 'KEA' (Kiwi Education and Attendance) Tracker

Official data on school exclusions often fails to capture the true loss of education hours for ākonga / students with FASD / Te Iho Tātai-ā-Rongo.

Various types of 'voluntary' exclusion are undocumented – this means they won't appear in reports for the Ministry of Education. This lack of data creates a misleading picture of the success of the education system for tamariki and rangatahi with FASD.

To support advocacy in this area, a robust, real-time database that reflects the actual frequency of these events is required. Enter the KEA Tracker, a simple form you can fill in and submit whenever an education-limiting event occurs. This (anonymous) info will be added to a database and used for future advocacy.

Click here to learn more.

Please note: the KEA Tracker is to be used for events from May 6 onwards – NOT for past events).

Webinar: FASD-CAN's KEA Tracker and how to use it
Wednesday May 13, 7.30pm-8pm

FASD-CAN are presenting a short (half hour) webinar to explain more about the KEA Tracker and how to use it. Join them to help us advocate for realistic data – and equity in education for those with FASD!

Click here to register.

NEW Caregiver Training: Life with FASD 2 – ONLINE
He Ara Hononga me Aroha / a Path of Connection with Love

- **Every Tuesday in June beginning Tuesday June 2**
- **Choice of same-day morning or afternoons sessions**

If you have completed FASD-CAN's 'Life with FASD 1: Understand and Connect with Aroha' course, their new 'Life with FASD 2: Connection and Safety with Aroha' is now available ONLINE.

It's a follow-on training for caregivers, parents and whānau to deepen understanding of the brain-based symptoms of FASD and learn more fantastic support strategies.

There is a choice of two x five-session online courses coming up – one in the morning and one in the afternoon every Tuesday in June (2nd, 9th, 16th, 23th, and 30th).

Click here to register for the LWF2 online **morning** sessions – 10.30am-12pm

Click here to register for the LWF2 online **evening** sessions – 7.30pm-9pm

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Caregiver Training: He Maonga Āwhā: Finding the Calm in the Storm
Two-day, free intensive workshop, 26/27 May 2026
Royal Oak, Tāmaki Makaurau

If you are dealing with violence and abuse from your tamaiti / child or rangatahi / young adult with FASD, He Maonga Āwhā will give you a toolkit with five main pillars of understanding: brain-based understanding, trauma-informed care, connective parenting, non-violent resistance, and mātauranga Māori teaching for resilience.

Please note:
- To do this course you must be **currently** experiencing CPVA in your home.
- You must have a basic understanding of FASD – it's not an introductory training.

Click here to find out more and register.

NEW Workshop: Teens and Beyond – Rangatahi and Whānau Transitions to Adulthood
Saturday June 20, 11am-3pm, Tāmaki Makaurau / Auckland

Moving forward from being a teenager with FASD to an adult in the world is a big step – for both rangatahi and their whānau. There is much to think about: how they are seen in the eyes of the law; requiring identification and how to obtain it; money and banking; income support; housing arrangements and more.

This **free** workshop is based on FASD-CAN's Teens and Beyond resource and is open to any caregiver and whānau who is supporting a young person with FASD transition to adulthood (resources will also be helpful for other neurodisabilities).

Our facilitator, Denise Green, is a Regional Coordinator with Caring Families Aotearoa (CFA). She is highly trained and has lived experience from being a foster parent for nearly three decades. Denise will be joined by FASD-CAN's Kirikiriroa / Hamilton Navigator, Teesh Dowie-Lewis, who also has a wealth of lived experience through fostering.

Click here to learn more and register.

June Webinar – The Gut / Brain Connection Part 1: Bowel Issues
Wednesday June 10, 7.30pm

Next to the brain, the gut has the biggest effect on feelings, emotions and mental health – some professionals are even calling it 'the second brain'. If the bowel is not in good health, the brain is likely to be impacted and vice versa.

Join the wonderful Lisa Smith, continence specialist, for this webinar. Part 2, later in the year, will focus on nutrition for neurodivergence.

