

INTRODUCING



**THIS IS
ME**

AVAILABLE
NOW

**DISCOVER NEW
WAYS TO LEARN
ABOUT FASD.**

This is Me is a visual learning tool designed to assist individuals with Fetal Alcohol Spectrum Disorder (FASD). The online resource will also help families, caregivers, educators, and practitioners gain a better understanding of FASD.

Visit us to explore more ways to learn and support persons with FASD.

mefasd.com

THIS IS ME

offers respectful, animated examples of the strengths and challenges faced by persons with FASD. It also provides several strategies to help individuals with FASD cope with common situations.



This is Me can be used in a variety of ways for self-learning or working with others. Those who can benefit from the interactive presentation include:

- Persons with FASD
- Families/Caregivers
- Community Organizations
- FASD Practitioners
- Educators
- Health Workers
- Employers
- Justice Officials and the Courts
- Correctional Staff
- Police Services

We hope **This is Me** will bring a deeper appreciation of the strengths of people with FASD and introduce effective strategies to improve well-being and quality of life.

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