

Arizona Department of Economic Security, Division of Developmental Disabilities
Fetal Alcohol Resource Center
Presents

Teresa Kellerman's
Magical FASD Mystery Tour

Survival strategies for families of alcohol-affected children and adults

Saturday, February 2, 2008

9 a.m. to 4 p.m.

Fetal Alcohol Resource Center
4710 E. 29th St. Bldg. #7, Tucson, AZ

Families of individuals with fetal alcohol spectrum disorders (diagnosed or suspected) are invited to a powerful, positive, realistic, funny and *FREE* one-day workshop by FASD pioneer, parent and inspirational speaker, Teresa Kellerman of Tucson, Arizona.

Topics to be covered in this jam-packed day include:

- Understanding FASD behavior (Why they do what they do!)
- The 9-step Ladder to Success for parents and caregivers
- How to care for the caretaker (especially when it's you)
- Nutritional recommendations for children and adults
- How to avoid "FPSD" (FASD Parent Stress Disorder)
- A Reasonable Plan for supporting adults with FASD
- How to work through your grief, anger, fear and frustration



The adoptive mother of an alcohol-affected young adult, Teresa is Director of the FAS Community Resource Center in Tucson and is a consultant to the U.S. government's FASD Center for Excellence. She is co-founder of International FAS Awareness Day, and creator of www.fasstar.com, the Internet's most comprehensive website on FASD.

There is no fee for this seminar, but registration is required.
This workshop is for PARENTS and CAREGIVERS only!
Childcare will *not* be available, but the playroom will be open.

RSVP: Teresa Kellerman 296-9172 or email tkellerman@cox.net
Provide your name and your phone number and relationship to person with FASD.

Hosted by the FAS Community Resource Center.
Lunch will be provided. Donations gladly accepted.

For FASD resources in Arizona, visit FAS Arizona www.fasarizona.com