

# FARR Burgersdorp HMHB© Baby Shower

2 December 2020

2020 was a difficult year for everyone. Families and communities were affected financially, emotionally and healthwise. Foundation for Alcohol Related Research, a non-profit organisation, based in Burgersdorp that focuses on prevention and raising awareness on Fetal Alcohol Syndrome Disorders (FASD), found it fitting to spoil clients who are part of the Healthy Mother Healthy Baby (HMHB©) programme in the form of a baby shower. The HMHB© programme is a prevention programme that aims to support pregnant community members in having healthy pregnancies by sharing the FASD prevention message and engaging them in activities that promote a healthy lifestyle.

The event was held on the 2nd of December 2020 and a total of 12 clients attended the event. The event was filled with games and activities that gave the clients an opportunity to unwind and relax. After all the fun and games, the clients were treated with a photoshoot and a delicious lunch.

FARR project has been in existence in Burgersdorp since 2017 and would like to thank the project sponsor Scatec Solar for giving FARR the opportunity to service the Burgersdorp community.

The project is looking forward to a positive 2021 and will thrive to provide the much needed services in the community.



PHOTOS: CONTRIBUTED.

*Mommies to be, unwinding and having fun.*