



Join us February 25, 2022 for an Information Series Workshop

Self-Regulation in Adolescents with FASD: An Intervention Study

Friday, February 25, 2022, 12 – 1:00 p.m.

You don't want to miss this workshop with Dr. Kapasi of the University of Alberta who will be joining us to describe a research study on self-regulation with adolescents with FASD that was conducted by researchers at the University of Alberta. In this study, adolescents with FASD participated in a self-regulation intervention program. After participating in the intervention, adolescents with FASD reported that they enjoyed the program, learned new information, and used strategies in their daily lives to help them regulate. We found that both sensory and non-sensory strategies were used by the adolescents. Adolescents reported that they increased their own self-regulation knowledge and abilities, were able to share this knowledge with others, and enjoyed the relationship formed with the interventionist. The results of the intervention and findings from the study will be discussed, and recommendations for improving self-regulation in adolescents with FASD will be provided.

**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.

The Info Series Workshop will be in the form of a Zoom webinar. Please register in advance,

<https://us02web.zoom.us/meeting/register/tZltfuuvrTguGN0iZ3KZSZnweDNLEhTfM62F>

If you have any questions please contact Kim Wozniak,
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