

Support Groups In Wright County



Prepared by and a Service of:



Wright County Human Services

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Buffalo MN 55313

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Website: www.co.wright.mn.us

(To get to the Human Services homepage, click on "Health, Financial & Social Services".)

Wright County Human Services does not endorse specific groups and takes no responsibility for content or operations of any groups

12/11

Table of Contents

ABUSE.....	1
Abuse Victims Support Group (10/11).....	1
Battered Women/Children Self-Help Support Groups (10/11)	1
Central Minnesota Sexual Assault Center (10/11).....	1
Victim Assistance Program (10/11)	2
ADOPTION	2
Adoptive Parents’ Support Group (10/11).....	2
AIDS/HIV.....	2
Minnesota AIDS Project (10/11).....	2
ALCOHOL/NARCOTICS/METHAMPHETAMINE	3
Alcoholics Anonymous, Al-Anon, Al-A-Teen, Adult Children of Alcoholics (10/11).....	3
Methamphetamine Education & Drug Awareness Coalition of Wright County (10/11)	3
Mothers Against Drunk Driving (MADD) – Wright County Chapter 110 (10/11).....	3
ALLERGIES.....	4
Food Allergy Support Group of Minnesota (10/11).....	4
West Metro Food Allergy Connection (12/11)	4
ALZHEIMER’S/MEMORY LOSS	5
Alzheimer’s Family Caregiver Support Group (10/11).....	5
ARTHRITIS/FIBROMYALGIA	5
Arthritis/Fibromyalgia Support Group (10/11).....	5
CANCER	5
American Cancer Society (Statewide) (10/11).....	5
Cancer Survivors (10/11)	5
I Can Cope Support Group (10/11)	6
CRISIS.....	6
Wright County Human Services (10/11).....	6
CRISIS NURSERY.....	6
Crisis Nursery (PATH) – Serving Wright County (10/11).....	6
DIABETES	6
Centracare Diabetes Center (10/11).....	6
Diabetes Support Group (10/11)	6
Diabetes Support Group – Buffalo (10/11).....	7
DIVORCED/SEPERATED	7
Kids Support (10/11).....	7
Parenting Through Divorce (10/11).....	7

Separated and Divorced Support Group (10/11).....	7
EMPLOYMENT	8
WINGS (Wo/Men Investigating New Goals & Solutions) (10/11).....	8
FIBROMYALGIA.....	8
GAMBLING	8
Gamblers Anonymous (10/11)	8
Central Minnesota Mental Health Center (10/11)	8
GRIEF SUPPORT	8
Catholic Charities (10/11).....	8
Compassionate Friends (10/11).....	9
GALA (Get Life Again) (10/11).....	9
Grief and Loss Support group – Howard Lake (10/11)	9
GriefShare (10/11).....	10
Litchfield Grief and Education Support Group Series (10/11)	10
Perinatal Loss Bereavement Support Group (10/11)	10
Pregnancy and Infant Loss (10/11)	10
Surviving the Death of a Loved One (10/11)	10
Widowed Hope and General Bereavement Support Group (10/11).....	11
Widowed Persons Hope Support Group (10/11).....	11
HANDICAPPED/DISABLED	11
ARC – Central Minnesota (10/11).....	11
Autism Support Group (10/11).....	11
C.O.R.E. (Community-Opportunities-Recreation-Education) (10/11)	11
Down Syndrome – Parents Network (10/11)	12
St. Michael Foundation Support Group (10/11).....	12
Traumatic Brain Injury (TBI) Support Group (10/11).....	12
HEARING LOSS.....	13
Hearing Loss Association of MN (10/11)	13
HEART.....	13
American Heart Association of Minnesota (10/11).....	13
HOSPICE.....	13
Hospice Services (10/11)	13
MENTAL HEALTH	13
Community Support Program (10/11).....	14
Day Treatment (10/11).....	14
Depression Support Group (10/11)	14
Emotions Anonymous (10/11).....	14

MILITARY SUPPORT	15
Family Assistance Centers (FACs) (10/11)	15
MULTIPLE SCLEROSIS	15
Multiple Sclerosis Society of Minnesota (10/11)	15
Multiple Sclerosis Support Group – Buffalo (10/11)	15
PARENTING.....	15
Annandale Parent Support Group (10/11)	15
Co-located Mental Health Therapist Services (10/11).....	15
Family Education Centers of Wright County (10/11).....	16
Kin-Care-Relatives Raising Children Support Group (10/11)	16
Moms Club (Mothers Offering Mothers Support) (10/11)	16
Multiply Blessed – Mothers of Multiples (10/11).....	16
Early Childhood Education (ECFE) (10/11).....	16
Pregnant and Parenting Teenagers (10/11)	17
Teen Moms – Riverside (10/11)	18
PARKINSON’S DISEASE	18
Parkinson’s Support Group – Monticello (10/11).....	18
Parkinson’s Support Group – Litchfield (10/11)	18
Parkinson’s Support Group – St. Cloud (10/11).....	18
SENIORS.....	18
Central MN Council on Aging (10/11).....	18
Minnesota Senior Federation Central MN Regional Office (10/11)	19
SOCIAL	19
STROKE	19
Buffalo Hospital Stroke Support Group (10/11)	19
St. Cloud Stroke Support Group (10/11).....	19
SUICIDE.....	20
SAVE – Suicide Awareness\Voices of Education (10/11)	20
Suicide Loss Support Group (10/11)	20
TERMINAL ILLNESS	20
VETERANS.....	20
WEIGHT CONTROL.....	20
Overeaters Anonymous (10/11)	20
Overeaters Anonymous St. Cloud (10/11).....	20
Weight Watchers (10/10)	21

ABUSE

Abuse Victims Support Group (10/11)

Rivers of Hope – PO Box 511, Monticello, MN 55362

CONTACT: Rivers of Hope advocate

PHONE: (763)295-3433 or 1-800-439-2642

EMAIL: info@riversofhope.org

WEBSITE: www.riversofhope.org

ELIGIBILITY: Open to women in Wright and Sherburne counties who are victims of domestic abuse.

SERVICES PROVIDED: There are two weekly evening support groups for women who are or who have been victims of physical, sexual, verbal or emotional abuse. One group meets in Sherburne County and one in Wright County. Both groups are intended to provide women with support, education and information. Free child care services provided. Call for additional information.

Battered Women/Children Self-Help Support Groups (10/11)

Anna-Marie's Alliance – PO Box 367, St. Cloud, MN

PHONE: (320)253-6900

WEBSITE: www.annamaries.org

SERVICES PROVIDED: Several groups are available – Women On A Mission Empowerment Night (W.O.M.E.N.) Community Support Group, Wednesdays 6:30 P.M- 7:45 P.M; Parenting Group is an informational group for all mothers and women who have children living with them at Anna Marie's. The facilitator is Lucy Bauer, early Childhood & Family Educator. Thursdays 10:00 A.M - 11:00 A.M.; Tri-CAP WINGS (Women Investigating New Goals and Solutions) Group, Tuesdays 1:30 P.M. 3:30 P. M. Women in the community or in the Shelter may attend this group facilitated by a staff member of Tri-County Action Programs, Tri-CAP. This group focuses on life skills and choices. ; Children and Teen Support Groups are open to the public. Call 320.253.6900 for more information.

