

You Are Not Alone!

Circle of Hope Birth Mother's Network (COH/BMN)

The **Circle of Hope Birth Mother's Network** is designed to unite birth mothers of children with **Fetal Alcohol Spectrum Disorders (FASD)**, to assist in the process of healing and recovery, and to provide the mentoring and support needed to cope with grief. Recovery and self forgiveness are essential for a mother to provide the nurturing support that is vital for their children.

The COH/BMN supports birth families of children with FASD by:

- Improving and strengthening lives
- Providing peer support
- Eliminating stigma and shame

The Messages of the COH/BMN:

- Women **CAN** and **DO** achieve successful recovery from addiction
- Women who drank alcohol socially while pregnant may have children with FASD
- All women (social and dependent drinkers) need support from other women to heal and forgive

What does the COH/BMN provide?

Hope for Recovery!

- COH/BMN mentors to support women (and family members) in crisis
- COH/BMN mentors to support long term recovery from addiction and/or cycles of abuse
- Referrals for services related to addiction and/or FASD.
- COH/BMN Speakers Bureau on topics of FASD and/or addiction.
- Free FASD prevention materials to community agencies such as hospitals, physician offices and clinics, addiction treatment centers, and jails.

We invite you to join our network and become involved with other birth families. Together, we can recover and heal.

Contact the COH-BMN at:

www.nofas.org

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