# "There's plenty of parents and caregivers out there, and that's where I've done most of my healing — in finding I wasn't alone"

*This story was first published on Every Moment Matters - Community Stories. You can read it* [*here.*](https://everymomentmatters.org.au/angelenes-story/)

Angelene’s son lives with Fetal Alcohol Spectrum Disorder (FASD). In this video, she talks about alcohol dependence, her son’s FASD diagnosis and her life now as a passionate FASD advocate.

Every moment matters when you are pregnant or planning a pregnancy. Support is available if you’d like to make a change.

If you think a child or young person in your care might have FASD, talk to your GP. If needed, they can provide a referral to a paediatrician or FASD-informed health care provider about assessment and diagnosis.

https://www.youtube.com/watch?v=kvwXDsR8SGo&ab\_channel=FAREAustralia

*In the coming months, we’ll be regularly sharing stories like Angelene’s on our website.*[*Sign up to the FARE email list*](https://fare.org.au/action/)*to receive similar stories.*

*If you have experiences to share – short or long – that can help people know they’re not alone, please share your story through our*[*Voices of Change project*](https://fare.org.au/voicesofchange/)*.*