



You are invited to attend the Living with Fetal Alcohol Spectrum Disorder...Finding Purpose workshop

Date: April 5th, 2017

Time: Leaving New Directions at 7:30am and returning at 5:30pm

Cost: FREE for Six Nations Community members if you register to attend with the Degowadihsnye Program

Where: St. Catherine's, ON (Transportation provided)

Breakfast and Lunch provided

Limited Space

Call New Directions Group at 519-445-2947 or email [jocelynbyrne@sixnations.ca](mailto:jocelynbyrne@sixnations.ca) to register

# Living with FASD... FINDING PURPOSE

a one day 4-part motivational workshop

Part 1:

Foster Care and School  
Sensory Sensitivities

What works?  
What's really going on?

Part 2:

Leaving Home  
Misunderstood by Justice

Navigating the world  
How do you find purpose?

Part 3:

Resiliency  
Mental Health

Accepting yourself  
How do you get there?

Part 4:

The Process  
FASD, a full body diagnosis

Personal growth  
Strengths and limitations



Myles is a well-known motivational speaker on FASD, having presented nationally and internationally for many years sharing his experiences in living with FASD. In his work as a mentor to other youth and adults with FASD, Myles has helped them to understand and accept that we all share similar struggles and the desire to succeed. As well as working as a consultant, Myles has done a great deal of work with the media. Most recently, Myles was part of a ground-breaking study on the health and physical issues of adults with FASD. Myles' goal is to help others with FASD find their voice and to help society understand that we are greater when we are united and work together.

Myles Himmelreich

[www.myleshimmelreich.com](http://www.myleshimmelreich.com)

When:

Wednesday  
APRIL 5 2017  
9am-4pm

\*registration at 8:30am

Where:

Bethany Community Church  
1388 Third Street  
St. Catharines

\*breakfast & lunch  
provided

Register:

Contact Danielle Reynolds:  
[hdr@bcassociatesinc.com](mailto:hdr@bcassociatesinc.com)

Professional: \$75  
Student/Caregiver: \$25  
Individual with FASD: \$25

ideal for:  
professionals  
caregivers &  
individuals with  
lived experience

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