



CHAPTER / GROUP REFERRAL GUIDE

For more information about any Circle of Parents® mutual self-help support group, please call 1-800-CHILDREN.

County/City	Region	Chapter/Group	Day/Time	Contact Information	Group Characteristics
Anoka Coon Rapids	Metro	Head Start of Anoka Circle of Parents	Tuesday 3:00-4:00pm	Head Start staff (763) 427-6089	Open to agency participants Childcare provided
Anoka Coon Rapids	Metro	Head Start of Anoka Circle of Parents	Tuesday 6:00-7:00pm	Head Start staff (763) 427-6089	Open to agency participants Childcare provided
Big Stone Ortonville	WM	Ortonville Circle of Parents / Dream for Kids	1st & 3rd Tuesdays and 2nd & 4th Mondays 5:30-7pm	Cara (320) 273-2266 (parent facilitator) or Karin @ RSVP Volunteers United (320) 839-2111	Open to public Children's program
Crow Wing Brainerd	NE	Brainerd Circle of Parents	Monday 5:30-7:00pm	Sue Austin (218) 855-8014 or Mary Kay VerKennes (218) 820-4049	Open to public Children's program
Crow Wing Pequot Lakes	NE	Pequot Lakes Circle of Parents	Tuesday 6:00-7:30pm	Julie Despot (218) 568-9200	Open to public Childcare provided
Crow Wing Crosby	NE	Crosby-Ironton Circle of Parents	Thursday 1:30-3:00	Teppi Bundy (218) 534-3423	Open to public Children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents	Tuesday 6:30-8:30pm	PCAMN / Circle of Parents Southern Minnesota Office (507) 377-7665 or 800-813-8713	Open to public Children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents / Albert Lea Padres	Tuesday 6:00-8:00pm	Luz Kramer @ (507) 373-0746	Open to Spanish speaking public Children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents / Dads	Tuesday 6:30-8:30pm	Jim Pierick (507) 318-0530	Open to Dads Children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents / Freeborn County Adult Detention Center	Monday 1:00-2:00pm	Jean Jaspersen (507) 377-4687	Open to agency participants – Dads No children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents / Freeborn County Adult Detention Center	Monday 2:00-3:00pm	Jean Jaspersen (507) 377-4687	Open to agency participants – Moms No children's program
Freeborn Albert Lea	SM	Albert Lea Circle of Parents / Parents In Action	Monday 6:30-8:00pm	Jackie Pederson @ Freeborn County DHS (507) 377-5501	Open to parents of teenagers No children's program
Goodhue Red Wing	SM	Red Wing Circle of Parents / Goodhue County Jail	Tuesday 2:00-4:00pm	Emily Hellmuth @ The Women's Center (651) 385-8601 or Susan Albarado-Grand @ Abused Children's Program (651) 388-9360	Open to agency participants No children's program
Goodhue Red Wing	SM	Red Wing Circle of Parents / Mom's Group	Thursday 10:00-11:00am	Susan Albarado-Grand @ Abused Children's Program (651) 388-9360 ext. 12	Open to agency participants Children's program
Goodhue Red Wing	SM	Red Wing Circle of Parents / Parent to Parent	Monday 10:00-11:00am	Susan Albarado-Grand @ Abused Children's Program (651) 388-9360 ext. 12	Open to public Children's program



