

RESOURCE LISTINGS¹

All Disabilities:

Family Voices of Minnesota

“Family Voices of Minnesota is part of a network of families and friends of children and youth with complex health care needs or disabilities around the nation. . . . Today, Family Voices of Minnesota continues its work to assist parents of children and youth with special health care needs advocate for their child, participate in program development, implementation and evaluation and share their expertise in the formation of policies affecting children and youth with special health care needs. In addition, Family Voices of Minnesota connects families with one another and provides families information to secure and utilize needed services for their children and youth.” Family Voices of Minnesota runs a Parent Peer to Peer Support called “Connected”.

“Connected” Peer to Peer Support Phone: 1-866-334-8444

Email: Connected@familyvoicesmn.org

Website: www.familyvoicesofminnesota.org

Lifepages

Listings of area support groups, resources, and recreational activities for families and adults with special needs.

Website: www.lifepages.org

Twin Cities Dads

“Parenting a child with special needs is a responsibility that often needs a little extra encouragement. For fathers of children with special needs, this encouragement has not been easily accessible until recently, with the inception of the Twin Cities first fathers support group.” For monthly meeting times and additional information, please visit the website.

Website: tcdads.org

PACER Center

PACER Center is a parent training and information center for families of children and youth with all disabilities from birth to young adults. Located in Minneapolis, it serves families across the nation, as well as those in Minnesota. Parents can find publications, workshops, and other

¹ Information is taken from the various group Websites and was the best available at the time this resource list was created. Please refer to the websites for the most up to date information. While this list tries to be comprehensive, there may be other groups that exist which have not been brought to our attention or which have begun after this list was last updated. Please contact us at seac@mpls.k12.mn.us if you have additional information about groups.

resources to help make decisions about education, vocational training, employment, and other services for their children with disabilities. PACER offers events and workshops all around the state of Minnesota. Please check their website for current program and event information.

PACER Center, Inc.
8161 Normandale Blvd.
Bloomington, MN 55437
Phone: 952.838.9000
Toll-free: 800.537.2237
Fax: 952.838.0199
Website: <http://www.pacer.org>

The ARC Minnesota

“The Arc Minnesota is a nonprofit 501(c)3 advocacy organization founded in Minnesota more than 70 years ago by parents of children with disabilities. The organization provides information and assistance, advocacy, and training and education for people with intellectual and developmental disabilities and their families throughout their lifetime. The Arc advocates for systems change at the local, state and national level.”

“The Arc Minnesota’s services throughout the state include:

- Access to a toll-free information and assistance phone number
- “Ask An Advocate” online with responses typically within one business day
- Opportunities to participate in online and in-person training events
- A statewide Public Policy platform with grassroots engagement”

The ARC Minnesota
2446 University Ave. W.
Suite 110
St. Paul MN 55114-1740
Phone: 952-920-0855 or 1-833-450-1494
Email: info@arcminnesota.org
Website: arcminnesota.org

Autism Spectrum Disorders:

Autism Society of Minnesota (AUSM)

“Established in 1971, the Autism Society of Minnesota (AuSM) is a non-profit organization committed to education, advocacy and support designed to enhance the lives of those affected by autism from birth through retirement . . . Whether you are a family with a child who is newly diagnosed, an adult who is on the spectrum, an educator who serves individuals with autism, or a corporation that wants to learn more about employing individuals with autism, AuSM

provides you with the resources and services you need to help you accomplish your goals. Your AuSM membership also guides your path into the autism community, helping you find the most comfortable way to participate and grow.”

AUSM

380 Wycliff St. #102

St. Paul, MN 55114

Phone: 651-647-1083

Email: info@ausm.org

Website: www.ausm.org

Center for Engaging Autism

“Connecting young families living with autism to the information, strategies and support they need to engage fully in their homes, schools and communities. We are dedicated to building bridges between research, practice and everyday life. Here, families are the center. “

CEA

PO Box 1344

Minnetonka, MN 55345

Phone: 612.293.8253

Website: cea4autism.org

Minneapolis ASD Parent Support Group (MAPS)

Parent-run monthly support group for parents or guardians of children on the autism spectrum in Minneapolis.

Contact: [mplsasdp@gmail.com](mailto:mplsasdparents@gmail.com)

Website: www.mplsasdparents.org

[SPANISH] Información sobre MAPS en español:

MAPS es un grupo de apoyo mutuo para los padres de estudiantes con trastornos del espectro autista (autismo) en la ciudad de Minneapolis. Los padres interesados pueden conectarse con el grupo por correo electrónico mandando un mensaje a [mplsasdp@gmail.com](mailto:mplsasdparents@gmail.com) o buscando el grupo “Autismo en Minneapolis” en Facebook (<https://www.facebook.com/groups/794937514001015/>).

