

# FETAL ALCOHOL SPECTRUM DISORDER

Where to go when you are looking for help

Updated May 2024

Fetal alcohol spectrum disorder (FASD) is a condition caused by prenatal alcohol exposure that involves physical, cognitive and behavioral challenges. Help for people with FASD includes diagnostic services, coordinated service planning and support programs. Families can access educational programs, personal support and community-based activities that foster a supportive environment. For more information about what help is available, contact your local health services or visit the [Ontario Ministry of Children, Community and Social Services](#) website.

## Finding FASD Services and Support

### FASD Ontario Online Portal

[www.fasdinfotsaf.ca](http://www.fasdinfotsaf.ca)

**Services:** Online directory of FASD information, services, educational events; online community

### Finding Community-based Workers

[www.ontario.ca/page/coordinated-service-planning-children-special-needs](http://www.ontario.ca/page/coordinated-service-planning-children-special-needs)

**Services:** Directory of FASD agencies and workers across Ontario; workers develop service plans tailored to individual needs, helps families access services and connects people to support networks and diagnostic services

### FASD Family/Caregiver Support Group Project

[www.fasdinfotsaf.ca/gethelp](http://www.fasdinfotsaf.ca/gethelp)

**Services:** Brings families and caregivers together for peer support, information sharing and awareness activities

## Supports for Children

### Government of Ontario – Children with Special Needs Portal

[www.ontario.ca/page/children-special-needs](http://www.ontario.ca/page/children-special-needs)

**Services:** Healthy child development programs such as Healthy Babies Healthy Children, Early Years Check-in, Infant Child Development Program, Preschool Speech and Language; rehabilitation services through children's treatment centres offer speech and language pathology, occupational therapy and physiotherapy; special needs resource teachers for childcare settings; Special Services at Home program, Assistance for Children with Severe Disabilities program

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

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## Indigenous FASD / Child Nutrition Program

[www.ontario.ca/page/indigenous-children-and-youth-programs](http://www.ontario.ca/page/indigenous-children-and-youth-programs)

**Services:** Program delivered by Indigenous service providers for Indigenous children, youth and families, including personal support and intervention services, education on healthy eating, cultural activities to promote FASD prevention; offered by 21 Indigenous service providers across 180 communities in Ontario

## Supports for Youth

### Associated Youth Services of Peel

160 Traders Blvd. East, Suite 100, Mississauga

[www.aysp.ca](http://www.aysp.ca)

Tel.: 905 890-5222

**Services:** In-person and virtual services; individual and family counselling, specialized programs for children and youth with FASD, help navigating the complexities of the disorder; education and support groups for families and caregivers

### Mothercraft – Breaking the Cycle FASD Diagnostic Clinic

860 Richmond St. West, Ste. 100, Toronto

[mothercraft.ca/breaking-the-cycle/#btc-pregnancy](http://mothercraft.ca/breaking-the-cycle/#btc-pregnancy)

Tel.: 416 364-7373

[btcycle@mothercraft.org](mailto:btcycle@mothercraft.org)

**Services:** Specialized early intervention, developmental assessments, tailored support plans for children and youth with FASD; resources and training for families and caregivers to help them manage FASD; community outreach and education

**Eligibility:** Up to age 6

### Ontario Ministry of Children, Community and Social Services Directory

[www.ontario.ca/page/regional-offices-ministry-children-community-and-social-services](http://www.ontario.ca/page/regional-offices-ministry-children-community-and-social-services)

**Services:** Directory of regional offices that help youth with developmental disabilities and their families develop integrated transition plans, which support young people preparing for adulthood, transitioning from secondary school or outgrowing child-centred services due to age; plans identify goals for work, school and community living and prepare families for these transitions

**Eligibility:** Age 14+

### Ron Joyce Children’s Health Centre – Developmental Pediatrics Clinic

325 Wellington St. North, Hamilton

[www.hamiltonhealthsciences.ca/healthcare-providers/information-about-pediatrics/developmental-pediatrics-clinic](http://www.hamiltonhealthsciences.ca/healthcare-providers/information-about-pediatrics/developmental-pediatrics-clinic)

Tel.: 905-521-7950

**Services:** FASD clinic offering diagnostic assessments, individualized care plans, ongoing support for children and youth with FASD; resources and workshops for families and caregivers

**Referral:** By health care provider; referral form on website

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## St. Michael's Hospital – Fetal Alcohol Spectrum Disorder Diagnostic Clinic

61 Queen St. East, 2nd floor, Toronto

[unityhealth.to/clinics-services/pediatric-outpatient-clinics](https://unityhealth.to/clinics-services/pediatric-outpatient-clinics)

Tel.: 416 867-3655

[FASDclinic@unityhealth.to](mailto:FASDclinic@unityhealth.to)

**Services:** Diagnostic assessments, medical consultations, ongoing care for children, youth and adults with FASD; support programs for families and caregivers, including educational workshops

**Eligibility:** Up to age 6; must live in Peel Region and have confirmed prenatal alcohol exposure and developmental concerns

**Referral:** By health care provider; referral forms on website

## Substance Use and Pregnancy Services

### McMaster University, Maternity Centre of Hamilton – Program for Substance Use in Pregnancy

100 Main St. West, Hamilton

[mch.mcmaster.ca/services/prospr/#:~:text=The%20Program%20for%20Substance%20Use,care%2C%20including%20methadone%20or%20suboxone](https://mch.mcmaster.ca/services/prospr/#:~:text=The%20Program%20for%20Substance%20Use,care%2C%20including%20methadone%20or%20suboxone)

Tel.: 905 528-5553

**Services:** Substance use care, prenatal care, mental health support, social work, linkages to primary care

**Hours:** Walk-in hours every Wednesday, 1:00 pm–4 pm

**Referral:** Self-referral by phone or in person; health care providers can refer by fax: 905 528-9178

### St. Joseph's Health Centre – Toronto Centre for Substance Use in Pregnancy

30 The Queensway, Toronto

[www.unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/-st-josephs-health-centre-addictions-services-0](https://www.unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/-st-josephs-health-centre-addictions-services-0)

Tel.: 416 530-6860

**Services:** Substance use, obstetric and neonatal care for people who are pregnant and use substances