

# 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](mailto:mitchell@nofas.org) for more  
information.



# NOFAS Circle of Hope

National Organization on  
Fetal Alcohol Syndrome



## National Organization on Fetal Alcohol Syndrome

1200 Eton Court, NW, Third Floor  
Washington, DC, 20007  
202-785-4585  
[www.nofas.org](http://www.nofas.org)



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*"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 COH Speaker's Bureau

## Join the Circle of Hope!

To join, email Kathy Mitchell at [mitchell@nofas.org](mailto: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](http://www.surveymonkey.com/s/BMNmentor)  
Please complete a short questionnaire

# The Circle of Hope: Preventing FASD by Empowering Women



Warrior Mom logo

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



The COH Regional Coordinators Meeting

## 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](https://facebook.com/nofas)

Follow us on Twitter – [twitter.com/nofas\\_usa](https://twitter.com/nofas_usa)

### Watch our original Youtube videos

[youtube.com/user/alcoholfreepregnancy](https://youtube.com/user/alcoholfreepregnancy)

### Visit our National and State Resource Directory

## Visit [nofas.org](http://nofas.org)