



growing together: *a retreat for parents of people with fetal alcohol spectrum disorder*

The **Adoptive Families Association of BC (AFABC)** and the **Adoption Council of Canada (ACC)** are pleased to invite you to our second parent retreat. If you are an adoptive parent of a child, youth, or adult who is suspected of having or has been diagnosed with a Fetal Alcohol Spectrum Disorder (FASD), we hope that you will join us. As a parent-led organization, we know the importance for parents to have a chance to come together with those who understand and care.

This retreat is planned to provide opportunities to share stories of challenges and triumphs, to listen and to learn, and to enjoy time away. Most important, though, is the chance to develop friendships and support. We hope that you will find a way to join us at this retreat planned just for you.

While we realize that finding child care can be difficult, the event is for adults only.

Register early as space is limited.

Saturday, January 30, 2010
8:45 am – 5 pm
The Anderson Heritage House
6135 MacDonald Street
Vancouver, BC

Free parking

Early Registration fees:
(by Tuesday December 1, 2009)
Individual: \$30, Couples: \$50

Registration Fees:
(by Friday January 15, 2010)
Individual: \$35, Couples: \$60

Registration deadline
Friday, January 15, 2010



agenda

8:45 am	Registration, continental breakfast
9:15 am	Introductions, icebreaker activities
10:00 am	Information and discussion groups
10:45 am	Speakers: Choice of 4: <i>“Basics of FASD”</i> or <i>“Planning for Adulthood”</i> or <i>“Complex Behavioural Intervention”</i> or <i>“FASD and the Judicial System”</i>
11:30 am	Break
11:45 am	Discussion groups and sharing the learning
12:30 pm	Self care and reflection time
1:00 pm	Lunch
2:00 pm	Review of learning
2:15 pm	Discussion: parent self care
2:45 pm	Activities: Choice of 2 of either massage, art, yoga OR humour
4:30 pm	Closing celebration and evaluation
5:00 pm	Appreciation social (attendance is optional)

For information about the retreat and registration please contact:

Tanya Loretto, ACC Parent Liaison
(604) 266-1220
tloretto@shaw.ca

Sarah Reid
AFABC Adoption Support Coordinator, Vancouver/Coastal
(604) 320-7330 ext 105
sreid@bcadoption.com

registration

Early Registration by December 1, 2009

Registration Deadline: January 15, 2010

Attendee information			
Name(s):			
Street Address:			
City:		Province:	
Postal Code:			
Phone:			
E-mail:			
Special dietary needs (specify):			
Number of children in family with FASD:			
Age(s) of children in family with FASD:			

Registration Fees before Dec 1: \$30 individual, \$50 couples. After Dec 1: \$35 individual, \$60 couples.

Payment: Visa Mastercard Cheque * **Total:** _____

Card # _____

Expiry Date: ____ / ____ Name: _____

* If you pay by cheque please make it payable to:

Adoptive Families Association of BC (Retreat for adoptive families January 30/10)

Please send your attendee information along with the registration fee information to:

Adoptive Families Association of BC

Attention: Sarah Reid

200 - 7342 Winston Street

Burnaby, BC V5A 2H1

or by fax: 604 320 7350