

Our LCFASD Team

Audrey McFarlane	Executive Director
Kim Kachmarski	Accounts Manager
Lenny Horton	Administrative Assistant
Donna Fries	Diagnostic Services Manager
Ardie Baruzzini	Referral Coordinator, youth & adult services
Tracey Knowlton	Mother-to-be Mentor Supervisor
Bev Towe	Mother-to-be Mentor, Bonnyville & Surrounding Area
Bev Anderson	Mother-to-be Mentor, Kikino & Buffalo Lake
Candice Sutterfield	Mother-to-be Mentor, Cold Lake & Surrounding Area
Darby Shapka	Mother-to-be Mentor, Lac La Biche & Surrounding area
Karly Shankowski	Mother-to-be Mentor, St Paul & Surrounding Area
Rhonda LaBoucane	Mother-to-be Mentor, Fishing Lake & Elizabeth Settlement
Joanne Ring	FASD Coordinator, Cold Lake
Lisa Murphy	FASD Coordinator, Cold Lake
Allison Jansen	FASD Coordinator, Bonnyville
Alania Sanregret	FASD Coordinator, Cold Lake
Heather Zink	FASD Coordinator, Bonnyville
Ingrid Harvie	Employment Coordinator, Cold Lake
Megan Tucker	Transition Worker
Michele Huzsar	Project Manager
Melody Cochrane	Camp Coordinator

Board of Directors

- ◇ Lorne Kaban, Chair
- ◇ Bridget Noel
- ◇ Anne Tucker
- ◇ Coleen Manary
- ◇ Yolanda Maksymyk
- ◇ Bob Wilson
- ◇ Lorraine Deschambeau
- ◇ Paulette Dahlseide

***LCFASD Annual General Meeting**
June 17, 2011
New Cold Lake Location
2:00-3:00
(following the open house)

Check out the blog on
www.lcfasd.com

Our Vision

We envision a region with no new FASD births & where currently affected individuals are well supported.

Mission Statement

To establish and ensure that information about FASD, and effective prevention, diagnosis & support services are available in the Lakeland area.

May 2011*

*Editor of this issue is Lisa Murphy

What YOU can Learn at Camp	1
Circle of Courage	2
The Lakeland Centre has moved	2
Training / Conferences	3
Welcome to New Staff	3
LCFASD Shining Stars	3
Staff and Board Members	4

Main office
Cold Lake:
Box 479
5008-50 Ave
Cold Lake, AB
T9M 1P1

Phone: 780-594-9905
Fax: 780-594-9907
Toll Free: 1-877-594-5454

Web Site: lcfasd.com

Bonnyville Office:
#109, 4718-50 St

Phone: (780) 815-4824
Fax: (780) 815-4825

St. Paul Office:
47078-50 Ave.

Phone: (780) 645-2000
Fax: (780) 645-2010

Lac La Biche Office:
***107, 10107-102 Ave.**

Phone: (780)-623-2728



Volume 15

May 2011

What YOU Can Learn At Camp

This summer I will be returning to the Lakeland Center for my third year, this year as Camp Coordinator. I have been looking forward to this all year which is something I have in common with our campers. Camp is fast approaching and I have already started to get everything ready.

Through the camp we provide; opportunities to build social and life skills; enjoy various activities including crafts, sports, and swimming; and generally create an overall positive experience for our campers. Each camper is different and we try to celebrate and encourage the qualities each child has to offer. The children love camp and I feel it has a great positive impact in their lives. But as much as much as the kids learn and grow, I feel I am taught the most from my interaction with them. I will be graduating from the University of Alberta this June with my Bachelor of Education. As a new teacher I have found the experiences I have shared with our camp kids invaluable. My perspective has changed. As a person I have grown. I have more patience, more understanding and a heightened awareness of the challenges these children face every day. I can no longer see a classroom the same way. It has become instinctive for me to look for possible sensory issues which so often are a subtle trigger. I look for the cause of a problem, not just at the result. Mostly I have learned to see the

child, not the disorder and focus on all the great things he/she can do and not what he/she cannot do. I look forward once again to spending my summer at camp and finding out what the kids will teach me next.

Melody Cochrane, Camp Coordinator



Lakeland Summer Camp 2011:

- Camp 1: July 4- 8, 2011
Boys Ages 7 - 10
- Camp 2: July 11- 15, 2011
Girls Ages 7- 10
- Camp 3: July 18 -22, 2011
Boys Ages 11 - 13
- Camp 4: July 25- 29, 2011
Girls Ages 11 - 13
- Camp 5: August 8- 12, 2011
Boys 14 - 17
- Camp 6: August 15- 19, 2011
Girls 14 - 17

*For applications please contact Melody toll free at 1.877.594.5454 or at camp@lcfasd.com.

