



Manitoba FASD Coalition
Join us for an Information Series Workshop

Building Better Nights: Practical Sleep Approaches for Individuals with FASD

Facilitated by Melissa Campbell & Brenlee Perillo

This presentation will explore the relationship between Fetal Alcohol Spectrum Disorder (FASD) and sleep. We will be highlighting common sleep challenges experienced by individuals with FASD, the brain-based reasons behind these difficulties, and practical, supportive strategies that can improve sleep and overall daily functioning.

Friday, January 30th, 2026, 12:00 p.m. – 1:00 p.m.

This is a FREE event sponsored by the Manitoba FASD Coalition and the Manitoba FASD Family Network - Session will run from 12:00 p.m. to 1:00 p.m.

Melissa Campbell is an Occupational Therapist with Métis and settler roots from Stonewall, MB. She has worked as a community pediatric occupational therapist in remote northern Indigenous communities and is now a clinical service lead in Fetal Alcohol Spectrum Disorder (FASD) post-diagnostic follow-up services. Melissa also holds positions as an instructor and recruitment lead in the Department of Occupational Therapy at the University of Manitoba.

Brenlee Perillo is an Occupational Therapist at the Rehabilitation Centre for Children. She has experience working in school settings in both Winnipeg and The Pas and surrounding communities. Her current role includes providing Follow-Up Services through the Manitoba FASD Centre, where she offers community education on Fetal Alcohol Spectrum Disorder (FASD) and supports children diagnosed with FASD, along with their families, caregivers, and school teams.

The Info Series Workshop will be in the form of a Zoom webinar.

Please register in advance.



Click here to Register

*If you find that you are not able to attend, please cancel your registration before the workshop by notifying the office
leehurton@fasdcoalition.ca*