

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 Fetal Alcohol Spectrum Disorders (FASD) throughout Minnesota.

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

how to contact us

mail:

Minnesota Organization
on Fetal Alcohol Syndrome
2233 University Avenue West, Suite 395
Saint Paul, MN 55114

phone:

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

online:

mofas.org
info@mofas.org
facebook.com/mofas.org



family support

MOFAS offers families and caregivers a wide variety of supports and resources to help guide you through the FASD journey.

online support

Virtual Family Center (VFC)

The Virtual Family Center provides online FASD support for families and caregivers in Minnesota. It is safe, private, and 100% “for caregivers, by caregivers” in the FASD community. Here you can find answers and resolve problems, get advice on navigating complex systems, and most importantly, connect with others who are walking the same path. To request to join the private Facebook group, go to <https://www.facebook.com/groups/MOFASVFC/>.

Resource Guide

The Resource Guide is a tool where you can search detailed information about services your family may qualify for, and topics related to Fetal Alcohol Spectrum Disorders (FASD).

Resource Directory

The Resource Directory is a searchable database of FASD-friendly professionals and programs in Minnesota. This tool uses Google Maps to narrow your search and makes it easier to find service providers close to home.

find support

For questions or more information about all family support options provided by MOFAS go to www.mofas.org/support-and-resources or call MOFAS at 651-917-2370.

local support

Family Engagement Coordinators (FECs)

Your Family Engagement Coordinator team is just an email or phone call away. FECs are available to provide resources and one-on-one support to families across Minnesota. Each FEC brings a unique and diverse perspective based on an abundance of personal experience with FASD and prenatal alcohol exposure.

Family Activities

MOFAS provides ongoing family-friendly activities for adoptive, birth, foster, kinship, and relative caregivers as a way to foster stronger families, build networks and connect with other families.

Youth Activities

Specific activities and retreats geared for teens and young adults living on the spectrum provide social, recreational, peer leadership, personal growth, and volunteer and service learning opportunities in a supportive and supervised environment.

Support Groups

Support groups 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.

MOFAS provides all kinds of support groups for adoptive, birth, foster, kinship, and relative caregivers to informally share resources, insights, and support.

ongoing support

Classes

MOFAS offers 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 and caregivers 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 an 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.

Family Retreats

Being around other families that understand is important. So, several times a year, MOFAS hosts weekend retreats for families living with an FASD, where they can come together to have fun and relax.