Central Minnesota Sexual Assault Center (10/11)

15 Riverside Drive NE St, Cloud, MN 56304

CONTACT: Tamara Hennes-Vix, Client Services Coordinator

PHONE: (320) 251 – HELP (4537) or 1-800-237-5090

FAX: (320) 251-4670

EMAIL: cmsac@cmsac.org

WEBSITE: www.cmsac.org

The Central Minnesota Sexual Assault Center serves four counties, including Wright. All of their services are available to anyone within the four county areas. We have outreach, education, support groups (Women's, Adolescent, Men's and Concerned Person's Support Groups), one-to-one counseling and various other services for the area. We have satellite offices and groups in Buffalo and Elk River. (See below for listing of Buffalo Support Groups) We provide advocacy for sexual assault victims at the hospital, law enforcement, and in the criminal justice system. All the support groups are offered at no charge, and you can join the next group by calling (320) 251-4357 or 1-800-237-5090.

Closed Support Group – This group is open to all survivors of sexual violence, including, child sexual abuse, acquaintance/date rape, stranger assaults or sexual harassment. Please call for times and availability.

Lamplighter's - The open support group is open to women who are survivors of childhood sexual abuse, sexual assault, and domestic violence. The meetings are the 2nd and 4th Tuesdays of the month at 6pm in Monticello. Please call Central MN Sexual Assault Center for more information on the location of the group and how to register. There is also a Lamplighter's group offered in St. Cloud on the 2nd and 4th Mondays of the month at 5:30 pm. Call for more information.

CONTACT: Julie Bengston

PHONE: (320) 251-4357 or 1-800-237-5090

EMAIL: jbengston@cmsac.org

Other Groups - Central MN Sexual Assault Center does provide support groups to adolescent's, male's, and concerned persons when there is a need. Please call to inquire if you are interested in a group.

Victim Assistance Program (10/11)

Government Center, 10 NW 2nd Street, Buffalo, MN 55313

PHONE: (763) 682-7349/1-800-362-3667 Ext. 7349

CONTACT: Jenny Paripovich, Coordinator

EMAIL: jenny.paripovich@co.wright.mn.us

HOURS: 8:00-4:30 P.M.

ELIGIBILITY: Victims of crimes prosecuted by the Wright County Attorney's Office.

SERVICES PROVIDED: Guidance through the legal system and referrals if needed.

ADOPTION

Adoptive Parents' Support Group (10/11)

CONTACT: Brandi Kirkpatrick, Adoption Social Worker, Wright County Human Services, 1004 Commercial Drive, Buffalo, MN 55313

PHONE: (763)684-2318

EMAIL: brandi.kirkpatrick@co.wright.mn.us

ELIGIBILITY: Adoptive parents, prospective adoptive parents and persons interested in adopting.

SERVICES PROVIDED: For adoptive parents and prospective adoptive parents from Wright and Sherburne counties as well as surrounding counties and private agencies. Meetings are educational, time for sharing and support on adoption issues. There also is a social skills group for adoptive foster children ages 10 and up. Child care is available for children under age 10 for a small fee through the Monticello Community Center. Parents are expected to remain at the support group while their children participate in the skill group or attend child care. This support group meets the second Tuesday of each month at Monticello Community Center from 6:30 to 8:30 P.M. Call either Belva Britton-Williams at (763) 241-2602 or Brandi Kirkpatrick at (763) 684-2318 for more information.

AIDS/HIV

Minnesota AIDS Project (10/11)

CONTACT: Minnesota AIDS Project, 1400 Park Avenue South, Minneapolis, MN 55404

PHONE: (612) 341-2060

WEB: www.mnaidsproject.org (Website lists information and support groups)

ALCOHOL/NARCOTICS/METHAMPHETAMINE

Alcoholics Anonymous, Al-Anon, Al-A-Teen, Adult Children of Alcoholics (10/11)

What is Alcoholics Anonymous (AA)?

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership.

Wright County area meetings are listed on: www.co.wright.mn.us under “Court Services”, click on “Links”, then look under “Wright County Area Meetings”.

What is Al-Anon?

Al-Anon Family Groups are for families and friends of alcoholics who share their experience, strength, and hope with each other. Participation in Al-Anon, regular attendance at meetings, will help one find the way to cope with difficulties.

What is Al-A-Teen?

Al-A-Teen is for young people whose lives have been affected by someone’s drinking. The drinker may be a parent, close friend, or relative.

What is ACA?

Adult Children of Alcoholics is for anyone who grows up in an alcoholic or dysfunctional family. There is no age limit.

Lists of meetings are also listed in most county newspapers. Website: www.al-anon-alateen-msp.org or National Website: www.aa.org.

For more information contact: St. Cloud Recovery Plus at: (320) 229-3760 or 1-800-742-4357.

Methamphetamine Education & Drug Awareness Coalition of Wright County (10/11)

PHONE: (763) 682-7713 (Information Resource Hotline)

WEBSITE: www.meada.org

SERVICES PROVIDED: Methamphetamine Education and Drug Awareness (MEADA) Coalition of Wright County, MN, was developed to educate youth, families, and citizens on the dangers of drugs with a focus on methamphetamine. If you are looking for information about support groups in your community, contact your local MEADA representative.

Mothers Against Drunk Driving (MADD) – Wright County Chapter 110 (10/11)

MADD - Wright County – PO Box 362, Buffalo, MN 55313

LOCAL CONTACT: John Haack

PHONE: (320) 963-3322

EMAIL: wright.mn@madd.org

MADD - state of Minnesota – 155 South Wabasha Street, Suite 104, St. Paul, MN 55107

WEBSITE: www.maddmn.org

EMAIL: mn.state@madd.org

ELIGIBILITY: Anyone interested in the problem of drunk driving.

SERVICES PROVIDED: Victims Assistance; Court Monitoring (DWI, DUI sentences) People calling will be able to request information in three major categories: 1) General background information on the drinking and driving problem in Minnesota; 2) Membership information on how to join their nearest chapter of Mothers Against Drunk Driving or how to start their own local chapter; 3) Information on how to deal with a specific local or personal problem related to drinking and driving.

The Wright County MADD Chapter continues to work towards its three goals: 1) To aid victims and families that have lost loved ones or sustained personal injuries themselves; 2) To create public awareness regarding the problems of drinking and drugged drivers; 3) to pursue strategies and create programs which will result in eliminating crashes caused by drinking and drugged driving.

