



Minnesota Organization on Fetal Alcohol  
Syndrome Disorders (MOFAS)  
St. Cloud & Central Minnesota Resources for Families



*This listing includes current resources available to families living with FASD in Central MN*

**Training** – MOFAS offers a variety of trainings for both families and professionals. We also offer prevention education to health classes and teen groups at no charge.

**Family Retreat Planned July 2012 at Camp Confidence Brainerd, MN**

An opportunity for families who have children with a FASD diagnosis, to attend a fun event with their children. This event encourages both the adults and the children to build friendships with others who are living with the effects of FASD. This is a great way for families to network.

**Family Fun Nights** – quarterly events will include opportunities for family activities, networking and informational sessions. Sign up to be added to our mailing list by emailing [049months@ArcMidstate.org](mailto:049months@ArcMidstate.org)

**Lending Library**

Our lending library contains a variety of books and videos on a wide variety of topics all special needs related for check out. There is good selection of materials that focus on FASD. The lending Library lends books or films up to 30 days at no charge to families, agencies and schools.

**Parent Guides** – we match parents who have children with FAS with volunteer mentor parents who have experienced the heartbreaks and joys of having a child with special needs. Trained volunteers are willing to listen to and help other parents. Parent Guide may offer practical suggestions for meeting the daily challenges of caring for a child with FASD. Raising a child with a special need can be rewarding and exciting, it can also seem lonely and frustrating. To learn more about the parent program please contact Arc Midstate at 320.251.7272 or 877.251.7272 and ask for Rita.

**Ways you can help:**

**First Steps Baby Expo April 14, 2012** – St. Cloud Civic Center. The purpose of the event is to help spread the message that FASD is 100% preventable if alcohol is not consumed during pregnancy. You may sign up to help by contacting MOFAS at 320. 251.7272

**Public Policy** –join our noise makers and responded to legislative and public policy initiatives. We need volunteers who are willing to talk and rally their representatives about our children's needs in response to action alerts and emails.

**Volunteer** – help staff exhibit or other ways to help with promotional events to spread the important message of MOFAS

Contact MOFAS at 320.251-7272 Ext. 3 ask for Pam - or email – [049months@ArcMidstate.org](mailto:049months@ArcMidstate.org)