

Autism Society of Minnesota (AuSM) Support Groups 2018

AuSM provides a variety of support groups to meet the needs of parents, children, family members, individuals, couples and more. Support groups offer those affected by autism the opportunity to share problems, solutions and joys with one another. Groups meet monthly, and advance registration is required.

Adult Family Member with ASD Group

For: Adults with adult spouses, children, or siblings with autism spectrum disorder

Time: This group meets the third Thursday of each month from 7-9 p.m.

Jan. 18, Feb. 15, Mar. 15, Apr. 12, May 17, Jun. 21, Jul. 19, Aug. 16, Sep. 20, Oct. 18, Nov. 15, Dec. 20

Caregivers of Kids with ASD Support Group

For: parents and caregivers of school-aged kids with autism (ages 4-21).

Time: This group meets the final Saturday of the month from 10:30 a.m.-12 p.m.

Jan. 27, Feb. 24, Mar. 24, Apr. 21, May 19, Jun. 30, Jul. 28, Aug. 25, Sep. 29, Oct. 27, Nov. 17, Dec. 29

Independent Adults with ASD Social Support Group

For: Adults with autism spectrum disorder who can participate without support

Time: This group meets the fourth Thursday of each month from 7-9 p.m.

Jan. 25, Feb. 22, Mar. 22, Apr. 19, May 24, Jun. 28, Jul. 26, Aug. 23, Sep. 27, Oct. 25, Nov. 15, Dec. 27

LGBT-QIA Adults with Autism Support Group

For: Adults with autism spectrum disorder who identify as LGBT-QIA.

Time: This group will be switching to the second Tuesday of each month from 7-9 p.m.

Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, Jun. 14, Jul. 12, Aug. 9, Sep. 13, Oct. 11, Nov. 8, Dec. 13

Women with ASD Support Group

For: Women with autism spectrum disorder

Time: This group meets on the first Thursday of each month from 7-9 p.m.

Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, Jun. 14, Jul. 12, Aug. 9, Sep. 13, Oct. 11, Nov. 8, Dec. 13

AuSM Support Groups meet at AuSM's office, 2380 Wycliff Street, #102 St. Paul, MN 55114

Walk up ramp and ring doorbell on the left hand side of the door frame to be admitted.

Call to RSVP for AuSM Support Groups

Call 651.647.1083 ext. 10 to RSVP. If you do not RSVP, the meeting may be cancelled without notice.

Other Support Groups in Minnesota

Free Groups

Anoka County: Autism Family Support. Meets 3rd Tuesday from 6:30-9 p.m. at Faith Lutheran Church, 11115 Hanson Boulevard., Coon Rapids. Contact: The ARC Greater Twin Cities, 952.920.0855.

Chaska: Parents & Family Members with Children w/ASD Attending District 112 Schools. Contact: Lynne Patterson, 952.556.6960.

Dakota County: Parents of Children with Autism Group. Meets Oct.-May on the last Tuesday of the month at McAuliffe Elementary School, 1601 12th St. W., Hastings. In collaboration with the Hastings School District.

Forest Lake: Autism Support Group for parents. Meets every 3rd Tuesday at 6:30 at 20 N Lake St Town Square Building, Forest Lake, MN. Visit <http://www.meetup.com/Autism-Support-Group/> for more info.

Minneapolis: Father's of Special Needs Children Group. Meets one time monthly, second Monday of the month from 6:00 pm to 7:30 pm. Meetings are held at Wilder School-Minneapolis Public School. Co-facilitators, Steve Roecklein. Phd. and Don Nikkola, MSW. Aspies 20s-30s. Meets 3rd Saturday of the month 6-8 p.m at the Lake Calhoun Lund's and Byerlys. Contact aspies20s30s@gmail.com.

Osseo: OASIS: Osseo Area Source of Information & Support by Prairie Care & ISD 279, for parents. Meets at Weaver Lake Elementary School- Media Center, 15900 Weaver Lake Rd., Maple Grove, from 6:30- 8:30 p.m. on the 3rd Monday of each month. Contact: Connie Posl, 763.315.7363 or Kim Kubicek (if you require childcare) at 9kubiceks@gmail.com or 507.444.4128.

Plymouth: ANSWER support groups for parents, family, friends, individuals, and professionals. Third Tuesday of the month. Plymouth Library, 15700 36th Ave N Plymouth, MN 55446.

Various Locations in the Metro Area: Midwest Special Services's Caregiver Connections, support for families/caregivers of those with special needs, meets at various locations throughout the Twin Cities Metro area. RSVP is required. Contact: Jodi Meerovich at jmeerovich@mwsservices.org for further information.

Paid Groups

Edina: Adult Autism Group. Meets Thursdays, 5-6:30. \$25 per session at PrairieCare Edina. Contact Tiffany Leuthold, LMFT, at (952)903-1285

Plymouth: Support group for women in relationships with men diagnosed with Asperger Syndrome. Meets 2nd Monday of the month 7:00-8:30 Cost: \$25. Support group for couples with one partner diagnosed with Asperger Syndrome. Meets 4th Thursday of the month 7:00-8:30 Cost: \$25. 12805 Hwy 55, Plymouth, Contact Mary Einarson in advance if interested: 612-961-3111. Support group for parents. Meets 1st Monday of the month 7-8:30. Cost: \$25 per person or \$35 per couple. Autism Family Therapy, Inc. 12805 Hwy 55, Suite 402 Plymouth, MN 55441. RSVP to Tamara Phillips tamara@autismfamilytherapy.com.