

# FASD AWARENESS MONTH

SEPTEMBER 2023



## Help Raise Awareness! Get Involved!

### MOVE 4 FASD

Each September, fasdNL marks FASD Awareness Day and Month by hosting Move for FASD (#MoveForFASD), an Atlantic-wide event aimed at raising awareness and encouraging discussion about alcohol, pregnancy, and FASD, through movement in whatever way you are able. Organize a walk with friends, go for a bike ride, swim, dance, etc., and encourage discussions about FASD!



### WEAR RED ON SEPTEMBER 9TH

Wear red to show your support for FASD.

Share on social media using hashtags  
#fasdNL  
#redshoesrock  
#FASDMonth2023!

### RED SHOES ROCK

Red Shoes Rock is an initiative aimed at increasing awareness around FASD, by painting red shoes on rocks and hiding them around your community. Check out the [Rock Art Painting Guide](#) for more information.

Visit [Red Shoes Rock](#) for more details!



### FASD 101 WEBINAR

Friday, September 8, 2023

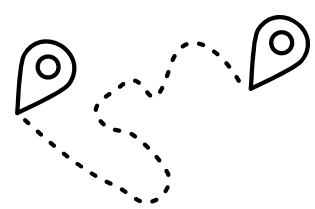
2:00-3:00 Labrador time, 2:30-3:30 Island time

Email [megan.ropson@lghealth.ca](mailto:megan.ropson@lghealth.ca) & request that the link to join be emailed to you. Or scan the QR code with your device at the time of the meeting.

Meeting ID: 964 9000 6481  
Passcode: 214974

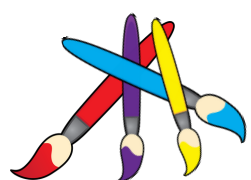


SCAN ME



### PUTTING FASD ON THE MAP

To recognize FASD Awareness Month, municipal and provincial governments across Atlantic Canada are invited to issue proclamations acknowledging September as FASD Awareness Month. In 2022, 57 communities, cities and provinces in Atlantic Canada issued proclamations. Check out social media for the same using @fasdNL, or see the [Annual Report](#) for details.



### GET CREATIVE



Learn how to create FASD rock art with the [FASD Rock Art Painting Guide](#)! Also available in [French](#).

Paint positive FASD messages on rocks and hide them around your community.

Take pictures, post to social media, and use the hashtag #fasdNL, or email your pictures to [megan.ropson@lghealth.ca](mailto:megan.ropson@lghealth.ca).

For more information contact: [megan.ropson@lghealth.ca](mailto:megan.ropson@lghealth.ca)