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Halton FASD Parent/Caregiver Support Group for Adults with FASD presents

LET'S TALK INTERDEPENDENCE

It is a framework recognizing that no one lives completely independently, and that true well-being comes from a mutual, supportive network between the individual, their family, caregivers, and the community

Learn what it means to be Interdependent & how we can support our individuals with FASD of all ages to strengthen their self-determination. Knowing it is safe, expected, and empowering to ask for help allows people with FASD to utilize their strengths and thrive



Founder of FASD Mosaic, Barb is a nationally recognized speaker, coach, and trainer known for translating brain science into practical, real-world strategies.

Barb Clark, Behaviour Consultant
an adult living with a Fetal Alcohol Spectrum Disorder and a parent of five adult children.
Author of
'Raising Kids and Teens with FASD: Advice and Strategies to Help Your Family Thrive'
www.FASDmosaic.com

Wednesday, Dec 9th 2026
7:00 PM – 9:00 PM EST
FREE Virtual Session

partners FOR PLANNING
this project is Funded through Partners for Planning P4P
FASD Ontario info

Supported by FASD Canada
https://fasdcanada.com/

RESERVE YOUR SPOT
Email Brenda
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to register