



# Approaches to Working with Adolescents with FASD

**PARENTING IS HARD. PARENTING A TEEN WITH FASD? EVEN HARDER.** It is important to understand that our adolescents with FASD are just like other teenagers, struggling with many of the same issues, social complexities, challenges, and hormones. Often our teens with FASD have brain-based challenges that make these areas more difficult to navigate and more stressful or worrisome for parents.

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This workshop encompasses a variety of FASD specific areas including,

FASD basics: the brain and the various domains of brain function and behaviour

Parenting the adolescent with FASD: what works, what doesn't

Generalized strategies and approaches ✨

Areas specific to raising adolescents:

School Challenges: academics, planning, and peers

Social media: realities, risks and safety

Relationships and Sexuality

Home: behaviours, self-care, and hygiene

Emotional Regulation and Self-harm

Talking to your teen about FASD

The transition to Adulthood and age-of-majority planning with specific focus on:

Assessment and preparation

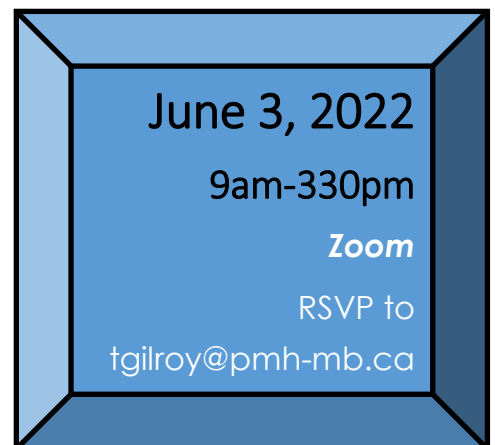
The transition from CFS to Community Living disAbility Services

Urban versus rural planning

Accessing resources in your communities

The guiding principles of the Vulnerable Persons Act

Planning for individual young adults / when you should start, what you should know



*Brought to you by:*

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*North FASD*

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