

## COMMUNITY CAFES SPARK CONVERSATIONS ON FASD AND DIGNITY

Cintia Damasceno & Marleny Bonnycastle, Ph.D.

### So, you know...?

... Community cafes provide a space for diverse community members to gather and engage in conversations about stigma and dignity in FASD. These conversations inspire new connections and enable participants to build on each other's knowledge to imagine ways to promote dignity of those impacted by FASD.

1. How can community cafes spark conversations about stigma and dignity in FASD?
2. How can community cafes mobilize communities?

### Community cafes helped identify stigma in FASD...

"...there's often new people, new players, sitting in that seat, so it's like a never-ending circle trying to [maintain a] continuum of services and education..."

**Turn over in  
service staff**

**Connection**

"...with COVID, and more restrictive services,... requiring Team or phone meetings for your mental health meeting, when there's a lot of people... who aren't comfortable with that."

**Accessibility**

"Accessibility is such a big issue... we forget that there's so many remote communities."

**Need for  
community**

"...where the community was just was more looking for something at a broader community level to start kind of having some conversations about not explicitly about FASD because like, like we said there's, there needs to be safety, there needs to be readiness there and that wasn't necessarily there for this community ..."

**Whose voices  
count?**

"...put stigma on family members when they don't know enough... Have we done enough education, with family in in community to help them understand what FASD is?... Because I think our families are so fundamentally important, and we need to be apprised of what is FASD?"

## \*Let's talk more about... dignity

### Harm reduction

"Ensure we have some safe spaces and that there are community places for culturally appropriate ceremonies that promote dignity."

**Safe spaces**

"The education that we want these specialists, doctors, and everybody to have... should be coming from people with lived experience and families."

**Knowledge  
co-creation**

"Service providers in town coming together to discuss, strategize and think about harm reduction and community... how we can take skills and knowledge in harm reduction principles outwards."

"[Dignity is] being in control and having the power to make your own decisions and feeling respected."

**Agency**

"I'm not saying that we should push people to go beyond their capacity, but there are people who are willing and able to go beyond. And there needs to be some acknowledgement of people who want to take those opportunities."

**Recognize people's  
capacity**