Circle of Courage

On May 2, 2011, Dr. Martin Brokenleg spent a day in Cold Lake presenting his workshop, Circle of Courage. Dr. Brokenleg, along with Larry Brentro and Steve Van Bockern wrote Reclaiming Youth at Risk: Our Hope for the Future, and created the Circle of Courage, a means of creating resiliency in youth. Based on the Medicine Wheel and aboriginal belief systems, it is a research supported philosophy that states: "to reclaim is to recognize the worth of youth who have been devalued, to cultivate courage in environments of Belonging, Mastery, Independence and Generosity." The Circle of Courage teaches how to create resiliency in anyone, by teaching skills and creating opportunities. Youth and adults will be far more resilient to stress, trauma and what life throws at them if they:

- * Feel a sense of belonging, to family, friends, and the community
- * Discover and realize their abilities and find success in them
- * Learn how to be responsible for themselves (as far as they are able)
- * Give of themselves and understand their own ability to be generous

Dr. Brokenleg's calm manner and familial anecdotes illustrated his points and made the presentation a wonderful experience for all those in attendance. He discussed many topics throughout the day, such as Intergenerational Trauma, discipline as a form of empowerment and how it differs from punishment,

traditional aboriginal childcare, and what is considered normal in western societies' cultural mentality in regards to children, relationships, family and spirituality. While it would be impossible to share all the information provided, Dr. Brokenleg provided some advice directed towards helping professionals:

- * Know that all interventions have a cultural bias
- * Be involved in the community you serve
- * Trust your intuition
- * Help the culturally limited work with the larger cultural systems
- * Judiciously use symbols and rituals from the cultures you serve
- * Work through "Historic Distrust"(Theresa La Framboise)
- * Help your population meet their own goals
- * Know your good traits and practice them
- * Know where the support systems are in your populations' cultures

Help colleagues develop cross-cultural skills
At the end of the day, Dr. Brokenleg directed the audience to the Search Institute <http://www.search-institute.org/>, an online resource which lists assets and risk for all age groups and several cultural groups, and a valuable source of information regarding youth and families. For more information regarding Dr. Brokenleg and the Circle of Courage see <http://www.reclaiming.com/content/>

Alania Sanregret, FASD Coordinator

The Lakeland Centre for FASD has MOVED

The Lakeland Centre for FASD has MOVED into our new building at 4823 50th street (this used to be the Vault Youth Centre). The new office space is considerable larger to house the growing staff of 20 employees and the services that the Lakeland Centre provides. The main floor is complete with further renovations to the second floor to finish the Recovery Centre for Women. A three year grant was received from Safe Communities Innovation Fund to provide the new service of this Women's Recovery Centre.

The Lakeland Centre would like to take this opportunity to invite community members, stakeholders,

clients and families to celebrate our Open House Friday June 17, 2011 from 11:00am to 1:30pm. We will have Pastor Phil Crump bless our new space along with special presentations from community members. At noon we will provide a BBQ lunch for those in attendance and tours will be scheduled throughout the day to see the new office space. So please come out to see our new office that we are so proud of and join the celebration at the Lakeland Centre for FASD.

Michele Huszar, Project Manager

Training / Conferences



**Advance Notice
November 21-22, 2011
in Calgary AB @
Hyatt Regency
Registration will open July
2011**

This conference will focus on FASD and its impact on individuals, families, communities and society at large. The 2 day conference will feature half day plenaries with keynotes Dr. Gabor Mate and Dr. Martin Brokenleg, breakout session and a community showcase.

This conference will be of interest to: caregivers and families, individuals with FASD, teachers, social workers, nurses, speech language pathologists, physical therapists, occupational therapists, psychologists, physicians, alcohol and drug workers, mental health workers, community workers, family support workers, program providers, vocational rehab service providers,

elected officials, government ministries, lawyers and policy-makers.

For more information please visit: www.fasd-cmc.alberta.ca and a link to registration once open.



Welcome to New Staff!

The Lakeland Centre for FASD's Mentorship Program is happy to welcome Rhonda LaBoucane, Bev Anderson, and Karly Shankowski to our team! Rhonda will be serving Fishing Lake and Elizabeth Metis Settlements. Bev will be serving Kikino and Buffalo Lake Metis Settlements and Karly will be serving St. Paul and

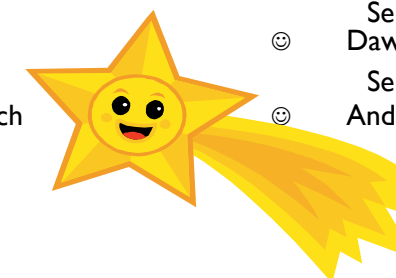
surrounding area. Sadly, we say farewell to Debbie Collins whose wonderful hugs will be sorely missed! And supporting the entire agency, we welcome our new administrative support, Lenny Horton to the team!

LCFASD Shinning Star

The Shining star recognizes individuals that do an outstanding job in our community, in helping individuals affected by FASD.

Shining stars for February are:

- ☺ Kay & Ross Lewis
- ☺ Phil Crump, Pastor at Community Baptist Church
- ☺ Pat Allan, AHS/ Addictions Branch



March Shining Star:

- ☺ Deb Hunter, Region 10 Metis Child and Family Services
- ☺ Dawn Tootoosis, Tribal Chief's Child and Family Services
- ☺ Andrea Peterson, AISH