



Parent Retreat 2011 Bloom Where you are Planted

with Diane Malbin

1:00 p.m. Friday, November 4 to 3:30 p.m. Saturday, November 5 2011

Sandman Inn, 1800 Victoria Avenue East

Regina, Saskatchewan

Registration Deadline is Tuesday October 12, 2011

We hope that you will find a way to join us at this retreat planned just for you. While we realize that finding childcare can be difficult, **this event is for adults only.**

There is no cost to participate.

Overnight accommodations are provided to out of town guests. Meals and registration are also complimentary.

Please register early as space is limited. Priority will be given to residents of Saskatchewan.

Every family living with FASD has unique circumstances and characteristics.

Knowledge about FASD as a complex disability leads to greater understanding and acceptance of strengths and struggles, and enables families of all shapes and sizes to bloom wherever they are planted.

We are very happy that Diane Malbin will be the speaker at our fifth annual Parent Retreat. Diane is known internationally as a leading expert on FASD and parent support. She will teach you about FASD and encourage you as you continue to nurture and support your child, youth or adult.

Throughout the two-day retreat, you will attend informative sessions with knowledgeable speakers and will receive helpful print materials. You will hear information about FASD and about some of the services and supports available to families living with FASD in Saskatchewan. You will meet with other parents and have the opportunity to share your stories of challenge and success, to listen and to learn, to enjoy time away and to develop friendships and supports. Dinner Friday evening will be a relaxed time with good food, light-hearted entertainment, and the company of new friends.

Another highlight of this retreat will be the opportunity for self care at Chakari Spa, also located at the Sandman Inn. When you register you will choose the spa service that most appeals to you.



Please send your completed registration form by mail or email to:

Lynette Janzen
Project Coordinator
FASD Support Network of Saskatchewan
212 - 510 Cynthia Street
Saskatoon, SK S7L 7K7
Email: fasdoffice@sasktel.net
Phone: 306-975-0896
Toll Free: 1-866-673-3276

*The FASD Support Network of Saskatchewan
is a parent-led not for profit provincial organization
with the vision that individuals and families
living with FASD be safe, supported,
contributing members of their community.*

*We know that it is important for parents to enjoy time
with others who understand and care.*



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Name: Mailing Address:

City: Province: Postal Code:

Phone: Work Phone: Cell Phone:

Email Address:

Number and ages of children affected (suspected or diagnosed) with FASD:

Please note any special dietary needs and/or accessibility requirements:

If traveling from outside of Regina, will you require complimentary overnight accommodations?

- Yes:** **** Please note that The FASD Support Network of Saskatchewan will cover the cost of your room and taxes, but the hotel will require a credit card imprint when you check in, for incidentals.*
- No**

Please select your 1st, 2nd and 3rd preference for one complimentary spa service Friday evening:

His or Her Hand & Nail Revival

- Keep hands beautiful with a nail shaping, cuticle treatment, scrub, hydrating lotion and an application of nail strengthener.

His or Hers Foot Maintenance

- Maintain healthy feet with a nail shaping, cuticle and callus treatment, scrub, and hydrating lotion with application of nail strengthener.

Back and Neck Relief

- Melt your stress away and get the benefit of massage to target the specific area that needs it most.

Freshen Up Facial Treatment

- An express facial treatment customized to cleanse, tone & infuse moisture.



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