

Be the Village

We can all do our part to **support healthy pregnancies and prevent FASD.**

Become a village of support, by visiting thevillagesk.ca

saskatchewan
preventioninstitute
our goal is **healthy** children



FASD is a lifelong disability that impacts the brain and body.

Fetal Alcohol Spectrum Disorder (FASD) is caused by prenatal alcohol exposure. The reasons why people drink alcohol can be complex. When they become pregnant, these reasons do not always change.

It can be more difficult for someone to stop alcohol use during pregnancy if they experience:

- An unintended pregnancy
- Stress, abuse, or other trauma
- Mental health challenges, dependence/addiction
- Partner drinking, social pressure to drink

Whether you are a partner, family, friend, community member, or service provider, we all have a role to play to support healthy pregnancies.

Here are some things we can do:

- Learn about what makes it hard for people to stop drinking alcohol
- Provide non-judgemental, holistic support
- Advocate for needed services
- Provide alcohol-free social opportunities

To learn how we all can be
a village of support, go to

thevillagesk.ca