ALLERGIES

Food Allergy Support Group of Minnesota (10/11)

CONTACT: Wendy Wessel, Executive Director

PHONE: (763) 315-8788

EMAIL: wendy@foodallergysupportmn.org or info@foodallergysupportmn.org

WEBSITE: www.foodallergysupportmn.org

The Food Allergy Support Group of Minnesota is a nonprofit organization dedicated to improving the lives of those affected by food allergies. We advocate awareness, understanding, and safety within families and communities by facilitating personal connections and providing educational resources. We offer bi-monthly meetings with guest speakers, an extensive lending library, a Buddy Program for individualized support, allergy-safe outings, an interactive member feature on our website, and a support program for kids with food allergies.

West Metro Food Allergy Connection (12/11)

CONTACT: Mary Schlieff

PHONE: (320) 543-3349

EMAIL: westmetrofac@gmail.com

WEBSITE: <http://wmfac.weebly.com/>

West Metro Food Allergy Connection is a local support group for individuals and families dealing with food allergies. We meet bimonthly and strive to raise awareness and relationships with the community. Our mission; we work to increase community awareness, provide support to people who live with food allergies, and share experiences to improve quality of life. This group; West Metro Food Allergy Connection is recognized by FAAN (Food Allergy and Anaphylaxis Network) under direction of Michael R. Wexler, MD from Advancements in Allergy Care, LTD. (<http://www.advancementsinallergy.com/>) who is board certified in Allergy and Immunology. FAAN is the world leader in information about food allergy and is dedicated to increasing public awareness, providing advocacy and education, and advancing research on behalf of all those affected by the condition. Meetings are held at First Presbyterian Church in Howard Lake 921 9th St Howard Lake (across from middle school) Howard Lake, MN 55349

ALZHEIMER'S/MEMORY LOSS

Alzheimer's Family Caregiver Support Group (10/11)

Monticello Senior Center, 5056 Walnut Street, Suite 3, Monticello, MN 55362

CONTACT: Great River Area Sherburne County Faith in Action

PHONE: (763) 263-4277

HOURS: 3rd Tuesday of the month from 1:30 – 3:00 P.M.

Buffalo Senior Center

HOURS: 2nd Tuesday of the month from 1:30 – 3:00 P.M.

ELIGIBILITY: Caring for someone with a diagnosis of Dementia.

SERVICES PROVIDED: Education and support

Annandale Care Center

CONTACT: Molly Lungstrom & Russell Pregler

PHONE: (320)274-2579

HOURS: 3rd Thursday of the month at 6:00 – 7:30 P.M.

WEBSITE: www.alzmdak.org

ARTHRITIS/FIBROMYALGIA

Arthritis/Fibromyalgia Support Group (10/11)

Meeker Memorial Hospital, Conference Room, 612 Sibley Avenue South, Litchfield, MN 55355

PHONE: 320-693-3242

WEBSITE: www.meekermemorial.org to register

SERVICES PROVIDED: Our group is available to anyone with arthritis or fibromyalgia and their families and caregivers who are interested in gaining new understanding and skills for the management of this disease.

Through sharing with others and patient education information, we will learn how to handle day to day living with these conditions. Meetings held at Meeker County Memorial Hospital

CANCER

American Cancer Society (Statewide) (10/11)

PHONE: 1-800-ACS-2345 or (651) 255-8813

CONTACT: Chante Thurmond

EMAIL: chante.thurmond@cancer.org

WEBSITE: www.cancer.org

SERVICES PROVIDED: The American Cancer Society National Call Center has information about cancer and resources for patients and families available seven days a week, 24 hours a day by calling 1-800-ACS-2345 or on the website www.cancer.org. The Cancer Survivors Network is a national telephone and internet-based support program for those affected by cancer or living with cancer. To join the network, visit www.acscsn.org or call toll free 1-877-333-HOPE. Also available, educational materials regarding cancer and a one week Oncology Camp at Camp Courage. People with Cancer website is: www.cancer.net. Call for information.

Cancer Survivors (10/11)

Community Health Foundation of Wright County, 300 Catlin Street, PO Box 482 Buffalo, MN 55313

CONTACT: Laura Jones
PHONE: (763) 684-1477 or 1-800-435-9786 Call for local information.
EMAIL: ljones@chfwc.org
WEBSITE: www.chfwc.org

I Can Cope Support Group (10/11)

New River Medical Center, Conference Room B, 1013 Hart Boulevard, Monticello, MN 55362
PHONE: (763) 271-2800
CONTACT: Monticello Cancer Center
SERVICES PROVIDED: The group meets the 3rd Tuesday of each month at 5:00 P.M. at the New River Medical Center, Conference Room C. (No meetings held in January, July, August and December)

CRISIS

Wright County Human Services (10/11)

PHONE: (763) 682-7400 or 1-800-362-3667, Ext. 7400 (Business hours are 8:00 A.M. -4:30 P.M. Monday – Friday). After hours or holidays, when you call the (763) 682-7400 number it will be transferred to help or you can call 1-800-635-8008 to reach the Central MN Mental Health Center.
HOURS: 24 hour telephone assistance
SERVICES PROVIDED: Phones are answered by trained personnel who will assist individuals who are undergoing a significant life crisis.

CRISIS NURSERY

Crisis Nursery (PATH) – Serving Wright County (10/11)

9766 Fallon Avenue NE, Suite 104, Monticello, MN 55362
CONTACT: Jill Gatzke, Development Coordinator or Consuelo Silbernagel, Social Worker
PHONE: Crisis Line (763) 271-1681 or 1-800-965-1430, Business Line (763) 271-1680
EMAIL: jgatzke@pathmn.net or csilbernagel@pathmn.net
SERVICES PROVIDED: Confidential and free 24 hour service that is available to help support families in the Wright County area with children, birth through 12 years of age who are stressed or in crisis and in need of someone to talk with regarding possible resources, referrals, support services, or temporary emergency childcare.

DIABETES

Centracare Diabetes Center (10/11)

1900 Centra Care Circle, Suite 2550, St. Cloud, MN 56303 (2nd floor at the Plaza)
PHONE: (320) 202-7759
EMAIL: diabetecenter@centracare.com
WEBSITE: www.centracare.com
SERVICES PROVIDED: Call for current classes and/or groups.

Diabetes Support Group (10/11)

Meeker Memorial Hospital, 612 Sibley Avenue S, Litchfield, MN 55355

PHONE: 320-693-3242

WEBSITE: www.meekermemorial.org to register

SERVICES PROVIDED: Through our caring group atmosphere, we work to improve the lives of people affected by diabetes. Informational programs will focus on topics such as care and management of diabetes, working with your physician, and learning from other people.

Diabetes Support Group – Buffalo (10/11)

CONTACT: Julie Starke

PHONE: (763) 682-4940

WEB: www.cub-marketplace.com

SERVICES PROVIDED: Diabetes support group to be held the 3rd Wednesday of each month. Support group is facilitated by Julie Starke, RD, CDE. No charge. Not need to pre-register. Family and friends are welcome!

Buffalo Location: Cub Foods, Buffalo– 3rd Wednesday of the month – 6:30 – 7:30 P.M. in the deli eatery.