Click here to find out more and register.

FASD-CAN's Wellington FASD Network
Friday June 5, 10am

This long-standing group has been brought back for bi-annual face-to-face meetups – now with a specialist discussion topic each time. Caregivers, parents, whānau and cross-sector professionals with an interest in FASD – please join FASD-CAN CEO Stephanie and Chairperson Dr Leigh Henderson to discuss **'The importance of FASD diagnosis, and overlaps with other conditions'.**

Where: Caring Families Aotearoa – 45 Knights Road (Level 4), Lower Hutt
When: Friday June 5, 10am
RSVP: to Leigh Henderson at leigh.henderson@fasd-can.org.nz

NOTE: Caregivers, parents and whānau are invited to stay afterwards for a relaxed catchup from 11.30am.

ONLINE FASD Caregiver Support Group Meetings – upcoming dates

FASD-CAN's online support groups are pen to everyone around the motu – whether you attend one of their in-person support groups near you or not. When you join a caregiver support group, you're not alone – you're with people who understand and are not judgemental!

ONLINE Caregiver Support Group – Lunchtime
Thursday May 7, 12:30pm
Our new Navigator in Te Wai Pounamu, Jacqui Mikkelson, will be hosting our **lunchtime** group in 2026 – so grab a sandwich and a cuppa and hop online to join us – nau mai, haere mai, all welcome!

Click here for your Lunchtime Zoom link.

ONLINE Caregiver Support Group – Evening
Tuesday May 19, 7:30pm
RuruHana Brownie, our Navigator from Te Tai Tokerau / Northland hosts this group. With her years of experience with whānau behind her, RuruHana is unfazed by anything!

Click here for your Evening Zoom link.

LANSAS – Quarterly FASD Webinars for Social Workers and Support Workers: ONLINE

Choice Theory: Empowering Connections to Support Tamariki with FASD
Tuesday May 12, 4pm-5pm

'Choice Theory', developed by Dr William Glasser, is a framework designed to shift perspectives about what drives human behaviour from external control to internal empowerment. It moves us away from traditional 'reward and punishment' models that often fail due to the neurological complexities of FASD and instead focuses on building secure relationships utilising the basic tenet that 'all behaviour is an attempt to meet a need.'

Facilitator Carol Ashton has 40 years of experience in teaching, advisory and strategic leadership roles across New Zealand and internationally.

Click here to find out more and register now.

Ngā Tupu Rau – Quarterly FASD Webinars for Educators: ONLINE

Beyond the Myths: Supporting Neurodiverse Learners in SLN
Tuesday, 9 June – 4pm-5pm

Are you navigating the rollout of Structured Literacy and Numeracy (SLN) but wondering how to best support ākonga with Fetal Alcohol Spectrum Disorder (FASD) and other neurodiverse learners? FASD-CAN invites all kaiako to join them for an interactive and supportive hui focused on FASD and its intersection with modern classroom practice.

What to Expect:
• Myth-busting – kick off by debunking five common myths and misunderstandings about FASD and how they impact kaiako.
• SLN Deep Dive – explore the real-world challenges kaiako face when implementing SLN for ākonga with FASD and other neurodisabilities.
• Collaborative Brainstorming – discuss effective, actionable strategies you can take back to your classroom.

Click here to find out more and register now.

FASD Info Sheets

FASD-CAN has a great resource page with info sheets on a wide range of subjects that will interest parents and caregivers as well as professionals.

New additions this month:

• **FASD and Choline** – an essential nutrient which can be supplemented to positive effect in alcohol-exposed pregnancies.

• **FASD, Alcohol Consumption and Pregnancy** – debunking myths and incentives for staying alcohol-free when pregnant or trying to conceive.

• **FASD and Epigenetics – What Pāpā / Fathers and Partners Need To Know** – the recent research showing conclusively the effects of alcohol on sperm and how it affects fetal DNA.

Check them out here.