

# Hertfordshire & Area FASD Support Network

For those who are affected by, caring for or educating someone with diagnosed or suspected Foetal Alcohol Spectrum Disorder caused by exposure to alcohol in utero

## Support Group

The support group meets bimonthly. It has been suspended due to COVID but it will be starting up again soon.

## FASD Club

The FASD Club meets alongside the Support Group meetings.

## Coffee and Chat

We have regular coffee mornings. These have resumed and are currently taking place at Bridget's Cafe, The Priory, High Street, Ware, Herts, SG12 9AL.

## Drop ins & phone support

Can be arranged on an individual basis.

**Available for talks & training**

## RSVP

[hertsfasd@yahoo.com](mailto:hertsfasd@yahoo.com)

Web: [ehertsfasd.wordpress.com](http://ehertsfasd.wordpress.com)

Facebook: HertsFASD

Twitter: @EastFASD

# You're not alone



For online support: FASD UK Facebook group:  
<https://www.facebook.com/groups/FASDUK/>