

**Manitoba FASD Coalition Inc.
And the Manitoba FASD Family Network**

Understanding and Managing Sleep in FASD

Featuring Dr. Ana Hanlon-Dearman

**Friday, January 31, 12:00 – 1:00 p.m.
SSCY Centre – 1155 Notre Dame Avenue**

Sleep, or lack thereof, can be a problem for many people, but it can be a significant issue for those who have FASD.

The aim of this presentation is to understand sleep disruption in FASD and discuss some practical approaches to managing sleep.

This workshop will be of interest to parents, caregivers and service providers throughout the province.

**This is a FREE event sponsored by the Manitoba FASD Coalition
And the Manitoba FASD Family Network**

Session will run 12:00 pm to 1:00 pm

**Winnipeg sessions are located at the SSCY Centre Northern Lights Room
1155 Notre Dame Avenue, Winnipeg**

**To attend in Winnipeg – please email coordinator@fasdcoalition.ca
to hold a seat**

**Sessions may be available via Tele-video conference in some areas. Tele-
video conference information will be available on a per session basis.**

**Participants are invited to stay following the formal presentation to meet for
further discussion of the topic & networking**

****NOTE** There is paid parking available in the visitor section at SSCY****