

You Are Not Alone

Birth Mothers Network (BMN)

The Birth Mothers Network (BMN) is designed to unite birth mothers of children with Fetal Alcohol Spectrum Disorders (FASD), to assist in the process of recovery, and to provide the mentoring and support needed to get through the process of grief. Recovery and forgiveness are essential for parents to provide the nurturing support that is vital for their children.

The BMN supports birth families by:

- Improving and strengthening lives
- Providing peer support
- Eliminating stigma and shame

The messages of the BMN:

- Women CAN and DO achieve successful recovery from addiction
- Women need support from other women
- Women that have used alcohol or other substances need support and treatment



What services does the BMN provide?

Hope for Recovery!

- BMN mentors to support other moms who are in crisis and need help
- BMN mentors to support long-term recovery from addiction and cycles of abuse
- Referrals for services related to addiction and/or FASD
- BMN Speakers Bureau on topics of FASD and/or addiction
- Free FASD prevention materials to community human service agencies such as hospitals, physician offices and clinics, addiction treatment centers, and jails

We invite you to join our Network and become involved with other birth families.
Together, we can recover and heal.

Contact the BMN at:

www.nofas.org

Kathleen Mitchell, MHS • mitchell@nofas.org • 202-785-4585