

At Proof Alliance, we believe in the power of community, connection and possibility. Whether you're a caregiver, a person with an FASD or someone just starting this journey—our programs are designed to support, uplift and empower.

ONLINE SUPPORT

FACEBOOK GROUP

The Virtual Family Center is a private, moderated space for FASD caregivers to connect, ask questions, share tips and find encouragement from others who understand.

RESOURCE DIRECTORY

Looking for services that "get it"? Our directory connects you to FASD-informed providers and programs across Minnesota—because finding the right support shouldn't be a struggle.

E-CAMPUS

Knowledge is power. Explore webinars, practical parenting strategies and flexible online trainings—all available on demand to support your journey.

Youth and Family Events & Activities

We host fun events for families and individuals year-round, including some favorite annual traditions.

- Family Camp Retreat
- Annual BBQ
- Winter Gathering

[See Calendar](#)



Annual Proof Alliance Caregiver Conference

Our annual conference is a powerful gathering for learning, connection and community. Caregivers, professionals and advocates come together to grow their knowledge and confidence, leaving with practical tools—and renewed energy—to support those they care for.

ONGOING SUPPORT

CAREGIVER GROUPS

Connect with fellow caregivers monthly — join virtually to share experiences, gain insights and find strength in a supportive community.

[VIEW EVENTS >](#)



YOUTH GROUPS

Monthly in-person and online skill-building groups provide a safe, welcoming space for individuals with known or suspected FASD to gain confidence and connect with peers.

[VIEW EVENTS >](#)



NAVIGATORS

No-cost, one-on-one guidance from trained navigators with knowledge, compassion and living experience.



Start Here for Support

Our FASD-informed Family Support Navigators will connect you with the right support and respond within a week.

Want to Learn More and Get Involved? Contact Us!



651-917-2370



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