

# SUPPORT GROUPS LISTINGS

## *For Families*

### All Disabilities:

#### [Family Voices of Minnesota](#)

One-to-One Match:

- ❖ Call 1-866-334-8444 to be matched with a trained parent mentor
- ❖ Email: [network@familyvoicesofMinnesota.org](mailto:network@familyvoicesofMinnesota.org)

#### [Lifepages](#)

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

### Autism Spectrum Disorders:

Parent Support Group - Minneapolis

New group for parents with students with ASD organized by an MPS parent.

Contact: [Amy.Gaalswyk@gmail.com](mailto:Amy.Gaalswyk@gmail.com)

### Down Syndrome:

#### [Parenting a Child with Down Syndrome - Somali Parent Group](#)

Children's Hospitals and Clinics, 2525 Chicago Ave South, Minneapolis

*Interpreter present*

- ❖ Contact: Mary Hauff, [Mary@dsamn.org](mailto:Mary@dsamn.org) or (651) 603-0720

### Early Childhood:

#### [¡Adelante! \(PICA Headstart for Spanish-speaking Families\)](#)

2nd Thursdays, 6:00-8:00 pm (starting this fall)

PICA – McKnight, 4225 Third Ave S, Minneapolis

#### [ARC: Dads with Kids with Special Needs](#)

- ❖ Specifically for fathers.
- ❖ In collaboration with Minneapolis Early Childhood Family Education, which also provides child care.



2<sup>nd</sup> Mondays, 5:30 - & 7:30 pm (starting this fall)  
Wilder School, 3328 Elliot Ave South, Minneapolis

**PICA-CREW (Parents in Community Action – Caring Resourceful Empowering Workshops)**

2<sup>nd</sup> Tuesdays, 10 – 11:30 am (starting this fall)  
Fraser Center, 700 Humboldt Ave North, Minneapolis

**PICA – Somali Networking Group**

3<sup>rd</sup> Thursdays, 11:30 am – 1:30 pm (starting this fall)  
PICA – McKnight, 4225 Third Ave S, Minneapolis

**Fetal Alcohol Syndrome:**

[Minnesota Organization on Fetal Alcohol Syndrome](#)

Metro Caregivers Support Group  
3<sup>rd</sup> Thursdays of each month; 6:00 – 7:30 pm  
Center for Changing Lives, Room 243  
2400 Park Avenue  
Minneapolis

**Mental Health Related:**

[PCLG - Children’s Mental Health Support Group](#)

2<sup>nd</sup> Monday of each month, 6:30 – 8:30 pm  
Sabes Jewish Community Center  
4330 Cedar Lake Road  
St Louis Park, MN  
Phone: 612 825-9615, [hcplg@yahoo.com](mailto:hcplg@yahoo.com)

[NAMI Hennepin - Parent and Family Support Group](#)

Bilingual support for Spanish speakers  
1<sup>st</sup> Saturday of each month , 2:15 – 3:45 pm  
Lake Nokomis Recreation Center  
4955 West Lake Nokomis Parkway; Minneapolis  
Phone: 612 370-4923

[NAMI Minnesota - Parent Resource Group](#)

1<sup>st</sup> & 3<sup>rd</sup> Fridays, 6:30 – 8:00 pm  
Park Nicollet - Melrose Center, St. Louis Park  
Phone: 651-645-2948

[NAMI Minnesota](#)

**Parent E-mail Warmline - [parent.resources@namimn.org](mailto:parent.resources@namimn.org)**

Each member of the support team is a parent of a child or young adult with mental illnesses or challenging behaviors. We can help you find resources, answers to your questions and a support network, and know that you are not alone. All messages will get a response within 24 hours. Please note this is not a crisis line. For a mental health crisis or emergency always contact your county crisis team or 911.