

# who we are

Since 1998, the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) has been the hub of hope for families affected by Fetal Alcohol Spectrum Disorders (FASD), guiding and supporting families through the FASD journey. MOFAS is the leading voice and resource on FASD statewide, standing up for the rights of the FASD community, providing education and training so FASD is better understood and working to ensure that all women know that there is no safe level of alcohol during pregnancy.

# our mission and vision

The mission of MOFAS is to eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with FASD throughout Minnesota.

Our vision is a world in which women do not drink alcohol during pregnancy and people living with FASD are identified, supported and valued.

# how to contact us

## mail

Minnesota Organization  
on Fetal Alcohol Syndrome  
1885 University Avenue, Suite 395  
Saint Paul, MN 55104

## phone

local: 651-917-2370  
toll free: 1-866-90-MOFAS (66327)  
fax: 651-917-2405

## online

[mofas.org](http://mofas.org)  
[info@mofas.org](mailto:info@mofas.org)  
[facebook.com/mofas.org](https://facebook.com/mofas.org)



# family support

**MOFAS is here for families, individuals and caregivers — helping to guide and support you through the FASD journey in many different ways.**

# online support

## **Virtual Family Center (VFC)**

The VFC is a safe and private online gathering place for families all around Minnesota. It is 100% “for parents, by parents” in the FASD community.

To join, simply log on to [www.mofas.org](http://www.mofas.org) and look for the comfy couch. Here, you can exchange thoughts and information on a “Facebook-like” community wall, chat with other parents in live moderated chats and join a group that connects you with others in your own area of the state. All where and when it’s convenient for you!

## **Resource Guide - Coming Soon!**

The Resource Guide is a unique tool you can use to learn about services and programs in Minnesota that can meet your family’s specific needs.

Find descriptions of programs, contact information and answers to your questions about what your family may qualify for.

## **Resource Directory**

Whether you are looking for a diagnostic clinic, therapist or support group, the Resource Directory is a great place to search when you already have an idea of what services you’re looking for.

Agencies are listed based on recommendations from families, collaborators and the MOFAS staff. To see the complete list, visit [www.mofas.org/resources](http://www.mofas.org/resources).

# local support

## **Family Resource Coordinators (FRCs)**

Our FRCs, located throughout Minnesota, each have their own FASD story and journey. They know many of the challenges you may be facing. Their goal is to reach out to families in their region to provide support and help be the voice for FASD in Minnesota.

See the brochure insert to find your region’s FRC, or visit [www.mofas.org/families/familysupport](http://www.mofas.org/families/familysupport) for more information.

## **Support Groups**

Support groups provide emotional support. They allow people to share information and discuss common issues. But most importantly, support groups provide the feeling that you are not alone on this path.

A new support option for birth moms and women in recovery whose children have been prenatally exposed to alcohol is the Circle of Hope/Birth Mothers Network (COH/BMN).

For a complete listing of support groups in Minnesota visit [www.mofas.org/families/familysupport](http://www.mofas.org/families/familysupport).

# find support

Find all our family support options at [www.mofas.org/families](http://www.mofas.org/families) or call 651-917-2370 for more information.

# ongoing support

## **Classes**

We offer ongoing opportunities to learn about FASD and teach others to better understand your child.

The Hand in Hand series is a recommended first step for families to explore the spectrum of this disorder and identify strategies that promote success.

## **Hand in Hand Series**

Part 1 – The Basics of FASD

Part 2 – The Challenges of Life with FASD

This is an opportunity for caregivers of children who have received or suspect an FASD diagnosis to come together and learn about FASD in an informal and supportive setting. Each series is five weeks, and is offered both online and in person.

Find all our upcoming classes at [www.mofas.org/families/classes](http://www.mofas.org/families/classes).

## **Family Retreats**

Being around other families that understand is important. So several times a year we host weekend retreats for families living with FASD, where they can come to have fun and relax. All activities throughout the weekend are optional so each family can tailor the retreat to their own needs.

Upcoming retreat dates, locations and registration information are available at [www.mofas.org/families/familysupport](http://www.mofas.org/families/familysupport).