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Goodhue Red Wing	SM	Red Wing Circle of Parents / Stepping Out of Abuse	Thursday 5:30-7:00pm	Emily Hellmuth @ The Women's Center (651) 385-8601	Open to Moms Children's program
Hennepin Minneapolis	Metro	Phyllis Wheatley Circle of Parents / Parenting Plus	Tuesday 5:30-7:00pm	Blenda Smith (612) 374-4342 ext. 15	Open to public No children's program
Hennepin Minneapolis	Metro	Phyllis Wheatley Circle of Parents / Parenting Plus Teens	Thursday 11:00am-1:00pm	Blenda Smith (612) 374-4342 ext. 15	Open to teens No children's program
Hennepin SE Minneapolis	Metro	Genesis II for Families Circle of Parents	Monday 11:00am-12:00pm	Brianna Hartman (612) 617-0191 ext. 1230	Open to agency participants Children's program
Hennepin Plymouth	Metro	Home Free Battered Women's Shelter Circle of Parents	Wednesday 10:00-11:30am	Carlein Cloutier (763) 559-9008	Open to agency participants Children's program
Hennepin Minneapolis	Metro	Minnesota Indian Women's Resource Center Circle of Parents	Wednesday 1:00-2:00pm	Lorraine White (612) 728-2024	Open to public Childcare provided
Itasca Grand Rapids	NE	Grand Rapids Circle of Parents / Cherish Our Children	Tuesday 6:00-7:30pm	Vicki Andrews (218) 326-0653	Open to public Childcare provided
Jackson Jackson	SM	Jackson Circle of Parents / Parent to Parent	Thursday 6:30-8:00pm	Bonnie Traetow @ Family Services Network (507) 847-4441 or (800) 850-2737	Open to public Children's program
Morrison Little Falls	NE	Morrison County Circle of Parents	Thursday 6:30-8:00pm (2 nd and 4 th)	Sarah Pratt (800) 269-1464	Open to public Childcare provided
Olmsted Rochester	SM	Rochester Circle of Parents	Tuesday 6:30-8:00pm	Carma Bjornson @ Child Care Resource & Referral (507) 287-2020 or (800) 462-1660	Open to public Children's program
Olmsted Rochester	SM	Rochester Federal Medical Center Circle of Parents	Thursday 9:30-11:30am	Tom Wegner (507) 287-0674 ext. 177	Open to agency participants – Dads No children's program
Polk Crookston	NW	Crookston Circle of Parents / Parents Helping Parents	Tuesday 6:30-8:00pm	Karen Brekken (218) 926-5655	Open to the public Children's program
Ramsey Saint Paul	Metro	Catholic Charities Circle of Parents / Moms Connection at Seton Services	Tuesday 6:00-8:00pm	Alice Chatham @ Seton Services (651) 603-0245	Open to agency participants Children's program
Ramsey Saint Paul	Metro	Eagles Nest Circle of Parents	Thursday 1:00-2:00pm	Nelda Goodman (651) 251-1610	Open to agency participants Childcare provided
Ramsey East Saint Paul	Metro	Hmong Eastside Family Center Circle of Parents	Thursday 6:00-8:00pm	Mai Vang @ (651) 793-7315	Open to Southeast Asian families Childcare provided



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Renville Bird Island	WM	Circle of Parents of Renville County	Thursday 6:00-7:30pm	Lori Clasemann (320) 329-8202 or 1-877-325-2217	Open to public No children's program Childcare provided Small meal provided
Rice Faribault	SM	Ruth's House / Faribault Circle of Parents	Tuesday 7:00-8:00pm	Staff at (507) 332-2236	Open to public Children's program
Rice Northfield	SM	Ruth's House / Northfield Circle of Parents	Tuesday 1:00-2:30 pm	Staff at (507) 332-2236	Open to the public Children's program
St. Louis Duluth	NE	Duluth Circle of Parents / Two Harbors First Baptist Church	Thursday 5:30-8:00pm (2 nd Thurs of month)	Dori Jenson (218) 726-4725 or Brenda Caya (218) 726-4725	Open to public Children's program Supper provided
St. Louis Duluth	NE	Duluth Circle of Parents / Ordean Bldg	Wednesday 12:30-2:30pm (1 st and 3 rd Wed)	Pat Marko or Brenda Caya (218) 726-4725	Open to public Childcare provided Lunch provided
St. Louis Duluth	NE	Duluth Circle of Parents / Parents Only Ordean Bldg	Tuesday 7:00-9:00pm (2 nd Tues of month)	Pat Marko or Brenda Caya (218) 726-4725	Open to public No children's program
St. Louis Duluth	NE	Duluth Circle of Parents / African American Extreme Parenting	Wednesday 5:00-6:00pm (2 nd Wed of month)	Pat Marko or Brenda Caya (218) 726-4725	Open to public No children's program
St. Louis Duluth	NE	Duluth Circle of Parents / Nettleton School	Thursday 3:00-4:30pm (4 th Thurs of month)	Brenda Caya (218) 726-4725	Open to public No children's program
Stearns St. Cloud	NE	St. Cloud Circle of Parents	Monday 6:00-7:30pm	Michelle Eikmeier @ Health Partners (320) 203-2056 or Lois Paulson at (877) 848-4912	Open to public Children's program
Todd Staples	WM	Todd County Circle of Parents / Staples Area Circle of Parents	Monday 6:30-8:00pm	Jane Olson @ Todd County Collaborative for Children and Families (320) 732-1970	Open to public (Spanish translator) Children's program
Waseca Waseca	SM	Waseca Federal Correctional Institute Circle of Parents	Thursday 6:00-7:00pm	Parent Educator (507) 835-8972 ext. 3100	Open to agency participants – Dads No children's program
Washington Hudson, WI	Metro	Hudson Circle of Parents / Parents Who Care	Monday 6:30-8:30pm	Curt Larson (715) 386-9846	Open to public Childcare provided
Watonwan St. James	SM	Watonwan County Circle of Parents	Tuesday 6:00-8:30pm	DeeAnn Gieseke (507) 375-3294	Open to public No children's program Childcare provided

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