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CITY OF COLD LAKE

International FASD Awareness Day

July 12, 2019

Dear Mayor Copeland,

This September 9th marks our twentieth Annual International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. Forty-six years ago, Fetal Alcohol Syndrome (FAS) was first diagnosed. Today, FASD is the diagnostic term used to describe the broad range of effects that can occur in an individual who was prenatally exposed to alcohol. These effects can include lifelong physical, mental, and behavioural difficulties, as well as learning disabilities.

Drinking alcohol during pregnancy continues to be the leading cause of disabilities around the globe. Research currently confirms that 4% of Canadians have FASD and that it is costly. Some of the highest risk groups are University and College women whose drinking is almost equal to men's; women who make over \$80,000 a year where alcohol is often an active social activity; and women who have addictions issues. We want to ensure that our population receives the message that the safest choice for a woman who is pregnant or planning to become pregnant is to abstain from drinking alcohol. We also recognize that women whose drinking puts them at risk for having a child with FASD need to be supported and benefit from open, non-judgmental conversations and interventions.

During FASD Awareness Day, we will carry messages that encourage alcohol free pregnancies. We also will provide information that will help identify and support individuals who have FASD and their circles of support. We will be hosting several events throughout the region on September 9th, 2019. A list of community events will be listed on our website at www.lcfasd.com and on our Facebook page. Please join us if you are able.

We ask that you sign the proclamation that we acknowledge FASD Day in our community and would love to have the opportunity to send a representative to witness that signing. We would also arrange for a picture to be submitted to the newspaper, our website etc. This can be arranged by contacting me at 780-594-9905.

Thank you for taking the time to make this proclamation and for your interest in supporting our efforts.

Sincerely,

A handwritten signature in black ink, appearing to read "Deyne Hogan".

Deyne Hogan
FASD Day Committee
Lakeland Centre for FASD