Our Vision

To become a strong international network that will work to mentor women who are struggling with addiction or have used alcohol or other drugs while pregnant. Most members have a child or children with Fetal Alcohol Spectrum Disorders (FASD). Our mission is to increase understanding and support for birth mothers and to strengthen recovery for women who drank during their pregnancies as well as to support their families.

Our Goals:

1. To improve and strengthen the lives of birth families
2. To provide peer support for birth families
3. To decrease the stigma, blame and shame that birth families may experience

The NOFAS Circle of Hope

You are not alone!

Help us to prevent FASD by supporting women and their families.
Together, we can prevent the leading cause of lifelong fetal brain damage: FASD.
Together, we are making a difference.

Contact COH Founder
Kathy Mitchell at
mitchell@nofas.org for more information.

NOFAS Circle of Hope
National Organization on Fetal Alcohol Syndrome

1200 Eton Court, NW, Third Floor
Washington, DC, 20007
202-785-4585
www.nofas.org

National Organization on Fetal Alcohol Syndrome

www.nofas.org
"I believe the COH takes away the stigma with the general public when they can see someone like me—I am not a monster, but someone who needed help.”

– Karen C., COH Member

The Circle of Hope: Preventing FASD by Empowering Women

The NOFAS Circle of Hope is an organization created to support birth mothers of children with FASD. The Warrior Mom logo represents the fearlessness and courage of each of our members. Our mentoring approach connects women that are struggling to reclaim their lives with other women that have been down similar paths. The COH believes in approaching FASD prevention with balance and an open heart.

Birth Mothers Making a Difference

Join the Circle of Hope!
To join, email Kathy Mitchell at mitchell@nofas.org

Visit the Circle of Hope Webpage
Features a welcome video, stories from birth moms, newsletters, news, events, and more.

Need Support?
Mentors are available.

Join the Warrior Moms Facebook Group

Sign Up for the Quarterly COH Newsletter

Speaker’s Bureau
Trainings and workshops available.

Become a mentor

Tell us about yourself
www.surveymonkey.com/s/BMNmentor
Please complete a short questionnaire

The Impact:
When asked how the COH impacted their lives:

“I felt alone and was searching for some support from other women with the same feelings.”

“I needed to share my guilt, shame and sense of loss. We didn’t know what we were doing could cause brain damage.”

“I feel like I belong and I’m understood.”

“It strengthens my commitment to sobriety.”

“It brings healing for us and our affected children.”

“I know I can turn to the BMN no matter what.”

“It is changing my life and saving my life.”

“For the first time in my life I’ve started to love myself.”

Get Involved with NOFAS

Become a Friend of NOFAS

Sign up for the NOFAS Weekly Roundup
Email newsletter of FASD-related articles and events

Like our Facebook page – facebook.com/nofas

Follow us on Twitter – twitter.com/nofas_usa

Watch our original Youtube videos
youtube.com/user/alcoholfreepregnancy

Visit our National and State Resource Directory

Visit nofas.org