



Arc
Midstate

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 the month 6:30-8:00 PM

YMCA at 1530 Northway Drive, St. Cloud

Contact Kathy Kjolhaug for more information or to register at 320-252-8427

Skilled on-site childcare available

Information Series on Autism

This information series is for parents, teachers, paraprofessionals and caregivers.

Meets the second Thursday of the month 6:30-8:00 PM

YMCA at 1530 Northway Drive, St. Cloud

Contact Kathy Kjolhaug or Jill Murphy to register 320-252-8427

Skilled on-site childcare available



Autism Spectrum Disorders

Parent Support Group for parents of children with autism

Meets the third Thursday of each month (begins Oct. 19th) at 7:00 PM

Central MN Mental Health Center at 1321 N 13th St, St. Cloud

Group Leader: Tobin DelGiudice 320-252-5010

Asperger's Parent Support Group Catholic Charities

Meets the third Saturday of the month

Locations vary

Contact: 320-650-1652

Mental Health Concerns

Various support and social groups – some include:

Teen Night for those who are ages 13-19 with asperger's

Social Circle for children ages 5-12 with asperger's

For more information contact Jennifer at 320-229-6033

Email: jwirz@gw.stcdio.org

CEAS Parent Voices

Parent to Parent Program for parents/caregivers of children with Brain Disorders such as ADHD, Autism, Mental Health Concerns Contact Mary Kaeter CEAS 320.650-1666

Parents of Young Children with Down Syndrome

Meets the third Thursday of the month 6:00 PM

Hope Covenant Church in St. Cloud

Childcare available. Call Arc Midstate at 320.251.7272



Morrison County Area Parents of Children with Special Needs

Meets the second Tuesday of the month 6:00 PM

Little Falls Public Library – Little Falls

Child care not available. Arc Midstate 320.251-7272 or 877.251.7272

Parenting Plus – Arc Midstate

Group for parents of children with special needs between ages of 7 years and 21 years of age
Meets second Monday 6:30 PM
Arc Midstate Office – childcare not available
(Currently on hold due to lack of participants, we are gathering feedback)

Sibsdays Events

For children ages 7-12 years who have a sibling
with a special need. Events held quarterly.
Call Arc Midstate for details 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 call Arc Midstate for details 320.251.7272 or 877.251.7272



Spina Bifida Support Group

The Spina Bifida Parent Support group meets on Saturday mornings once a month
For more information contact Jessica Wilson at 320-654-8191 or
Email: ismom@charter.net

Circle of Parents

Sharing Ideas, Sharing Support all Across Minnesota
Promoting positive parenting, healthy families, and homes where children are valued and loved.
Meets every Thursday 6:30-8:30 PM
Southside Boys and Girls Club at 1205 6th Ave. S, St. Cloud
For more information contact 320-203-2056

YMCA Single Parent Support Group

Open to anyone raising children alone
Meets every Friday at 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
St. Cloud – Monday night contact 320-253-5828 ext. 1
Sauk Rapids – Wednesday night contact 320-255-8910

“Families Special Health Care Needs Network” FSHNN

Meets the third Tuesday of each month 7:00 – 9:00 PM
CentraCare Plaza, St. Cloud
For more information contact Brianna and John Inkster at 320-230-2068 or
Email: briannaink@hotmail.com

To report and update/change/new/deletion – please contact Arc Midstate at
320.251.7272 or email info@ArcMidstate.org Website: www.ArcMidstate.org

*This listing is intended for informational purposes only.
Inclusion on this list does not imply endorsement by Arc Midstate
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