



## educational series for women



# changing course

**An educational series that can change the course of a life.**

Changing Course is a series of educational classes for women who drank alcohol and/or used drugs during their pregnancy. This series addresses many of the issues that these women face, including:

- The shame, blame and guilt they feel as a result of substance use, abuse or addiction while they were pregnant.
- The myths around alcohol and pregnancy. Not all women who drank during pregnancy are alcoholics, however many are in recovery. These women are from every race, age, and socio economic level. None of them intentionally wanted to harm their children.
- The basics of Fetal Alcohol Spectrum Disorders (FASD) and why using drugs and alcohol during pregnancy can be harmful.
- Strategies for parenting a child who was prenatally exposed to alcohol.

To find out more about bringing the Changing Course series to your program, contact Tiffany Morgan, Chemical Health Coordinator at 651-917-2370 or [tmorgan@mofas.org](mailto:tmorgan@mofas.org).