

## Participants Receive:

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- Food & snacks during training
- Honourariums
- Support for child care & transportation
- Safe supervised environment
- Certificate of completion
- Fun!!

## Participants Bring:

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- Interest in learning more about preventing FASD & helping people & places be more FASD-friendly
- Able to attend all training sessions
- Able to be part of a team

If you or someone you know would like to find out more about Toward Inclusion, please contact the Cowichan Valley FAS Action Team Society. We would be happy to answer your questions!

*For more information or to register, call 250-748-0236 or email [info@cvfasd.org](mailto:info@cvfasd.org)*

### DID YOU KNOW?

FASD is a permanent, lifelong condition that may affect a person's abilities to learn, understand and remember information. People living with FASD may need help understanding and remembering information, such as appointments and bus or school schedules.



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## ***Toward Inclusion:***

### **Leaders in FASD Prevention & Inclusive Communities**



*Preventing primary & secondary disabilities  
through inclusive leadership*

### **Cowichan Valley FAS Action Team Society**

*Funded by the Victoria Foundation.*

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# TOWARD INCLUSION:

## About the Project

**Toward Inclusion** is a new educational and leadership training program, facilitated by the Cowichan Valley FAS Action Team Society for youth, young adults, families and caregivers impacted by Fetal Alcohol Spectrum Disorder (FASD).

This program features two coordinated, complimentary initiatives:

***Leaders in FASD Prevention*** – brings together youth ages 15 to 24, who may (or may not) be living with FASD, to create and deliver FASD education for students and community members.

***Inclusive Communities*** – brings young adults ages 19 to 29 living with FASD together with community organizations to practice the “Inclusion Walk About” - a simple tool promoting FASD-friendly people and places.

### Project Goals:

- Improve quality of life for people living with FASD.
- Reduce the incidence of FASD.

## Leaders in FASD Prevention

Youth participants receive youth-friendly FASD prevention education and then use their training and skills to develop and deliver their own FASD prevention message to other youth and community members. Youth participants are supported to create and present an interactive FASD prevention message using drama, dance, spoken word, art or basic video techniques. Youth develop leadership and teamwork skills while promoting FASD awareness, understanding and prevention.



*Youth participants in Leaders in FASD Prevention.*

**FACT:**  
**FASD is often an “invisible” disability.**

*“It’s hard for people to recognize my needs because I don’t look like I have a disability.” – Young person living with FASD.*



*Walk About Team at a site visit.*

## Inclusive Communities

People living with FASD may be most dependent on the supports our communities offer, but are often those least able to access them. Participants learn a simple tool called the “Walk About” to help people and places be more “FASD-friendly”. As part of a team supported by facilitators and FASD Mentors, participants explore service agency environments and provide their insights and feedback on making things more FASD-friendly and accessible for everyone. The Walk About is an opportunity for participants living with FASD and service agencies to interact in a positive way, building support, understanding and empowerment.