



## Family and Caregiver Support Opportunities Stearns, Benton, Morrison County Area

### **Autism and Behaviors - Support and Information Group**

This support group is for parents and caregivers of children with communication, social, and behavioral challenges or autism spectrum disorder.

Meets the fourth Thursday of each month 6:00-7:30 PM

YMCA at 1530 Northway Drive, St. Cloud

Contact Arc Midstate for more information or to register at 320.251.7272

Limited skilled on-site childcare available – advanced reservations required.

Sponsored in part by the St. Cloud Area IEIC and Benton Stearns Ed District

### **Arc Midstate - Other**

For general information for families who have children and teens with special needs including Autism, Down Syndrome, Fragile X and FASD, to get connected to resources, special events/groups for siblings, assistance in finding childcare or respite care, public policy updates, and to inquire about advocacy services – contact Arc Midstate at 320.251.7272



### **STARS:**

#### **Parent to Parent Support Group**

Support group for parents of children with mental health illness.

Meets the second Tuesday of each month at 7:00 PM

Clara's House, 1564 Co Rd 134, St. Cloud

#### **Parent Voices**

Parent/Advisory Committee

Meets the second Tuesday of each month 5:30-7:00 PM

Clara's House

For more information 1.877.333.0083

#### **Parents of Young Children with Down Syndrome**

Meets first Thursday of most months – call for schedule and details

Hope Covenant Church in St. Cloud.

Childcare available.

Advanced reservations required. Contact Arc Midstate at 320.251.7272

#### **Morrison County Area Parents of Children with Special Needs**

Meets the third Tuesday of each month 6:00 PM

Morrison County Learning Center – Little Falls

Child care not available. Contact Arc Midstate at 320.251.7272 or 877.251.7272

#### **Pilot Parents**

A parent to parent matching program –wide variety of needs served.

Volunteers are trained to provide support on a one-to-one basis.

Please contact Arc Midstate for details at 320.251.7272 or 877.251.7272



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### **Sibsdays Events**

For children ages 7-12 years.

For children who have a sibling with a special need. Events held quarterly.

Contact Arc Midstate for details at 320.251.7272 or 877.251.7272



### **Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)**

For parents and caregivers of children with FASD/ARND

Monthly meetings – call for details

320.251.7272 or 320.202.1941

### **Circle of Parents**

Being a parent is a tough job and sometimes we all need a little help!

Children's program provided while parents meet.

Meets every Monday 6:00-7:30 PM

Southside Boys and Girls Club, 1205 6<sup>th</sup> Ave. S, St. Cloud

For more information call 320.203.2056

### **YMCA Single Parent Support Group**

Open to anyone raising children alone.

Meets every Friday 6:00-8:00 PM

YMCA at 1530 Northway Drive, St. Cloud

For more information contact Michelle at 320.253.2664

### **School Sponsored Family Support Family Fun and Friends Night**

Families with children ages birth - 6 years who attend school in the

Benton Stearns Ed District or St. Cloud School District.

*Foley, Holdingford, Kimball, Rocori, Sartell, Sauk Rapids/Rice*

Sessions are held during the school year, Sept. - May

St. Cloud – Monday nights at Roosevelt School from 6:00-8:00 PM. Call 320.253.5828 ext. 1

Sauk Rapids – Wednesday nights at Hillside School from 6:00-8:00 PM. Call 320.255.8910

### **“Families Special Health Care Needs Network” FSHNN**

Meets the third Tuesday of each month 7:00-9:00 PM

CentraCare Health Plaza, St. Cloud

For more information contact Brianna and John Inkster at 320.230.2068 or

E-mail: [briannaink@hotmail.com](mailto:briannaink@hotmail.com)

To report an update/change/addition/deletion – please contact Arc Midstate at 320.251.7272 or E-mail [info@ArcMidstate.org](mailto:info@ArcMidstate.org) Website: [www.ArcMidstate.org](http://www.ArcMidstate.org)



*This listing is intended for informational purposes only.  
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