

Welcome to the Beacon Bright Lights Victoria Marathon Team!

Thank you for joining the **Beacon Bright Lights** Team for the Victoria Marathon 8K. Our goal this year is to send 4 families to the unique Whitecrow Village FASD Family camps next summer and to continue to raise awareness of FASD.

To help get you organized, here is a list of your next steps:

1. **Register.** Give Gypsy (250-658-7211) a call to get started. You will need to register (ASAP) to get your race number and bib. You can find more information about the marathon at: <http://www.runvictoriamarathon.com/>. Registration forms can be found online at: <http://www.eventsonline.ca/events/vicmara/>.
2. **Collect donations.**
 - a. **Set a goal** for how much money you will strive to collect.
 - b. **Email friends and family** the link below, inviting them to pledge you: <http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=d39779>
***Make sure they select the FASD fund.**
 - c. **Collect pledges in person.** Call Gypsy at 250-658-7211 to obtain a pledge form.
 - d. **Get creative and make it fun!** Consider setting up your own online pledge collection page on Facebook. Or host an event at home or your workplace to raise funds: BBQ, casual days, raffles, auctions, etc., are fun and raise money.
 - e. Print off and carry with you a copy of “Beacon Community Services FASD Program” (attached) for any donors who may have questions.
3. **Come out to Beaver Lake on Monday nights starting September 13th to walk with the Beacon Bright Lights team.**
4. **Proudly wear your Beacon Bright Lights team shirt on race day and see how visible we can be!** Find other Bright Lights team mates to walk or run with. Stay around at the finish line and welcome others in. Celebrate!

PRIZES:

- ★ All pledge collectors raising more than \$250 will be reimbursed their race entry fee.
- ★ The top pledge collector will receive a night for two at the downtown Victoria Marriott Hotel!

Beacon Community Services FASD Program
1450 Elford St, Victoria BC
Director, David Gerry
Tel: 250-595-6625

Who We Are

We began as a group of concerned parents and community partners who banded together to advocate for and organize better services for children with FASD. This has led us to join forces with Beacon Community Services to further this important work. We are constantly looking for innovative ways to make a difference and provide support and encouragement for those with FASD.

What We Do

We work to prevent FASD through community education and by supporting those living with FASD, their families and communities. We provide parent support groups, mentoring programs, intermediary, coaching and advocacy services. We also run a pilot FASD Diagnostic and Assessment Clinic staffed by physicians and psychologists for women who may have FASD who are mothers or who are pregnant.

What is FASD?

FASD is an umbrella term that is used to describe the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. Persons with FASD may have difficulty organising, planning, understanding or recalling a sequence of events, connecting cause and effect, and/or regulating their own behaviours and emotions.

How Many People Have FASD?

It often goes undiagnosed, so statistics generally underestimate how prevalent FASD is, but the most often used (and very conservative) estimate indicates that an average of at least one child is born with FASD every week on Vancouver Island alone.

Our Beliefs

We believe that **every** person has a right to health and wellness, the opportunity to succeed to the best of their ability, and the chance to improve those abilities. Where there is impairment, adequate supports should be in place to provide a reasonable and meaningful way of life. We also believe that denying those opportunities produces an ever increasing downward spiral of health, mental health, economic, and legal issues.

Our Friends and Allies

We work closely with, and both give and get support from organizations like MCFD, PEERS, VIHA (especially CDBC), Whitecrow, Victoria Native Friendship Center, the Metis Association, and NIL/TU,O. Many other organizations in the FASD and professional services and community such as the Goodlife Fitness Victoria Marathon, actively support our mission.