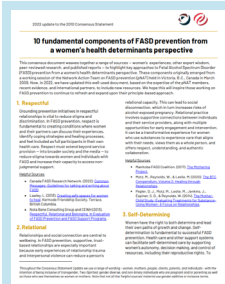


FASD Prevention Resource List

	<p>With child without alcohol campaign Manitoba Liquor & Lotteries</p> <p>This program is for women and their partners, spouses, family and friends. The program provides resources and information about alcohol use during pregnancy to help prevent alcohol-related disabilities like FASD.</p>
	<p>Alcohol & pregnancy resource guide Manitoba Liquor & Lotteries</p> <p>This short resource guide shares the risks of consuming alcohol during pregnancy and offers tips on how you can support pregnant loved ones in your community. It includes information on FASD and ideas to support a healthy pregnancy including finding new routines, having other options, and how others can offer support through encouragement in making changes.</p>
	<p>It is safest not to drink during pregnancy. What does this mean? Province of Manitoba</p> <p>This infosheet outlines the safest guidance to not drink during pregnancy, including no safe time, no safe kind, and no safe amount, and breastfeeding guidance. It expands on what this means, and how service providers can broach these topics with women.</p>
	<p>Girls, women and alcohol: Making informed choices Province of Manitoba</p> <p>This resource, which was a co-partnership with women outlines low-risk drinking, effects of alcohol use, alcohol and well-being, supports for people close to you, among other health-related factors. It also includes key resources and support lines women can refer to.</p>
	<p>Project CHOICES Province of Manitoba</p> <p>Project CHOICES is a program in Winnipeg for women and girls on alcohol, sex and birth control. The program offers four short individual sessions with a counsellor who uses motivational interviewing strategies to provide individualized feedback and information, and help set goals for a healthy lifestyle. In addition, women are offered one visit with a nurse to get information about birth control options.</p>



[10 fundamental components of FASD prevention from a women's health determinants perspective](#)

Centre of Excellence for Women's Health & CanFASD Research Network

This consensus document weaves together a range of sources – women's experiences, other expert wisdom, peer-reviewed research, and published reports – to highlight key approaches to Fetal Alcohol Spectrum Disorder (FASD) prevention from a women's health determinants perspective.



[Doorways to conversation: Brief intervention on substance use with girls and women](#)

Centre of Excellence for Women's Health

Because substance use has wide-ranging effects on many different aspects of life, service providers across a range of health care and social service settings can have an important role in addressing the potential harms of substance use and improving overall health. This resource focuses on brief intervention with girls and women in the preconception and perinatal period. Service providers from a range of backgrounds will find it relevant to their practice.



[Revitalizing culture and healing: Indigenous approaches to FASD prevention](#)

Centre of Excellence for Women's Health, First Nations Health Authority, & CanFASD Research Network

This booklet presents seven programs that exemplify how Indigenous communities across Canada are working to integrate culture and healing into their efforts to improve the health of women, children, and their families. Each program has thoughtfully drawn upon traditional notions of wellness, whereby culture and language, coordinating basic needs, and addressing complex challenges become a part of community-based strategies.



[Thinking about pregnancy? A booklet to reflect on alcohol use before you are pregnant](#)

Centre of Excellence for Women's Health & CanFASD Research Network

Many people are unaware that drinking any amount can impact health and wellness. Being aware of these risks is helpful when making choices about your drinking. This booklet is offered as a tool for people who are planning a pregnancy to make decisions about alcohol.



[What we know about alcohol and pregnancy](#)

Centre of Excellence for Women's Health & CanFASD Research Network

Based both in research and in the multi-level work of national, provincial, and local organizations working on FASD prevention, this infographic points to how women both deserve and benefit from information about alcohol use during pregnancy. Resources and suggestions on how service providers can support women when making decisions about drinking before and during pregnancy are provided throughout.



[Taking care: A short guide to breastfeeding and substance use](#)

Centre of Excellence for Women's Health

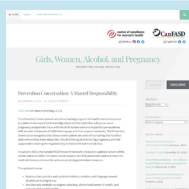
This resource is a source of information for women navigating breastfeeding and substance use. It includes activities like Making a Parenting Plan, information on how substances interact with breastmilk differently, and approaches to Talking to a Trusted Care Provider.



[A digital handbook on wraparound programs](#)

Nota Bene Consulting Group & Centre of Excellence for Women's Health

This digital handbook was produced as part of the Co-Creating Evidence project. The handbook's aims are to support the development, ongoing operation, and sustainability of wraparound programs for pregnant and/or early parenting women and gender diverse people with substance use and other concerns.



[Girls, women, alcohol, and pregnancy: Perspectives in FASD prevention blog](#)

Centre of Excellence for Women's Health & CanFASD Research Network

This blog is organized by members of the Network Action Team on FASD Prevention from a Women's Health Determinants Perspective (pNAT). Its purpose is to share news, research findings, promising programming and perspectives on FASD prevention.



[Consensus Statement: Eight Tenets for Enacting the Truth and Reconciliation Commission's Call to Action #33](#)

CanFASD Research Network, Thunderbird Partnership Foundation, & Centre of Excellence for Women's Health

The Centre of Excellence for Women's Health, the Thunderbird Partnership Foundation, and the Canada FASD Research Network convened in May 2017 to create a Consensus Statement to addressing and preventing Fetal Alcohol Spectrum Disorder for Indigenous Peoples. Their collaborative response details eight tenets to the enacting the Truth and Reconciliation Commission's Call to Action on Fetal Alcohol Spectrum Disorder.



[Alcohol, pregnancy and prevention of FASD: What men can do to help](#)

Centre of Excellence for Women's Health & CanFASD Research Network

There are many ways that men can help to prevent FASD. Researchers and service providers who are part of the Canada FASD Research Network have organized some suggestions for men who want to make a difference.



[FASD prevention: An annotated bibliography of articles published in 2021](#)

Centre of Excellence for Women's Health & CanFASD Research Network

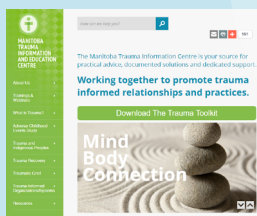
Each year Canada FASD Research Network and the Centre of Excellence for Women's Health compile published research articles related to FASD prevention from around the world. This is the most recent version.



[Mothering and Opioids toolkit](#)

Centre of Excellence for Women's Health

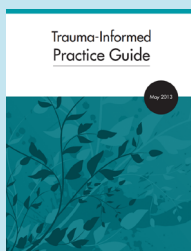
The toolkit is designed primarily for substance use and child welfare practitioners, as well as other service providers and health system planners who offer services to, or design services with, pregnant women and new mothers who use substances.



[Manitoba trauma information and education centre](#)

Manitoba Trauma Informed Education & Resource Centre

This website supports capacity of organizations and systems to establish and practice trauma informed care. They offer training, webinars, research, and other resources including toolkits and videos.



[Trauma-informed practice guide](#)

BC Provincial Mental Health and Substance Use Planning Council

The Trauma-Informed Practice (TIP) Guide was developed collaboratively to support the application of trauma-informed principles into practice and policy, by clinics, agencies and groups assisting clients with mental health and substance use concerns in British Columbia.



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