



Minnesota Organization on Fetal Alcohol  
Syndrome Disorders (MOFAS)  
St. Cloud & Central Minnesota Resources for Families



*This listing includes current resources available to families living with FASD in Central MN  
FASD includes FAS, pFAS, ARND (Alcohol Related Neurodevelopmental Disorder)  
FAE, ARBD (Alcohol Related Birth Defects)*

**Training** – MOFAS offers a variety of trainings for both families and professionals. We offer prevention education to health classes and teen groups at no charge.

**Family Retreat June 26-28, 2009 at Camp Confidence Brainerd, MN**

An opportunity for families who have children with a FASD diagnosis, to attend a fun event with their children. This event encourages both the adults and the children to build friendships with others who are living with the effects of FASD. This is a great way for families to network.

**Family Fun Nights** – monthly events will include opportunities for family activities, networking and informational sessions.

**Lending Library**

Our lending library contains a variety of books and videos on a wide variety of topics all special needs related for check out. There is good selection of materials that focus on FASD. The lending Library lends books or films up to 30 days at no charge to families, agencies and schools.

**Parent Guides** – we match parents who have children with FAS with volunteer mentor parents who have experienced the heartbreaks and joys of having a child with special needs. Trained volunteers are willing to listen to and help other parents. Parent Guide may offer practical suggestions for meeting the daily challenges of caring for a child with FASD. Raising a child with a special need can be rewarding and exciting, it can also seem lonely and frustrating. To learn more about the parent program please contact Arc Midstate at 320.251.7272 or 877.251.7272 and ask for Rita.

**Training for Teachers with SCSU College** this is training for students attending SCSU to become teachers. The students are given the opportunity to earn credit while working with a family and their child who has a diagnosis of FASD. The students will assist and observe the child in the child's home and school setting. The SCSU student may also attend an IEP meeting with the family at the child's school, and possibly attend other therapies the child is receiving. SCSU students will become somewhat knowledgeable about the needs of children who have a FASD diagnosis and the extra services that can be of assistance to them and their families.

**Ways you can help:**

**The Pregnant Pause Event May 8th 2009** – this is a fun filled event for pregnant women, their partners, friends and other community members. The event involves a contest between local bartenders to create the best non-alcoholic drink, educational opportunities and FUN. The purpose of the event is to help spread the message that FASD is 100% preventable if alcohol is not consumed during pregnancy. You may sign up to help with the recruitment of sponsors, planning and promotion of the event, and help with the actual event.

**Public Policy** –join our noise makers and responded to legislative and public policy initiatives. We need volunteers who are willing to talk and rally their representatives about our children's needs in response to action alerts and emails.

Contact Karrie Halbur at 320.492.9391 or 320.251.7272 email - Karrie@mofas.org