



Social Self Care:



As humans, we are wired to connect, and this connection can have a direct impact on our health. Having enough socialization and social support are protective factors for one's health! Social support can help a person minimize perceived stress and adopt healthy behaviors in response to stressors.

When discussing social self-care, it is important to think about different types of social opportunities. With the options, you can see which ones fit you, your values, and needs. In addition, social connections needed can look different for everyone. Some of us value increased social connection as a way to fill our cup and energy. Some have other self-care needs that fill our cup and we only need smaller social connections that support our well-being. Social support can be moments in your day from messaging a friend or grabbing a cup of coffee to joining a local book club. Provided on the next page are lists and descriptions of some social connection opportunities within the Rochester and surrounding area.

Messaging a Friend



Time with Family or Friends



Joining a book club; virtually or in-person

Lunch Date/Coffee Meet Up





Build your Tribe and Diversify



While each caregiver/parent is different with how much social interaction we need to fill our self-care needs, as humans we need diverse social connections! Just reading this, now is a great time to bring awareness and find diverse social connections to reap the health and well-being benefits!

Social Opportunities to Build your Tribe:

- **Online resources**
 - Great first step in social connection as you can fit online resources into your schedule.
 - Blogs
 - Educational resources
- **Private social media support/connection groups**
 - Below are a few private online support resources found in the Rochester and surrounding community



Good News! We created an OWL online connection group! You can look for details on OWL's website, under the caregiver tab! This is one additional social support that may be valuable to you.

Use the QR code or click the link to join or learn more!

- <https://www.facebook.com/groups/457662217274535>

- **Online video group meetings**
 - There are several national and global resources for caregivers with virtual and in-person groups
- **In-person support groups**
- **Even on the personal level of meeting other caregivers in the local community**
 - **Examples:**
 - Meeting for coffee
 - Lunch date
 - Playground meeting
 - Par



Online Support Groups Locally:



The Autism Resource Guide is a wonderful resource to learn more about local and national organizations broken down into categories!

- <https://www.autismresource.guide/guidebook>

Autism Resource Guide

Facebook Support Groups:

**These Facebook support groups were discovered or shared by caregivers/parents at OWL. It is important to remember we all have unique needs and some of these groups fit well for you while others may not.



- **Autism Support & Discussion Group - Rochester, MN**
 - <https://www.facebook.com/groups/1353297844727277/>



- **MN ASD Parents to Parents Support**
 - <https://www.facebook.com/groups/MNASDPARENTSupport/>



- **Finding Cooper's Voice**
 - <https://www.facebook.com/findingcoopersvoice/support/>
 - This facebook group has a \$4.99 per month subscription but they describe all the different support areas they provide and communities if you are a part of this group.



In Person/ Online Support Groups:



- **Rochester Center for Children (RCC) - Autism Caregiver Support Group**
 - <https://www.fosteradoptmn.org/resources/support-groups/>
 - Open to the public and facilitated by parents. One does not have to be member/doing services at RCC to join. Limited childcare opportunity.



- **For Adoptive, Foster, and Kinship Caregiver/Parents:**
 - <https://www.fosteradoptmn.org/resources/support-groups/>
 - Olmsted County has several support groups opportunities that are provided in the link above



- **Autism Friendly - Austin Support Group**
 - <https://www.facebook.com/groups/263641087985341/>
 - Autism Friendly is part of Hormel Historic Home and they create an online facebook Autism Friends Austin Support page. The page posts community events and social meets up for caregivers, for example Caregiver Coffee Chat.

Family Support

Parent and Caregiver Coffee Chats

Date: 7/23/2024 & 8/22/2024
Time: 5:00 PM - 6:30 PM
Member Fee: FREE
Non-Member Fee: FREE
All ages across the lifespan
Location: LIFE / Our Place
Register By: 7/10 & 8/21

Parent/ Caregiver Coffee Chats is an informal gathering of parents and caregivers who care for a loved one with an intellectual or developmental disability of any age. Come and talk about the joys and frustrations of providing care for a loved one and exchange tips and ideas. We also provide information about resources available in our community that support individuals with different abilities and that support their families.

Register by contacting Danielle at 507-473-4833 or danielle@lifemowercounty.org.





National Online Support Groups

Facebook Groups:



- **Fetal Alcohol Spectrum Disorders (FASD) Caregiver Success**
 - <https://www.facebook.com/FASDSuccess/>
 - FASD Caregiver Success is a support group for caregivers caring for children with FASD. The group is open to join and is not private.



- **Parenting with Connection**
 - <https://www.facebook.com/groups/parentingwithconnection/>
 - “We support parents in implementing connection based tools” - From their Facebook about me page. Requires you to answer 3 questions and is a private group.

Websites with Social Platforms, Podcasts, and Groups:



- **Hot Mess Express:**
 - <https://www.hotmesseexpress.co/>
 - ← ■ <https://www.instagram.com/hme.rochestermn/>
 - <https://www.facebook.com/groups/412709161475103/>

Hot Mess Express is a women-led nonprofit who have come together to help when sometimes we cannot. Anyone can be nominated to “help with laundry, dishes, organizing, meal prep, and restoration of household balance.” There is a Rochester chapter with the social links above that will help you join this community!



- **Steady Parents:**
 - <https://www.steadyparents.com/>
 - ← ■ <https://www.instagram.com/steadyparents>

Steady Parents is a site by Larissa Geleris who is an occupational therapist with background working with children with disabilities and complex health needs. She created a space with information, training, and blogs directed to the caregiver/parent and their own sensory needs.



Community Social Outing:

The Rochester Local has up to date information on social outings happening in Rochester and surrounding areas!

Additionally they have a page dedicated to parenting support groups both locally and in the community



- <https://rochesterlocal.com/mom/parenting-support-group>