DIVORCED/SEPERATED

Kids Support (10/11)

Catholic Charities Center for Life Transitions, 312 2nd Avenue North, Sauk Rapids, MN 56379

CONTACT: Lois Rengel

PHONE: (320) 529-0427

EMAIL: lrengel@ccstcloud.org

WEBSITE: <http://www.ccstcloud.org/LifeTransitions/index.html>

SERVICES PROVIDED: Separation/Divorce Support Group for ages 5-14, children between the ages of infant to 4 years old participating in a less structured group. Parent group at same location and time. No cost.

Groups are ongoing. Please call for more information. All Monday night groups for parents and children will run from 6:45 – 7:45 P.M. **New participant's registration begins at 6:30 P.M.** (Please call first.)

Parenting Through Divorce (10/11)

Parenting Through Divorce office - Wright County Government Center, 10 2nd Street NW, Room 300, Buffalo, MN 55313

PHONE: (763) 295-4302

FAX: (763) 295-0179

SERVICES PROVIDED: The parent education program educates parents about positive communication techniques; the impact the divorce, the restructuring of families and judicial proceedings have upon children and families; methods for preventing parenting time conflicts; dispute resolution options and child custody issues. The program encourages parents to always place the best interests of the children above what they may perceive as their own "rights".

Separated and Divorced Support Group (10/11)

Caritas Family Services, 911 18th Street N., St. Cloud, MN 56303

PHONE: (320) 529-0427

SERVIVCES PROVIDED: Offered every Monday from 7:00 – 8:30 P.M. at Caritas Family Services. No charge. All faiths are welcome. Confidentiality is respected. Call for more information.

EMPLOYMENT

WINGS (Wo/Men Investigating New Goals & Solutions) (10/11)

CONTACT: Sherri Verdon

PHONE: (320) 257-4511

SERVICES PROVIDED: This group is a free pre-employment program for individuals who now lack income due to death, divorce, separation or disability of a spouse or significant other. Provides workshops, one-to-one counseling and group support. Participants gain information in areas of self-esteem, assertiveness, communication, interviewing, cover letters, resumes, and the hidden job market. *W.I.N.G.S. helps you to.....*

- Increase your Self- Esteem & Confidence
- Identify Individual Strengths
- Manage Stress & Anger
- Clarify & Establish Goals
- Explore Career & Education options
- Strengthen Communication Skills
- Learn Job Seeking & Interview Skills
- Prepare your Resume & Cover Letter
- Connect with others seeking the same goals

CALL TODAY and START BUILDING YOUR FUTURE!

FIBROMYALGIA

(See "Arthritis/Fibromyalgia)

GAMBLING

Gamblers Anonymous (10/11)

Buffalo Gamblers Anonymous

Meetings held at: Buffalo Evangelical Free Church, 2051 50th Street NE, Buffalo, MN 55313

PHONE: (763) 682-6846 (Buffalo Evangelical Free Church)

HOURS: Tuesdays, 7:30 P.M.

WEBSITE: www.gamblersanonymous.org

Central Minnesota Mental Health Center (10/11)

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

PHONE: (320) 252-5010

HOURS: Wednesdays, 7:00 – 8:45 P.M.

WEBSITE: www.cmmhc.org

SERVICES PROVIDED: Education and support group

GRIEF SUPPORT

For more Grief Resources, look on the Internet – go to www.allina.com.

Catholic Charities (10/11)

312 2nd Avenue N., Sauk Rapids. MN 56379

PHONE: (320) 529-4027

SERVICES PROVIDED: **Hope Support Group for Kids** – Ages 5-17. Short-term support groups for children/teens that have experienced the death of a loved one. *No charge. Please call for upcoming dates.*

Kids' Support – ages 5-14. Children ages infant to 4 years participate in a less structured group. Parent group at same location and time. Offered every Monday (except major holidays) from 6:45 – 7:45 P.M. New registration begins at 6:30 P.M. No charge. All faiths welcome. Call for more information.

Compassionate Friends (10/11)

St. Henry's Catholic Church, 1001 7th Street E., **Monticello**, MN 55362

CONTACT: Beth Hill

EMAIL: beth.hill@monticello.k12.mn.us

PHONE: (763) 295-3610

HOURS: 2ND Monday of each month at 7:00 P.M.

Our Fathers Lutheran Church, 3903 Gilbert Avenue SE, **Rockford**, MN 55373

PHONE: (763) 477-6300 **OR**

CONTACT: Karen

PHONE: (763) 682-3329

HOURS: 4th Tuesday of each month from 7:00 to 9:00 P.M.

WEBSITE: www.compassionatefriends.net

ELIGIBILITY: Parent and grandparent who has experienced the death of a child.

SERVICES PROVIDED: Support, friendship, and resources for grieving parents and grandparents who had a child/grandchild die. The groups are non-denominational and there is no fee.

GALA (Get Life Again) (10/11)

PO Box 674, Monticello, MN 55362

CONTACT: Melba Louisiana

PHONE: (763) 682-2291

CONTACT: Dorothy Gratzek

PHONE: (763) 497-7820

SERVICES PROVIDED: This organization is open to any widow or widower who needs to know that there are others that have experienced the same trauma. This is not a dating service, nor a typical grief support group, but a band of caring individuals that realize that life goes on, and it is possible to smile again. Through fellowship and friendship, all try to make the transition period a little smoother. The group meets for dinners, cards; work on crafts, tours, games, bowling, shopping and various sport events. There is a \$15 membership a year to cover mailings.

Grief and Loss Support group – Howard Lake (10/11)

St. James Lutheran Church, 1000 7th Avenue, Howard Lake, MN 55349

CONTACT: Church Office

PHONE: (320) 543-2766

SERVICES PROVIDED: The support group meets to create an opportunity and atmosphere for individuals to be supported, encouraged and accepted while they grieve. The various types of grief and loss, stages of grief

and feelings related to grief and loss are discussed. The Christian perspective is included as it relates to grief and loss. Contact the church office for dates and times.

GriefShare (10/11)

Buffalo Covenant Church, 1601 Highway 25 North, Buffalo, MN 55313

CONTACT: Church Office

PHONE: (763) 682-1470

SERVICES PROVIDED: GriefShare – Your Journey from Mourning to Joy is a special weekly seminar and support group for people who are grieving the death of someone close to them. It's a place to be around people who understand what you are feeling. At GriefShare, you'll learn valuable information about recovering from your grief and renewing your hope for the future. Registration is limited. Call the church office for dates and times.

Litchfield Grief and Education Support Group Series (10/11)

218 North Holcombe, Litchfield, MN 55355

CONTACT: Judy Loecken

PHONE: (320) 693-7367

SERVICES PROVIDED: The Grief and Education Support Group Series meets at the hospice offices in Litchfield for persons who have lost a loved one due to death. The group meets for six consecutive weekly meetings, each meeting lasts around 1 ½ hours. Call for more information or to be put on the mailing list for the next series. Pre-registration is required. Library resources on grief and death and dying are also available.

