



National Organization on Fetal Alcohol Syndrome

Educating the public, professionals and policymakers about alcohol use during pregnancy and supporting children and families living with Fetal Alcohol Spectrum Disorders.

Attention Addiction Treatment Providers:

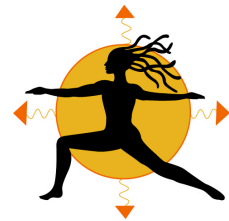
The National Organization on Fetal Alcohol Syndrome (NOFAS) wants to connect with women who have used alcohol or others substances while pregnant, or have children with Fetal Alcohol Spectrum Disorders (FASD).

**We provide support and hope for recovery through our
Circle of Hope Birth Mothers Network (COH-BMN)**

The **Circle of Hope Birth Mother's Network (COH-BMN)** is a network of women who have consumed alcohol during pregnancy and may have a child or children with **Fetal Alcohol Spectrum Disorders (FASD)**. Members are lovingly referred to as "Warrior Moms" because of their incredible strengths. Many of the women are in recovery from alcohol, or alcohol and drug addiction. However, the network also includes women without the diseases of alcoholism or addiction, but who drank alcohol during pregnancy. The women of the COH-BMN support one another in recovery and/or through the challenges of parenting a child with FASD. They serve as mentors to women newly in recovery, and collectively seek to overcome the stigmatization of alcoholism, addiction and FASD.

The Messages of the COH-BMN:

- Women CAN and DO achieve successful recovery from addiction
- Women need support from other women
- When women are supported through peer mentorship they have a better chance of achieving long-term recovery



***This is a FREE PEER MENTORING SERVICE provided by NOFAS.
Please inform your clients about this important international network.***

**Contact NOFAS Vice President and COH-BMN Founder Kathleen Mitchell
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Together we can support women and their families to recover and heal.