



CIRCLE OF HOPE

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NOFAS
900 17th Street, NW
Suite 910
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A Network of Birth Mothers of Children
with Fetal Alcohol Spectrum Disorders



YOU ARE NOT ALONE

Recovering from an addictive disease can be a difficult process. For some women, recovery can be especially difficult if they discover that drinking during pregnancy may have harmed their children. It's a painful lesson that causes extreme grief.

The **Circle of Hope** is designed to unite birth mothers of children with Fetal Alcohol Spectrum Disorders (FASD), assist in the process of recovery, and provide the mentoring and support needed to get through the process of grief. Recovery is essential for parents to provide the nurturing support that is vital for their children.

BIRTH MOTHERS ARE WARRIOR MOTHERS

They are:

- * Nurturing
- * Understanding
- * Informed
- * Guided by intuition
- * Empowered to make a difference



WHAT WE ARE DOING

The **Circle of Hope** works with birth families of children with FASD to:

- * Improve and strengthen their lives
- * Provide peer support
- * Eliminate stigma and shame

To promote the Circle of Hope, the National Organization on Fetal Alcohol Syndrome has established a quarterly newsletter which features inspirational stories by new members of this birth mothers network and website with links to resources and information on FASD.

Among the group's work was the creation of a birth mom's video, ongoing promotion of the Circle of Hope at conferences, and written articles to alcohol-related publications.

Marcy and her daughter, Sidney.



HOW IT ALL STARTED

In the fall of 2002, the Substance Abuse and Mental Health Services Administration (SAMHSA) funded the National Organization on Fetal Alcohol Syndrome (NOFAS) to host a "Women in Recovery Summit" in Baltimore, Maryland.

The Summit was designed to connect women in treatment with policymakers and state agencies. Several birth mothers of children with FASD participated in the activities, urging others to become advocates for the issue. The term "Warrior Mom" was coined at the conference to describe women who have survived their addictions and turned their lives around to help others.

That was the beginning of the **Circle of Hope** network, and it continues to grow daily. We invite you to join our network and become involved with other birth families. Together, we can recover and heal.

OUR FOUNDING MEMBERS

The **Circle of Hope** was founded by five women who share the same story. Each of the women gave birth to a child with FASD. These moms are recovering alcoholics that are now advocates for the issue. They share the same anguish, but also the same hope. Kathy, Diane, Angelina, Marcy, and Julie joined together to start this network and invite others to join and share their personal experiences. They are here to say, "You are not alone."

Some of the founding members of the **Circle of Hope**.



The **Circle of Hope** is brought to you by a growing group of dedicated women and the **National Organization on Fetal Alcohol Syndrome**.

The National Organization on Fetal Alcohol Syndrome (NOFAS) is a nonprofit organization dedicated to eliminating birth defects caused by alcohol consumption during pregnancy and improving the quality of life for individuals and families living with Fetal Alcohol Spectrum Disorders.



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JOIN THE CIRCLE

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