Perinatal Loss Bereavement Support Group (10/11)

St. Cloud Hospital, 1406 6th Avenue North, St. Cloud, MN 56303

PHONE: (320) 251-2700, Ext. 53528

WEBSITE: www.centracare.com

SERVICES PROVIDED: This perinatal loss support program is for families who have experienced the loss of infant through newborn death, stillbirth, ectopic pregnancy or miscarriage. Meetings are the 2nd Monday of each month at 7:00 P.M. in the Maple Room in St. Cloud Hospital.

Pregnancy and Infant Loss (10/11)

Rosemary Home, 724 Sibley Avenue, Litchfield, MN 55355

PHONE: (320) 693-4573 for questions or (320) 693-4519 for registration

WEBSITE: www.meekermemorial.org

SERVICES PROVIDED: Providing comfort, understanding, and resources to individuals and families who have experienced the death of a child through miscarriage, ectopic pregnancy, stillbirth, infant death and SIDS. This group is free of charge and area residents are encouraged to attend for support and group interaction. This support group meets the first Tuesday of every month at 7:00 P.M.

Surviving the Death of a Loved One (10/11)

Monticello Senior Center, 505 Walnut Street, Suite 3, Monticello, MN 55362

CONTACT: Pam

PHONE: (763) 295-2000

SERVICES PROVIDED: The group provides opportunity to learn more about stages of grief and offer time to share with others who have had similar experiences. The Monticello group meets on the first Wednesday of the month from 2:00 – 3:30 P.M.

Widowed Hope and General Bereavement Support Group (10/11)

Caritas Family Services, The Center for Life Transitions, 312 2nd Avenue North, Sauk Rapids, MN
PHONE: (320) 529-0427

SERVICES PROVIDED: A peer group for widowed men and women OR those who are grieving the loss of other loved ones. Call for current dates or additional information. All faiths are welcome. There is no charge. Confidentiality is respected.

Widowed Persons Hope Support Group (10/11)

Caritas Family Services, The Center for Life Transitions, 312 2nd Avenue N., Sauk Rapids, MN
PHONE: (320) 529-0427

SERVICES PROVIDED: A peer group offering a time to share and connect with others who have had a similar experience. Call for current dates or additional information. All faiths are welcome. There is no charge. Confidentiality is respected.

HANDICAPPED/DISABLED

ARC – Central Minnesota (10/11)

6112 322nd Street, St. Cloud, MN 56303
PHONE: 1-800-775-3196 or (320) 240-9550
CONTACT: Bev Kaler, Executive Director
EMAIL: arccentral5@aol.com

MN State ARC: (651) 523-0823

STATE WEBSITE: www.thearcofminnesota.org

ELIGIBILITY: Parents of developmentally disabled, developmentally disabled citizens, professionals and interested community citizens.

SERVICES PROVIDED: Education, advocacy, and support.

Autism Support Group (10/11)

Handke Family Center Room 112, Elk River, MN 55330

CONTACT: Christin Mielka

PHONE: (612) 220-4893

EMAIL: mielkec@hotmail.com

Website: www.nwspark.com

The S.P.A.R.K. ASD Parent Network exists to motivate and support area families with children with ASD. We are a group of parents sharing our experiences, joys and challenges with each other, there-by creating a welcome environment to build a network of resources. You don't need to make this journey alone. This group meets the first Wednesday of each month, year round from 7:00 to 9:00 P.M.

C.O.R.E. (Community-Opportunities-Recreation-Education) (10/11)

CONTACT: Opening Doors Office – Mark Preissing

PHONE: (763) 682-8771

EMAIL: mpreissing@buffalo.k12.mn.us

WEBSITE: <http://www.bhmschools.org/>

SERVICES PROVIDED: These self advocacy groups are for adults with disabilities designed to help facilitate living on their own in the community. Helping them to meet new friends and learn skills to keep their independence. Contact Opening Doors Office at above numbers for information.

Down Syndrome – Parents Network (10/11)

Buffalo Discovery Center, 214 1st Avenue NE, Buffalo, MN 55313

CONTACT: Sheri Jorgensen

PHONE: (763) 682-7468/1-800-362-3667, Ext. 7468(W) or (763) 222-9125(C)

ELIGIBILITY: Parent(s) of children with Down Syndrome

SERVICES PROVIDED: Group discussion, speakers and socialization. The group usually meets the 3rd Monday of the monthly from 6:30 to 8:00 P.M. – contact Sheri prior to meeting to check the date. Child care will be available on site at a cost of \$5.00/family, per time if group facilitator is notified in advance.

St. Michael Foundation Support Group (10/11)

CONTACT: Shelly Zahler, Unit Coordinator

PHONE: (763) 497-4701

EMAIL: zahlers@charter.net

WEBSITE: www.stmichaelfoundation.com

SERVICES PROVIDED: The Three C's approach is used to teach the developmentally disabled instead of the three R's. The Three C's stand for comprehension, competency and creativity. Comprehension is a person's own understanding and response to a situation. Competency is the ability to put the understanding into action. The final step is creativity, doing things in our own way. This group meets the 1st and 3rd Monday of the month at 6:30 P.M. Everyone can learn to do things in their own way if they are allowed to, especially the developmentally disabled. They just need to be allowed to develop the same functions all people learn. We call it normalization!

Traumatic Brain Injury (TBI) Support Group (10/11)

Persons with brain injury and their families may find it helpful to speak with others who understand the challenges after brain injury. Support groups overcome, explore, resolve, or cope with a common problem through encouragement and empowerment. Although support groups do not replace counseling services, they provide a supportive environment in which members can share frustrations, triumphs and knowledge. Support groups can provide a number of benefits:

- Emotional healing comes when people interact with other people.
- Sharing of similar experiences helps individuals feel less alone and more ready to deal with day-to-day issues.
- Encouragement comes from learning about how others have conquered situations similar to theirs.
- Education results from the exposure to information and personal experiences in a group.
- Socialization occurs when connections with people are made and confidence in social skills develops when successful or healthy interaction occurs in support groups.
- Self-expression, as emotions are experienced and released, creates a greater understanding of oneself.

- Confidence building results as members take responsibility for the work of the group, and see progress with the plans they made.
- Safety, in the environment of a confidential, supportive, non-judgmental group, allows for honest disclosure and sharing of common difficulties.
- A sense of growth occurs as long-term members see new participants and reminisce about where they began and how far they have come in their personal journey.

The Brain Injury Association of Minnesota makes referrals to support groups throughout the state. Each support group is self-supporting, self-directed and independent from the Brain Injury Association of Minnesota. **For more information, contact the Association at 612-378-2742 or 800-669-6442**

HEARING LOSS

Hearing Loss Association of MN (10/11)

Whitney Senior Center, 1527 Northway Drive, St. Cloud, MN 56303

CONTACT: Linda Henrickson or Rich Diedrichson

PHONE: Linda (320) 252-5867; Rich (866) 588-2282 or Whitney Senior Center at (320) 255-7245

EMAIL: rich.diedrichsen@state.mn.us

WEBSITE: www.ci.stcloud.mn.us (Look under Departments – Whitney Center)

HOURS: Call for current information.

