

Who we are

Proof Alliance understands the challenges families living with fetal alcohol spectrum disorders (FASD) face. Proof Alliance offers people with an FASD, families, and caregivers a wide variety of supports, activities, and resources to help guide and support you through the FASD journey.

Find support

For questions or more information about all of the family support options provided by Proof Alliance, visit proofalliance.org or call us at 651-917-2370.



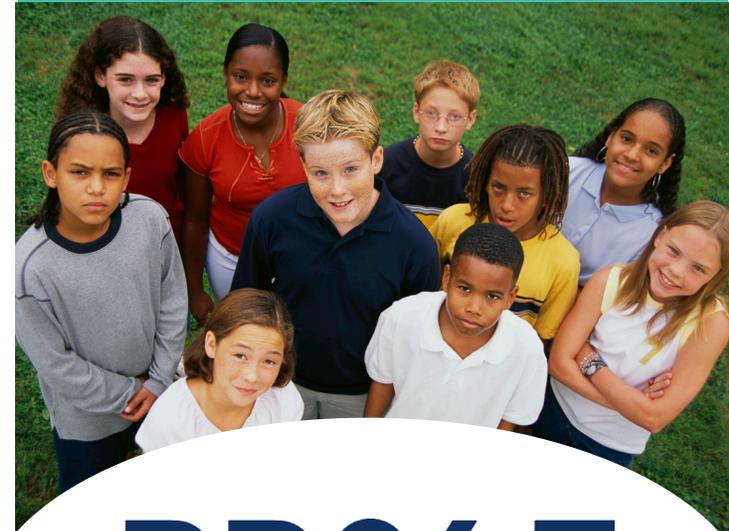
Contact Us

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Caregiver Support Services



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Alliance

Preventing fetal alcohol spectrum disorders and supporting all impacted

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:

facebook.com/groups/ProofAllianceVFC

FASD Service Handbook

The FASD Service Handbook is a tool where you can find detailed information about services your family may qualify for, as well as topics related to fetal alcohol spectrum disorders (FASD).

Resource Directory

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

Local Support

Caregiver Support Services

The Caregiver Support Services team is just an e-mail or phone call away. They are available to provide resources and one-on-one support to families across Minnesota. They each bring a unique and diverse perspective based on an abundance of personal experience with FASD and prenatal alcohol exposure.

Family Activities

Proof Alliance provides ongoing family-friendly activities for adoptive, birth, foster, kinship, and relative caregivers as a way to foster strong families, build networks, and connect.

Youth Activities

Specific activities and retreats geared for teens and young adults with an FASD provide social, recreational, peer leadership, personal growth, and volunteer and service learning opportunities in a supportive and supervised environment.

Monthly Support Groups

Support groups allow people to share information and discuss common issues. Most importantly, support groups provide the feeling that you are not alone. Proof Alliance provides support groups for all families to informally share resources, insights, and support.

Ongoing Support

Workshops

Proof Alliance offers ongoing opportunities to learn about FASD and teach others to better understand your child.

Hand in Hand Series

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.

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. Proof Alliance hosts retreats for families impacted by FASD, where they can come together to have fun and relax.

Circle of Hope (COH)

The Circle of Hope (COH) Support Group is a network of women who have used alcohol and/or drugs during pregnancy. Together, we provide support in overcoming the stigma of addiction and FASD. We provide information, resources, hope, and support.