

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

### Autism Support and Information Group

This support group is for parents and caregivers of young children with Autism spectrum disorder or related concerns.

Meets the fourth Thursday of most months 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 for children under 11 yrs – advanced reservations **required**.

Sponsored in part by the Arc Midstate - Benton Stearns Ed District - and ARISE

### 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

### Parent Voices of NAMI

Parent/Advisory Committee

Our mission is to offer families of children affected by a mental illness a safe haven where they can find acceptance, HOPE, and education.

Meets the second Tuesday of each month 6:00-8:00 PM

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

For more information email [parentvoicesofnamisc@gmail.com](mailto:parentvoicesofnamisc@gmail.com)



### Parents of Young Children with Down syndrome

Meets second 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

### 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

### Sibsdays Events

For children ages 7-12 years.

For children who have a sibling with a special need.

Fun activities – make friends – celebrate. Events held quarterly.

Contact Arc Midstate for details at 320.251.7272 or 877.251.7272





**Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)  
Family Fun Nights & Support Group**

For families of children and teens with Fetal Alcohol Spectrum Disorders.

Meets quarterly – different events and locations.

For more information call 320.251.7272 – ask for Pam

**Circle of Parents**

The Circle of Parents is a free community-based support group for parents and their children. A mens breakout group meets every other session.

Meets every Monday 6:00-7:30 PM

Great River Regional Library

For more information call 320-763-6638

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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