HEART

American Heart Association of Minnesota (10/11)

PHONE: (952) 835-3300

WEBSITE: www.americanheart.org

HOSPICE

Hospice Services (10/11)

Hospice is a special kind of care given to people in the final stages of life. The goal of hospice care is to encourage patients to live each day to the fullest and to enjoy the presence of family and friends.

Buffalo Hospital Home Care & Hospice – (651) 635-9173

Ecumen of Litchfield Home Care and Hospice – (320) 693-7367

Guardian Angels Elim Hospice – (763) 682-2726

Heartland Home Health & Hospice – (320) 654-1136 or 1-877-249-8836

North Memorial Home Health/Hospice – (612) 520-5770

Ridgeview Home Care – (952) 442-6030

St. Cloud Hospital Home Health Care/Hospice – (320) 259-9375, Ext. 8801

MENTAL HEALTH

WRIGHT COUNTY MENTAL HEALTH RESOURCES

Wright County Human Services

(763) 682-7400 (8 A.M. to 4:30 P.M.) or (800) 362-3667

	After hours and on weekends call the Crisis Hotline at (800) 635-8008
211 United Way	211
Central Minnesota Mental Health Center	(763) 682-4400
SAVE (Suicide Awareness Voices of Education)	(952) 946-7998

Community Support Program (10/11)

Community Support Program, Wright County Human Services, 1004 Commercial Drive, Buffalo, MN 55313

CONTACT: Kathy Frank or Rosemary Prudhomme

PHONE: (763) 684-2344 or 1-800-362-3667

EMAIL: hs-csp@co.wright.mn.us

SERVICES PROVIDED: These groups provide an informal, supportive atmosphere that enables people who live with a serious and persistent mental illness to get together. CSP also provides opportunities to get out into the community. It is open to males and females who reside in Wright County. These groups are run as a drop in format unless otherwise noted on the CSP calendar. Call or email us to be added to the mailing list.

Evening Coffee Group: Every Monday 5:00-6:00 P.M. at Dunn Brother's Coffee in Buffalo

Daytime Coffee Group: Every Wednesday 10:00-11:00 AM at J's restaurant in Buffalo

Social Group: Every Thursday times and locations will vary.

Craft Group & Community Outings: Every month dates and locations will vary & will be shown on the monthly calendar. You can call or email us for times and/or more details. Information is also posted on our website at www.co.wright.mn.us.

Day Treatment (10/11)

Central MN Mental Health Center, 308 12th Avenue South, Buffalo, MN 55313

CONTACT: Bridgett Moliter

PHONE: (763) 682-4400 or 1-866-322-8888

SERVICES PROVIDED: An intensive goal directed treatment program that works with clients to develop skills and make changes that will improve their stability and reduce the risk of hospitalization.

Depression Support Group (10/11)

Whitney Senior Center, 1527 Northway Drive, St. Cloud MN 56303

CONTACT: John Sundel

PHONE: (320) 259-5798

HOURS: Thursdays at 1:00 P.M.

WEBSITE: www.ci.stcloud.mn.us (Go under Departments, then Whitney Senior Center)

Emotions Anonymous (10/11)

MEETINGS: St. Cloud, Mondays 8:00 P.M. at St. Michael's Church Library, 1036 County Road 4 or

CONTACT: David (320) 203-1862 or Trudy (320) 252-0994

MEETINGS: Elk River, Thursdays at 7:30 P.M. at Elk River Central Lutheran Church, 1103 School St. Elk River

CONTACT: Jon (763) 856-4513

SERVICES PROVIDED: Support group provides a twelve step program for persons who suffer from emotional problems such as depression, anxiety, low self-esteem, loneliness and obsessive and negative thinking. St.

Paul (International Office) PO Box 4245, St. Paul, MN 55104-0245, (651) 647-9712 (Has updated information on all worldwide groups, time etc.)

MILITARY SUPPORT

Family Assistance Centers (FACs) (10/11)

5500 85th Avenue North, Brooklyn Park, MN 55443

PHONE: (651) 282-4054 or (651) 282-4055

WEBSITE: www.minnesotanationalguard.org/families Then click on Beyond the Yellow Ribbon on left hand column.

SERVICES PROVIDED: Family Assistance Centers (FACs) are an important information source for soldiers and their families. FAC's provides services such as, TRICARE assistance, DEERS information, pay issues, Point of Contact for Legal & Pay Issues, Financial counseling and training, Point of Contact for Community Support, Emergency Assistance Coordination, site for family communication, support/mentor Family Readiness Groups and other information.

MULTIPLE SCLEROSIS

Multiple Sclerosis Society of Minnesota (10/11)

Minnesota Chapter, 200 12th Avenue South, Minneapolis, MN 55415-1255

PHONE: 1-800-582-5296 OR 1-800-FIGHT-MS

EMAIL: info@mssociety.org

WEBSITE: www.mssociety.com

Multiple Sclerosis Support Group – Buffalo (10/11)

Buffalo united Methodist Church 609 8th Street NW, Buffalo, MN 55313

CONTACT: Cathy

PHONE: (320) 274-8408

HOURS: The group meets the 3rd Monday of the month from 12: 00 to 1:30 P.M.

SERVICES PROVIDED: This support group is for education and support. Open to people with MS and their family and friends.

PARENTING

Annandale Parent Support Group (10/11)

CONTACT: Dawn

PHONE: (612) 619-5349

This group is for anyone living with a child that is challenged by ADHD, Anxiety, or Autism. This is a local, small, parent-run support group that meets the last Thursday of the month at 7:00pm. Call Dawn at 612-619-5349 for more info or to find out next meeting location.

Co-located Mental Health Therapist Services (10/11)

CONTACT: ECFE

PHONE: (763) 682-8780

EMAIL: dtierney@buffalo.k12.mn.us

SERVICES PROVIDED: If you care for children aged birth to 5 years who have extremely challenging behaviors or other family stressors or concerns, contact ECFE at 763-682-8780. If approved, you may be referred to Sheri Tesch, Central MN Mental Health Center (CMMHC) therapist. Sheri is available to provide limited mental health services after intake is completed with CMMHC. She may also be available to consult with teachers or child care providers. Limited to families who are residents of Buffalo Hanover Montrose school district.

Family Education Centers of Wright County (10/11)

CONTACT: Christine Austin-Roehler

PHONE: (763) 682-7464 OR 1-800-3667, Ext. 7464

FAX: (763) 682-7701

EMAIL: Christine.austin-roehler@co.wright.mn.us

SERVICES PROVIDED: Parenting classes around the county operated through Family Education Centers along with ECFE in local communities. Times vary from town to town. Child care provided. For parents of all ages.

