At least 2 – 5 babies born out of 100 are affected by alcohol use in pregnancy. People of all ages may be affected.

Individuals with FASD will experience some degree of challenges in their daily living and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has both strengths and challenges.

GIVE YOUR BABY THE BEST START POSSIBLE.

All types of alcohol are dangerous for pregnant women. Beer, wine and hard liquor can impact the unborn child. No one knows for sure how much alcohol is safe for a pregnant woman to drink or how much alcohol it takes to harm an unborn baby. Experts agree it’s safest not to drink any alcohol if you are pregnant or thinking about becoming pregnant.
Celebrating Recovery

NATIONAL RECOVERY MONTH

Each September, communities across Canada and beyond gather to celebrate recovery, reduce stigma and foster hope.

September is Recovery Month.

It's a chance for our community to celebrate recovery as well as talk about substance use, break down stigma, and focus on what our community can do to support recovery.

The impacts of addiction are felt by many in Northwestern Ontario, all ages, genders, cultures and lifestyles. When we consider the pain of seeing a loved one suffering with addiction, the impact of substance use touches us all. You are not alone. Thunder Bay Counselling's clients are proud of the positive changes they make to better their lives for themselves and their families.

“Doing nothing won't help anything. I think reaching out can be the hardest part,” says one client celebrating their recovery. “Don’t let the fear of the unknown stop you from seeking help.”

Since the start of the pandemic, Addiction and Mental Health Ontario has found that 42% of Ontario’s adults have increased their substance use or gambling. COVID-19 continues to impact the mental wellness of our community members, and as a result many people are increasing their use of alcohol and other substances. Throughout the pandemic, deaths due to the Opiates Crisis continues to increase. Now, more than ever, we need to take steps to care for ourselves and each other, to create a safer community for everyone, and to include people struggling with substance use is the change we all want to see.

Disproportionally, recovery can be more difficult to achieve and sustain for people who don’t have access to adequate food, housing, income security, health care, and for those who experience trauma and mental health issues. “These systemic problems look different in Northwestern Ontario and need a local and regional response. Every path to recovery is unique,” says Nancy Chamberlain, Executive Director, Thunder Bay Counselling.

Services in the Thunder Bay area are connected and work together to find what works for you. Whether it is the first step on your recovery journey, or if you have been walking the path for years, we are here for you.

Recovery is possible, and that is something to celebrate.

You are not alone; We’re here for you.

Mental health and addiction supports and services for all ages, cultures and backgrounds.

www.nosp.on.ca

Important Information

The Rapid Access Addiction Medicine (RAAM) Clinics are OPEN during the COVID-19 pandemic. (NorthWest Community Health Centre location ONLY).

Clients should call (807) 626-8478 to book an appointment.

The RAAM Team is working to keep the community safe by:
- Following social distancing recommendations
- Offering telephone and video appointments when possible
- Giving people access to technology to see their health care provider
- Screen individuals when in person appointments are necessary
- Using protective equipment