



growing together: *a retreat for parents of people with fetal alcohol spectrum disorder*

You are invited to our third annual parent retreat for adoptive parents of children, youth, or adults who are suspected of having or have been diagnosed with a Fetal Alcohol Spectrum Disorder (FASD). As a parent-led organization, we know the importance for parents to have a chance to come together with those who understand and care.

This retreat is planned to provide opportunities to share stories of challenges and triumphs, to listen and to learn, and to enjoy time away. Most important, though, is the chance to develop friendships and support. We hope that you will find a way to join us at this retreat planned just for you.

While we realize that finding child care can be difficult, the event is for adults only.

**Saturday, January 29, 2011
8:45 am – 5 pm**

**Executive Airport Plaza Hotel
7311 Westminster Highway
Richmond, BC**

Early Registration Fees:
(by December 15, 2010)
Individual: \$35, Couples: \$60

Regular Registration Fees:
(after December 15, 2010)
**Individual: \$40, Couples: \$75
Optional Networking Dinner: \$15**

Registration deadline
Saturday, January 15,



**Adoptive Families
Association of BC**



Agenda

8:45 am	Registration, continental breakfast
9:15 am	Introductions, icebreaker activities
10:00 am	Information and discussion groups
11:00 am	Break
11:15 am	Speakers: choose <u>one</u> from the following four: <ul style="list-style-type: none">• Basics of FASD – Sylvie Kruchten• Dealing with Crisis – Brenda Knight• Emotional Freedom Technique- Lise Wearing• FASD and Employment – Marsha Wilson
12:15 pm	Reflection on the learning within discussion groups or independently through art, music or movement
12:45 pm	Lunch and Odin Books display and sales
1:30 pm	Review of learning
1:45 pm	Speaker: parent self care
2:00 pm	Activities: choose three: <ul style="list-style-type: none">• Massage• Art• Yoga• Humour
3:45 pm	Special Guest Speaker: Youth with FASD
4:00 pm	Closing celebration and evaluation
5:00 pm	Networking dinner: Carver Restaurant, (Hotel) – attendance is optional

Overnight (Optional)	Subsidies to reduce the costs of a one-night stay at the Executive Hotel are available. Please see the registration section for details.
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Registration

Registration Deadline: January 15, 2011

Attendee Information		Early Registration (on or before December 15, 2010)	
Name(s):		Retreat only \$35 (singles)	
Street Address:		Retreat only \$60 (couples)	
City:		Optional Dinner \$15 pp *	
Province		Early Registration TOTAL	
Postal Code:		Regular Registration (after December 15, 2010)	
Phone:		Retreat only \$40 (singles)	
E-mail:		Retreat only \$75 (couples)	
Number of children in family:		Optional Dinner \$15 pp *	
Age(s) of children in family with FASD:		Regular Registration TOTAL	
Special dietary needs (specify):			

**Alcoholic beverages, applicable taxes and gratuities not included*

Payment (Please circle payment option)			
Visa	Mastercard	Cheque *	Total:
Card# _____			
Expiry Date ____ / ____ Name _____			
*If you pay by cheque please make it payable to: Adoptive Families Association of BC (Retreat for Adoptive Families January 29 / 2011)			

Hotel, Retreat Registration, Subsidies and Contact Details

The **Executive Airport Plaza Hotel** has offered guests a discounted room rate of \$114 (plus taxes) on the night of either Friday, Jan 28 or Saturday, Jan 29, 2011 (Deluxe Plaza or Courtyard Junior Suite). Overnight parking is included. **Overnight subsidies** are available for reducing the hotel room costs by \$45 per room per family for one night only and are for retreat attendees staying at the Executive Airport Plaza Hotel.

Hotel bookings should be made directly to the Executive Airport Plaza Hotel, Tel: (604) 278 5555 (quote: FASD Retreat). Hotel cancellation policy requires 24 hour notice prior to day of arrival. Failure to show or late cancellation of your booking, in line with hotel policy, will incur charges to the individual and the \$45 subsidy will not be applicable. Room cannot be guaranteed and so we recommend that you book early.

Limited bursaries are available to assist with retreat costs. To apply for a bursary please register for the retreat with Sarah Reid, confidentially, at 604-320-7330 ext. 106 or sreid@bcadoption.com

Please send your attendee information and registration fee to:

Sarah Reid
Adoptive Families Assoc. of BC
200 – 7342 Winston Street
Burnaby, BC V5A 2H1
or by fax: 604-320-7350

For more information, please contact:

Tanya Loretto
Adoption Council of Canada
Parent Liaison / Tel: 604-266-1220
or email: tloretto@shaw.ca

For \$45 subsidy please send your original hotel bill to:

Bernadette Howell
1420 West Keith Road,
North Vancouver, BC V7P 1Z2
Tel: 604-924-1806