

IMPORTANT CONTACT INFORMATION

PACER – www.pacer.org (MN Parent Center helps families and schools build stronger ties to benefit students. Free training and individual assistance to families and schools)

Autism Society of Minnesota – www.ausm.org

Autism Society of America – www.Autism-Society.org

NAMI – www.namimn.org (Provides support groups, workshops and parent classes for families who have children with mental illness and/or challenging behaviors)

ARC – www.thearcofminnesota.org (A grassroots organization to help people with intellectual and developmental disabilities across their lifespan)

Courage Center – www.couragecenter.org

Special Olympics – www.specialolympics.org

Economic Assistance/ TEFRA: Dakota County 651-554-5611
Ramsey County 651-266-4444
Scott County 952-496-8686
Washington County 651-430-6459

UPCOMING EVENTS/GROUPS

NAMI-MN Support Groups – Provides support groups for families of children with mental illness. The support group will help parents discover resources to meet the challenges of raising a child with mental illness, coping and problem solving. Support groups facilitated by a parent who has a child with a mental illness and who has specialized training. Apple Valley/Lakeville area, second and fourth Tuesday of each month 6–8 pm at Dakota Ridge School, 4629 144th St., Apple Valley.

COURAGE CENTER – Care Giver Support Group meets the third Thursday of each month. Location: Courage Center Golden Valley, Meditation Room (First Floor). Contact: Chaplain Richard Johnson, 763-520-0475 or Wendy Lonn 763-520-0327.

Sib Shops – Give brothers and sisters of children with disabilities an opportunity to provide one another support in a relaxed recreational setting. ARC Greater Twin Cities–ages 5–12 yrs.

Courage Center-Burnsville–First Saturday of most months 10 am–12 noon.

Courage Center-Stillwater–First Saturday of most months 9:3–11:30 am

Contact ARC 952-920-0855 for more information.

Down Syndrome Parent Group

Meets at the Shepherd of the Valley Lutheran Church 12650 Johnny Cake Rd., Apple Valley-third Monday of the month 6– 8:30 pm. Contact Carrie Blom 651-686-4453 or Krista Specht 952-217-5583.

ADHD Parent Group

Meets at Trinity Evangelical Free Church 210th St. W., Lakeville- third Thursday, quarterly (Aug–Nov.- Feb–May). Contact 952-435-5548 for more information.

Children & Family Services

Free support services in Ramsey and Dakota Counties. For appointments contact 651-641-1300.

Learning Disabilities Program - Help for parents of children struggling with academics, low self-esteem, those receiving special education services that seem ineffective or those having a learning disability.

Parent Support Services - Help to alleviate family stress and crisis, 24-hour phone support, parenting in context of domestic abuse.

MN Night to Unite Picnic at Lakeville FamilyHealth Medical Clinic. August 4; 5-8 pm

IF YOU KNOW OF AN EVENT OR SUPPORT GROUP THAT YOU WOULD LIKE TO SHARE WITH OTHERS, PLEASE CALL OUR OFFICE (651-460-2300) SO THAT WE CAN INCLUDE IT IN UPCOMING NEWSLETTERS