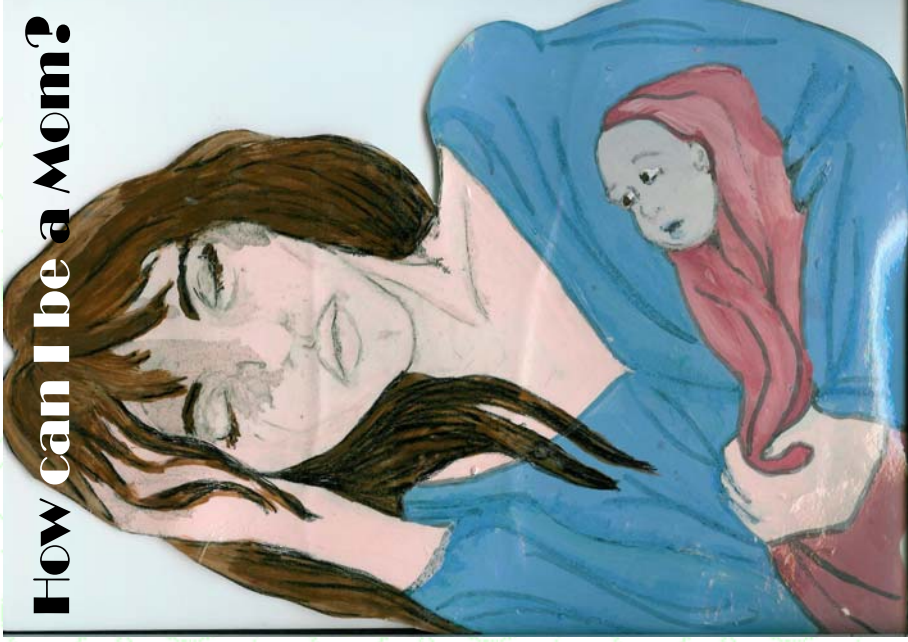


How can I be a mom?



My darling baby oh so sweet

I cannot wait until we meet

Why do I drink and hurt you so

Why can't I stop-I do not know

You are not alone

Call xxx xxx-xxxx

My wish.

I have recently been diagnosed with fas Fetal alcohol Syndrome in 1998, fas has affected my life in so many ways that im Just learning about now and hds helped make a lot of sense with me growing up and why I thought I was dumb in School but really I wasnt. Ive got a disability. Its made my life really complicated and wish I didnt have it. if i could Change anything I would change that I didnt have fas and that my mon didnt drink when she was Pregnant. But she Couldnt Stop because she has a disease Called alcoholism. I know she didnt do this on Purpose she Couldnt help it hurts that life is hard and it never goes away.

If you are Pregnant and Cant Stop drinking seek help! fas is forever!

AKnow its hard to Stop but is the biggest gift you can give your Child.

Quitting drinking at any time during pregnancy will be beneficial to your baby.

Perhaps you already have a child you are concerned about.

We can support you by providing you with non-judgmental information.

“It’s easy to tell people what to do when it’s not your life”

Ahh come on honey-cut me some slack-I'm not the one who's pregnant. Why should I quit drinking...



FASD is not just a woman's issue.

The social effects of the father's drinking are enormous as women most often drink with their partners. In fact, some men encourage their pregnant partner to drink with them. Women need to be supported by their partner to help them not drink during pregnancy. Support for the mother will be stronger if the father also stops drinking and using other drugs. His lifestyle and emotional support can affect her behavior and her level of stress.

We recognize there are many women who are struggling with drinking and using drugs during pregnancy. We are here to support you in any way we can.

We understand not being able to stop does not mean you do not love your baby. We can provide you with caring, non-judgmental and anonymous support over the telephone or you are welcome to join us in a support group with women facing similar issues. The choice to call is yours. Please call today.