

News Release August 26, 2023

September is FASD Awareness Month

The Portage and Area FASD Coalition is a non-profit group of concerned citizens whose aim is to raise awareness of Fetal Alcohol Spectrum Disorder. According to Barry Rud, the generally accepted Canadian prevalence rate of 4% suggests it is likely that 500 city residents of the City of Portage la Prairie are directly impacted by FASD. The impacts vary greatly, with many impacted in ways that cannot be seen visibly, rather effecting behaviour and learning.

FASD is caused by the developing fetus being exposed to alcohol at any time during the nine months of pregnancy. There is **no known safe amount** or type of alcohol that can be consumed by an expectant mom however **less is better and none is best**. This also means that there is no time during the pregnancy that it is too late to reduce or eliminate alcohol use.

City proclaims September 9 as FASD Awareness Day in Portage la Prairie

The City of Portage la Prairie is joining our efforts with Mayor Sharilyn Knox signing a proclamation designating September 9 as FASD Awareness Day in Portage La Prairie.



Front Row: Erin Johnson, Shelley Swidnicki, Mayor Sharilyn Knox, Daphne Spence
Back Row: Barry Rud, Aaron Pierre, Chris Everett, Chantel Lavallee

The City is also joining icons like the CN tower and the Manitoba Legislative Building, lighting the Island Park Bridge in red September 1 through September 9 (International FASD Awareness Day) (for more info see <https://canfasd.ca/fasd-awareness-month/canada-rocks-red/#1656093619492-848d053c-5edd>)

Put your Red Shoes on !

This is your chance to rock your red shoes. While you may not be wearing white after Labor Day your **red shoes will be in style all month**. If they ask or comment, please take the time to let people know you are wearing them to raise awareness of FASD.

FASD Fun Festival

*Before the kids go back to school....*Please join us and many other community resource providers at the vacant lot between 2nd and 3rd Street SW between 11 am and 6 pm **Tuesday September 5** to join in the **carnival** atmosphere including food trucks, bouncy castles, old fashioned games of skill and chance with great prizes in addition to learning about FASD and resources available in our community.

NO SAFE AMOUNT
PORTAGE AND AREA FETAL ALCOHOL SPECTRUM DISORDER COALITION

International FASD Fun Day Event

September 5, 2023
11:00 am - 6:00 pm

GIVEAWAYS & PRIZES!
FOOD TRUCKS!
GAMES!

Located on the lot between 2nd and 3rd Street SW
(where the local farmer's market is held)

Come and join us and other service providers of Portage to support the local FASD Coalition!

Manitoba Families
Family Resource Centre
Big Brothers Big Sisters
Youth for Christ
Manitoba FASD Coalition
Manitoba Police
Portage & Prairie, SK
CHILD and FAMILY SERVICES
NOLE QUACANOLE
Oris Placem Photographs