Kin-Care-Relatives Raising Children Support Group (10/11)

Child Care Choices 2901 Clearwater Road, St. Cloud, MN 56301

CONTACT: Crystal Horneman

PHONE: (320) 251-5081, Ext. 18

WEBSITE: www.childcarechoices.net

SERVICES PROVIDED: Information and referrals for local resources you need. Trained facilitators guide the discussions, provide speakers, and organize activities. Connecting you with mentors who understand the unique challenges faced by those raising a second family.

Moms Club (Mothers Offering Mothers Support) (10/11)

CONTACT: Erica C. (For local chapter information)

PHONE: (651) 503-8056 Information Line (763) 260-4414

EMAIL: brdmomsclub@gmail.com

WEBSITE: www.momsclub.com

SERVICES PROVIDED: MOMS is a national non-profit support group to support the stay-at-home mother. We have lots of daytime activities for moms and kids of all ages such as playgroups, a babysitting coop, MOMS night out, and much more. Groups are located in Buffalo/Delano/Rockford. There is an annual membership fee of \$30 that can be waived if there is a financial hardship within the family.

Multiply Blessed – Mothers of Multiples (10/11)

Meets at the Elk River/Rogers VFW Sports Complex, 7630 Quaday Avenue, Otsego, MN

CONTACT: Merissa Johnson

PHONE: (612) 232-8989

HOURS: 3rd Thursday of the month at 7:00 P.M.

SERVICES PROVIDED: This is a group for mothers of multiples that want information and support.

Early Childhood Education (ECFE) (10/11)

School District	Coordinator Name	Address	Phone
Annandale	Traci Heidebrink EMAIL: theidebrink@annandale.k12.mn.us	Annandale Community Ed Center 50 Chestnut Street East Annandale, MN 55302	(w)(320) 274-3058 Ext. 4200
Buffalo	Devonna Tierney EMAIL: dtierney@buffalo.k12.mn.us	301 2 nd Avenue North Buffalo, MN 55313	(w) (763) 682- 8780
Dassel-Cokato	Jane Ryan EMAIL: Jane.ryan@dc.k12.mn.us	PO Box 1400 Cokato, MN 55320	(w) (320) 286- 4120
Delano	Jane Shaffer EMAIL: jshaffer@delano.k12.mn.us	Community Education Center 140 Elm Avenue Delano, MN 55328	(w) (763) 972- 6210 Ext. 113
Howard Lake-Waverly	Kim Hewson-Garber EMAIL: Khewson-garber@hlww.k12.mn.us	ISD #2687, PO Box 708 Howard Lake, MN 55349	(w) (320) 543- 3600
Maple Lake	Christine Schultz EMAIL: schultzc@maplelake.k12.mn.us	PO Box 820 Maple Lake, MN 55358	(w) (320) 963- 7453
Monticello	Kim Hewson-Garber EMAIL: kim.hewsongarber@monticello.k12.mn.us	Eastview Elementary Building 9375 Fenning Avenue NE Monticello, MN 55362	(w) (763) 272- 2901
Rockford	Tiffany Nelson EMAIL: nelson@rockford.k12.mn.us	Rockford Elementary Arts Magnet School Rockford, MN 55373	(w) (763) 477- 7500
St. Michael/Albertville	Deb Spencer EMAIL: debs@stma.k12.mn.us	60 Central Avenue Albertville, MN 55301	(w) (763) 497- 6512

Pregnant and Parenting Teenagers (10/11)

Wright Technical Center, 1400 North Highway 25, Buffalo, MN 55313

PHONE: (763) 682-2792 (Area Learning Center)

FAX: (763) 682-4112 (Wright Technical Center)

CONTACT: Tamara Chiglo

PHONE: (763) 682-7497

CONTACT: Carol Flugel

PHONE: (763) 682-4112

EMAIL: tamara.chiglo@co.wright.mn.us

ELIGIBILITY: Pregnant teenagers and parenting teenagers

SERVICES PROVIDED: Teenage Choices (TAC I) is for pregnant teenagers. Meetings are weekly. Teenage Challenges (TAC II) serves parenting teenagers. Meetings are weekly.

Elk River Area Schools (includes Rogers and Otsego), Elk River, MN 55330

CONTACT: Kathleen Holthaus

PHONE: (763) 241-3524

SERVICES PROVIDED: Young Parent Program classes are held at Handke Family Center for students who are pregnant or parenting. Home visits are also provided. Students earn credit through the alternative school, Ivan Sand Community School. Students may also be matched with a mentor parent.

Teen Moms – Riverside (10/11)

Riverside Alliance Church, 20314 County Road 14, PO Box 296, Monticello, MN 55362 Hwy 25 & CR 14
(Church is located in Big Lake)

CONTACT: Church

PHONE: (763) 263-2410 Call for times.

Minnesota Parents Know Website: www.MNParentsKnow.info

SERVICES PROVIDED: Teen MOMS provides a faith-based, supportive and non-judgmental environment where teen moms can find support and encouragement. Meetings are held the 2nd and 4th Thursdays from 6:00 to 8:00 P.M. during the school year.

PARKINSON'S DISEASE

Parkinson's Support Group – Monticello (10/11)

Monticello Senior Center, 505 Walnut Street, Suite 3, Monticello, MN 55362

CONTACT: Heidi

PHONE: (763) 263-3399

SERVICES PROVIDED: This group meets the 1st Tuesday of the month from 1:30 to 3:00 P.M. This group is for people who have Parkinson's disease and their care partners, which could include spouses, siblings, children or friends.

Parkinson's Support Group – Litchfield (10/11)

Meeker Memorial Hospital, 612 Sibley Avenue South Litchfield, MN 55355

PHONE: (320) 693-4573 for questions

HOURS: Meetings are held the 4th Wednesday of the month, September through May at 1:30 P.M. at the Conference Center B/C.

WEBSITE: www.meekermemorial.org/

SERVICES PROVIDED: People with Parkinson's and their caregivers are invited to join us for a time to visit as well as learn more about their disease. In a group setting, we'll share a variety of information and education, including family adjustments, treatment, self care, resources available and discuss how to work with your doctor.

Parkinson's Support Group – St. Cloud (10/11)

Whitney Senior Center, 1527 Northway Drive, St. Cloud, MN 56303

PHONE: (320) 255-7245

WEBSITE: <http://www.whitneyseniorcenter.org/>

HOURS: For meeting dates and times please contact the Whitney Front Desk @ (320)255-7245.

SERVICES PROVIDED: Support open to all Parkinson's patients, their caregivers and any interested people.

SENIORS

Central MN Council on Aging (10/11)

1301 West St. Germain Street, Suite 101, St. Cloud, MN 56301-3456

PHONE: (320) 253-9349 or 1-800-333-2433

HOURS: 8:00 TO 4:30 P.M., Monday through Friday

EMAIL: lori@cmcoa.org

WEBSITE: www.cmcoa.org

SERVICES PROVIDED: Senior Linkage/Advocacy Program – Senior LinkAge is a toll free number available to older people and family members to answer questions and connect people to community services or match people with an individual volunteer who can help people remain at home. The Health Insurance Counseling Program provides counselors who are available to review Medicare supplemental insurance, Medicare plus choice options, help with Medicare appeals and answer general Medicare questions. Resource development is also available to provide technical assistance in the development of low cost senior housing with services using existing buildings or provides technical assistance to the management staff and the community to add services and develop local resources.

