Did you use alcohol or drugs during pregnancy?

You are not alone!

Join the Circle of Hope – Birth Mothers Network

The Circle of Hope Birth Mother’s Network (COH-BMN) is a network of women who have consumed alcohol or drugs during pregnancy and may have a child or children with Fetal Alcohol Spectrum Disorders (FASD).

The women of the COH-BMN support one another in recovery and through the challenges of parenting a child with FASD.

NOFAS invites you to join our network and become involved with other FASD birth families.

Contact NOFAS Vice President and COH-BMN Founder Kathleen Mitchell

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Together we can recover and heal!