

Autism Society of Minnesota (AuSM) Support Groups 2019

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.

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.

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.

2019: Jan. 17, Feb. 21, Mar. 21, Apr. 11, May 16, June 20, July 18, Aug. 15, Sept. 19, Oct. 17, Nov. 14, Dec. 19

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 last Saturday of each month from 10:30 a.m.-12 p.m.

2019: Jan. 26, Feb. 23, Mar. 30, Apr. 27, May 25, June 29, July 27, Aug. 31, Sept. 28, Oct. 26, Nov. 30, Dec. 28

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.

2019: Jan. 24, Feb. 28, Mar. 28, Apr. 18, May 23, June 27, July 25, Aug. 22, Sept. 26, Oct. 24, Nov. 21, Dec. 26

LGBTQIA Adults with Autism Support Group

For: Adults with Autism Spectrum Disorder who identify as LGBTQIA.

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

2019: Jan. 10, Feb. 14, Mar. 14, Apr. 11, May 9, June 13, July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec. 12

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.

2019: Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2, June 6, July 11, Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 5

Minnesota's First Autism Resource[®]

2380 Wycliff St. #102 • St. Paul, MN 55114

Telephone: 651.647.1083 • Fax: 651.642.1230 • Website: www.ausm.org • E-mail: info@ausm.org

Other Support Groups in Minnesota

Free Groups

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

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

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

Minneapolis: Fathers of Special Needs Children Group. Meets second Monday of the month from 6-7:30 pm. Meetings are held at Wilder School-Minneapolis Public School. Co-facilitators, Steve Roecklein, PhD and Don Nikkola, MSW.

Aspies 20s-30s. Meets third Saturday of the month from 6-8 p.m. at the Lake Calhoun Lunds & Byerlys. Contact aspies20s30s@gmail.com.

Women's Neurodiversity Meetup. Meets per month at The Wedge Table. Contact Cynthia at www.meetup.com/twin-cities-womens-neurodiversity-group.

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 third 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.

Rochester: Adults with ASD. Meets at SEMCIL Offices, 2200 2nd St. S.W. on the second Friday of the month from 7-9 p.m. Contact louisjbouchard@charter.net.

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 p.m. \$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 second Monday of the month from 7-8:30 Cost: \$25.

Support group for couples with one partner diagnosed with Asperger syndrome. Meets fourth Thursday of the month from 7-8:30 Cost: \$25. 12805 Hwy. 55, Plymouth, Contact Mary Einarson in advance if interested: 612.961.3111.

Support group for parents. Meets first Monday of the month 7-8:30 p.m.. Cost: \$25 per person or \$35 per couple. Autism Family Therapy, Inc., 12805 Hwy 55, #402, Plymouth, MN 55441. RSVP to Tamara Phillips tamara@autismfamilytherapy.com.

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