

# Parent Resource Support Group

*Does your child live with a mental illness and/or Fetal Alcohol Syndrome?*



**4<sup>th</sup> Monday of the month**  
**6:30 – 8:00 pm**

*pizza provided at 6pm*  
*FREE childcare provided*

**Prior Lake**  
**River Valley YMCA**  
3575 North Berens Rd NW

For information, contact NAMI at  
651-645-2948 x130.



National Alliance on Mental Illness

800 Transfer Road, Suite 31  
St. Paul, MN 55114  
Phone: 1-651-645-2948  
Toll Free: 1-888-626-4435  
[www.namihelps.org](http://www.namihelps.org)

## Description:

**NAMI Minnesota (National Alliance on Mental Illness) and MOFAS (Minnesota Organization on Fetal Alcohol Syndrome (FAS))** provide support groups to help parents discover resources to meet the challenges of raising a child with a mental illness and/or FAS, learn coping skills and develop problem solving skills.

Parents and Caregivers of children under 18 living with, but not limited to: FAS, ADHD, Anxiety, Autism, Bipolar, Depression, Eating Disorders, Schizophrenia, and others are welcome.

Support groups are facilitated by a parent who has a child with a mental illness and/or FAS who has received specialized training.