Minnesota Senior Federation Central MN Regional Office (10/11)

1885 University Avenue West, Suite 190, St. Paul, MN 55104

PHONE: (651) 645-0261 or 1-877-645-0261 (St. Paul)

HOURS: 9:00 to 5:00 P.M., Monday through Thursday

EMAIL: info@mnseniors.org

WEBSITE: www.mnseniors.org

SERVICES PROVIDED: The MnSF is dedicated to creating a democratic grass-roots organization which trusts in the common sense of its members, providing participation for and building leadership from seniors themselves. Uniting seniors and their organizations, we act as our own body of peers, leaders and decision makers. We influence policy and give information and services to benefit people of all ages with an emphasis in the areas of health, housing and retirement planning. The MnSF develops membership benefits that enhance an independent, affordable and dignified life style for seniors.

SOCIAL

(SEE GRIEF SUPPORT)

STROKE

Buffalo Hospital Stroke Support Group (10/11)

Buffalo Hospital Sister Kenny Rehabilitation Institute

CONTACT: Penny Bartzen

PHONE: (763) 684-3855

HOURS: 2nd Wednesday of the month from 1:00 P.M. to 2:00 P.M.

St. Cloud Stroke Support Group (10/11)

St. Cloud Hospital, 1406 North Sixth Avenue, St. Cloud, MN 56303

CONTACT: Loretta Anderson

PHONE: (320) 251-2700 Ext. 54818

EMAIL: andersonlo@centracare.com

WEBSITE: www.centracare.com

SERVICES PROVIDED: The St. Cloud Stroke Club met for the first time in 1977 and continues to pen its doors to all stroke persons, family members and...anyone interested? The Stroke Group meets the first Wednesday of every month except August (unless changed because of holidays) at 1:00 P.M. All interested persons can attend free of charge. **Meetings are held at the Whitney Senior Center Classroom, 1527 Northway Drive, St. Cloud, MN 56303.** Parking is available on the west side of the building. Accessible doors for wheelchair transportation are available.

SUICIDE

SAVE – Suicide Awareness\Voices of Education (10/11)

8120 Penn Avenue South, Suite 470 Bloomington, MN 55431

PHONE: (952) 946-7998 or 1-800-273-TALK (8255)

EMAIL: save@save.org

WEBSITE: www.save.org

Mission: to educate about suicide prevention and speak for suicide survivors. They have a 24 hour service for those in need. They can contact someone in the area you can talk to.

Suicide Loss Support Group (10/11)

Catholic Charities – 911 18th Street North, St. Cloud, MN

PHONE: (320) 529-0427

SERVICES PROVIDED: Peer group for those who have experienced the death of a loved one by suicide. This group meets the fourth Tuesday of each month from 7:00 to 8:30 P.M. at Catholic Charities Center for Life Transitions, 312 2nd Avenue North, Sauk Rapids, MN. Call for upcoming dates. All faiths are welcome. There is no fee. Confidentiality is respected. For questions, call (320) 529-0427.

TERMINAL ILLNESS

(SEE HOSPICE)

VETERANS

Wright County Veterans – (763) 682-7325

Minnesota Department of Veteran's Affairs – www.mdva.state.mn.us

WEIGHT CONTROL

Overeaters Anonymous (10/11)

WEBSITE: www.overeaters.org

SERVICES PROVIDED: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members. We are self-supporting through our own contributions, neither soliciting nor accepting outside donations. Visit website above for meeting times and locations near you.

Overeaters Anonymous St. Cloud (10/11)

Whitney Senior Center, 1527 Northway Drive, St. Cloud, MN 56303

CONTACT: Jake Jacobson

PHONE: (320) 291-8666

HOURS: Saturdays, 9:00 to 10:00 A.M

Weight Watchers (10/10)

PHONE: 1-800-651-6000 (Has information on meetings held in Wright County and surrounding areas)

WEBSITE: www.weightwatchers.com

SERVICES PROVIDED: Program provides group support, promotes lifestyle change, nutritionally balanced food plan, activity plan and behavior modification. Weekly meetings are available for anyone wanting to lose 5 pounds or more.

City	Location	Time
Annandale	Evangelical Free Church, 10252 HWY 55 E., Annandale, MN 55302	Tuesday, 4:30 P.M.
Buffalo	Buffalo United Methodist Church, 609 NW 8 th St., Buffalo, MN 55313	Tuesday, 6:30 P.M.
Howard Lake	Howard Lake Community Center, 615 6 th Ave., Howard Lake, MN 55349	Thursdays, 5:30 P.M.
Monticello	Monticello Community Center, 505 Walnut St., Suite 4, Monticello, MN 55362	Thursdays, 10:00 A.M., 12:00 P.M. & 5:30 P.M.
Rockford	Rockford Community Center, 7600 CR 50, Rockford, MN 55373	Wednesdays, 5:30 P.M.
St. Michael	Connect Church, 3989 Maclver Ave NE, St. Michael, MN 55376	Tuesdays, 5:30 P.M.

Reasons for Support Groups

How can a support group help?

Although the answers may be intuitive, it never hurts to review them. Some benefits are:

- A safe haven for sharing true feelings
- A place to make new friends
- Information about resources
- Learning coping mechanisms
- Help in dealing with family and friends
- Increase in hope – seeing that others have survived, and even prospered, from a very difficult situation or experience and may increase our feelings of empowerment and competence

What makes a support group effective?

While any given group may or may not work for you personally, there are characteristics that make some groups more effective than others. They may include:

- A clear structure and purpose
- A caring atmosphere
- Trust and respect between group members
- Agreement on group rules including confidentiality and direction of the group
- A good facilitator (Many groups rely on trained professionals, yet the background of the facilitator is less important than their ability to devise and use an appropriate structure, identify resources, set group rules and offer empathy and concern)

Robert Frost once said: “In three words I can sum up everything I’ve learned about life: It goes on.” Yet having a caring person by your side will help. Support groups can be that caring ear and shoulder you need at a difficult time.

**THE FOLLOWING RESOURCE BOOKLETS ARE ALSO AVAILABLE
THROUGH
WRIGHT COUNTY HUMAN SERVICES:**

- *Services Available to Seniors in Wright County*
- *Volunteer Opportunities in Wright County*

**FOR MORE INFORMATION
OR FOR CURRENT UPDATES ON THIS BOOKLET:**

Go to: www.co.wright.mn.us

(Booklets are located under “Health, Financial and Social Services”,
Then go to list on right side, “Most Requested Forms”.)

Or contact: Jennifer Carlson

PHONE: (763) 682-8931 or 1-800-362-3667, Ext. 8931

EMAIL: jennifer.carlson@co.wright.mn.us

