

Finding Our Voice!

Self Advocacy Is:

Speaking up about the things that are important in the lives of people who have a disability, such as FASD.

Showing people who have a disability what their choices are.

Helping people who have a disability to make their own decisions.

Working together as a team.

Asking for help if and when needed.

Accepting differences and teaching others to do the same.

Keeping things simple and fun.

Setting goals, sticking to them and never letting go of our dreams



Becoming a SAFA member is easy and FREE!
If interested, please e-mail your name,
state of residence, e-mail address, and support person or parent's name to:

Leigh Ann Davis at ldavis@thearc.org

Also, please check us out at:

<http://www.thearc.org/page.aspx?pid=2440>

or

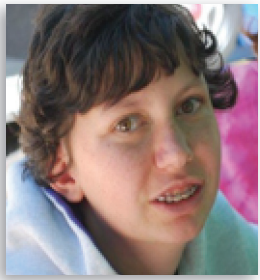
<http://www.fascenter.samhsa.gov/statesystemsofcare/safa.cfm?&print=y>



Self Advocates with FASD in Action The SAFA Network

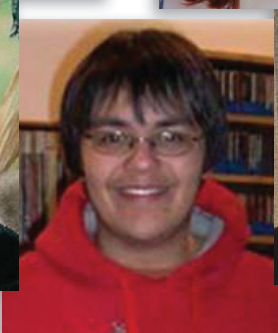
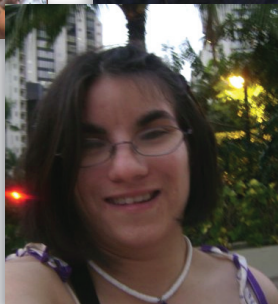
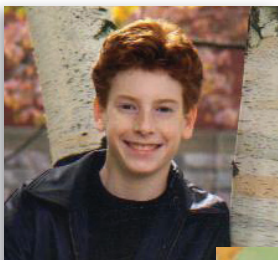


Nothing about ME without ME!



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Our goal as Self Advocates with FASD in Action (SAFA) is to create a strong, unified voice for people with FASDs. Together, we talk about how having an FASD affects our lives, and share what services and supports would be helpful at school, work, home, and in the community to make our lives a little easier so we can be successful.



What is Fetal Alcohol Spectrum Disorders or FASD?

Fetal Alcohol Spectrum Disorders or FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

FASD is 100% preventable if women abstain from drinking during pregnancy.