

Are you raising a child whom you think was harmed by alcohol during pregnancy?



Foetal alcohol harm* can show itself in a different ways, but always includes:

- *Learning difficulties;*
- *Trouble planning activities or studying;*

An unusually hard time controlling impulses or understanding boundaries; and,;

- *A struggle to learn from experience (repeating negative behaviours).*

If this describes the child you are raising - as a biological parent, foster/adoptive parent, grandparent or other family member (kinship carer) - and you know/believe that the mother drank alcohol anytime during pregnancy -- then this meeting is for you.

We are FASawareUK - a small charity run by parent volunteers who understand about foetal alcohol harm and can help you to help your child. FASawareUK is a totally NON judgemental support group. Please come a meeting to learn more about foetal alcohol harm. FASawareUK want to help develop and support a parent support group in the Glasgow area.

The aims of the group are to share "Support, Information, Strategies and Friendship. "

Two identical sessions will be held on **Monday 15th November 2010** at:

Glasgow Council on Alcohol offices:

7th Floor, Newton House, 457 Sauchiehall Street, Glasgow.

- 12:00 until 15:00 (lunch included)
- 18:00 until 21:00. (snacks included)

There is no cost. Why not join us and help make a difference?

However, you do need to book a place by calling Gloria Armistead at 01942-223780 or text 07812461836 or e-mail to fasawareuk@blueyonder.co.uk

Places are limited, so please get in contact as soon as possible.

* Foetal alcohol harm is sometime known as Foetal Alcohol Syndrome (FAS), when there also are physical birth defects -- or Foetal Alcohol Spectrum Disorder (FASD) when the damage to the brain is present without other physical signs. There is no cure, but life can much better for both the children and the parents affected when they have a greater understanding of what's happened and what can be done to help better manage this lifelong condition.

FASawareUK's website is: www.fasaware.co.uk, where you will find an open support forum.