Fraser

“Fraser is Minnesota's largest and most experienced provider of autism services. Fraser also provides services for mental health and other developmental disabilities for children and adults

with special needs through healthcare, education and housing. Our programs are nationally recognized for their high quality, innovation, and individualized, family-centered approach.”

General Inquiries Phone: 612-861-1688

Website: www.fraser.org/

Cerebral Palsy:

United Cerebral Palsy

“United Cerebral Palsy (UCP) is a trusted resource for individuals with Cerebral Palsy and other disabilities and their networks. Individuals with cerebral palsy and other disabilities deserve every opportunity to live life to the fullest. UCP strives to make that happen. “

“UCP affiliates provide services and support on a community-by-community basis, serving the unique needs of people with disabilities in their region.”

The UCP affiliate in Minnesota is United Cerebral Palsy of Minnesota and operated in association with Gillette Children’s Specialty Healthcare.

UCP of MN website: ucpmn.org/

UCP national website: ucp.org

Down Syndrome:

Down Syndrome Association of Minnesota

“It is the mission of the Down Syndrome Association of Minnesota to empower individuals and families, to create community and celebrate the abilities of people with Down syndrome.” A full list of program and services (including parent groups) can be found at <https://www.dsamn.org/programs-services/>

Phone: 651-603-0720, 800-511-3696

Fax: 651-603-0726

Mail: 656 Transfer Road, St. Paul, MN 55114

Email: dsamn@dsamn.org

Website: www.dsamn.org

Early Childhood:

Parents In Community Action, Inc. (PICA)

“Parents In Community Action, Inc. (PICA) is a private, non-profit agency designated by the federal government to operate Head Start and Early Head Start programs in Hennepin County, Minnesota. The agency was founded in 1969 by Head Start parents. “ Descriptions of activities happening at PICA are available via phone hotline in several languages:

English: 612.374.0701
Hmong: 612.374.0709
Oromo: 612.374.0703
Somali: 612.374.0707
Spanish: 612.374.0705

Website: www.picaheadstart.org

Fetal Alcohol Syndrome:

Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)

Founded in 1998, “MOFAS is the statewide organization serving as the leading voice and resource on Fetal Alcohol Spectrum Disorders (FASD) in Minnesota and on a national level . . . We invite you to browse our site to learn about prenatal alcohol exposure and the work MOFAS is doing. Share in our vision of celebrating alcohol-free pregnancies. And help us prevent FASD. . . Contact the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) for support, resources, questions, and other information related to Fetal Alcohol Spectrum Disorders (FASD).”

MOFAS
2233 University Avenue West, Suite 395
St. Paul, Minnesota 55114
Toll-Free: 1-866-90-MOFAS (66327)
Phone: 651-917-2370
Fax: 651-917-2405
Email: info@mofas.org
Website: www.mofas.org

Mental Health Related:

Parent Catalyst Leadership Group (PCLG)

“We are parents and caregivers of children with diagnosed mental health conditions in Hennepin County. We are currently seeking parents to become leaders in improving services for families in Hennepin County. . . . What do Parent Catalysts Leaders do?

- Raise community awareness on children’s mental health issues
- Offer ideas to providers and policy makers about ways to improve the system
- Attend monthly training and support group meetings
- Meet other parents of children with mental health concerns”

PCLG Coordinator: Margaret Sullivan

Phone: 612-825-9615

Email: hcplcg@yahoo.com

Facebook: Hennepin County PCLG

Blog: <http://hcplcg.wordpress.com/>

National Alliance on Mental Illness (NAMI)

“NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.” Among its offerings are educational programs and a Helpline for information and referrals.

NAMI has state affiliates as well as county affiliates. The websites for Minnesota NAMI and NAMI Hennepin County are listed below. For other states, please check the list on the national NAMI website.

NAMI National Helpline: 800-950-6264

NAMI Minnesota Helpline: [1-888-NAMI-Helps \(1-888-626-4435\)](tel:1-888-NAMI-Helps)

NAMI Minnesota

800 Transfer Rd

Ste 31

Saint Paul, MN 55114-1414

Phone:(888) 626-4435

Fax: (651) 645-7379

Email: namihelps@namimn.org

Website: namihelps.org

NAMI Hennepin County

PO Box 24633
MPLS, MN 55424
Phone: 612-424-1823 (Voicemail)
Email: NAMIHennepinCounty@gmail.com
Website: namihennepin.org