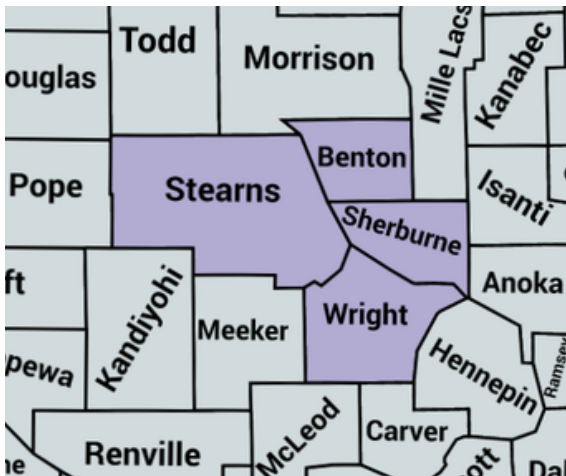




COMMUNITY PARTNER NEWSLETTER

FIRST STEPS SERVICE AREA



While all MN counties offer Family Home Visiting (FHV), First Steps Central MN covers FHV in Benton, Sherburne, Stearns & Wright Counties

THRIVING, NOT JUST SURVIVING

Main Street Family Services is one of several Family Resource Centers (FRCs) popping up across central MN. FRCs are a one-stop shop to access services available in the community, connect with peers, and receive education. Programming and supports available at FRC locations vary based on specific community needs.

Public Health and Health & Human Services (HHS) have been partnering with local FRCs to offer satellite WIC clinics, HHS financial resource access, outreach services, and/or onsite lactation support. In addition, First Steps home visiting staff have been planning regular "Fun with First Steps" events at select FRC locations. These events may include crafts and activities that foster parent/child connection and families socialization.

"Fun with First Steps aligns with FHV goals—supporting parents despite life's challenges. We strive to create opportunities for joy, connection, and support. We are able to celebrate families in a setting outside their homes."—PHN Mallory

Main Street's FRC Coordinator (Shari), First Steps PHN (Mallory), and a local family (Mom Allison with daughters Natalie & Lydia) joined August's First Steps Joint Powers Board meeting to share about their valuable experiences bringing families together, helping meet family's needs, and what it is like to participate in the programming.

"Being connected to FHV and Mainstreet FRC has allowed me to not only survive, but THRIVE, as a parent."—Mom Allison

Additional FRCs located in central MN, include the Southside Community Outpost, 10-10 Community Outpost, and Salem Community Outpost ([learn more here](#)), Wright County's Mobile FRC ([learn more here](#)), and ISD 742's Community Schools at Discovery & North Jr High.



(Pictured): Main Street's FRC Coordinator Shari, PHN Mallory & Local Family (Mom Allison, daughters Natalie & Lydia)



CRAFTS | ACTIVITIES | CONNECTIONS

Caregivers and little ones are invited to join First Steps for fun mornings of crafts designed to build connection, creativity, and community!

THESE EVENTS ARE FREE AND OPEN TO ALL!

Quarterly dates will be added in Benton & Wright County locations. Watch our Public Health Facebook pages for more information. September dates, locations, and flyers are included on page 4!



RECENT OUTREACH & EVENTS

6/11: The Sherburne County First Steps FHV Team hosted a Family Celebration Event at the Becker City Park. Enrolled families were invited to an afternoon of food, crafts, resources, family photos, and connection with one another.



8/5: First Steps Program Manager partnered with Hennepin County's Outreach Nurse for a FHV outreach table at North Memorial Maple Grove Hospital's World Breastfeeding Week event.



Visit our **First Steps website** for the latest resources, programming information, and our monthly family newsletters.



It is also where you find our **online referral form** to connect families to us!



Sip, Sip, Hooray! we appreciate our staff every day!

During our June Community of Practice, we spotlighted several public health programs including Benton's human trafficking prevention efforts, Stearns' Parenting Inside Out Program, Wright's Connected Spaces work & were joined from MDH staff who gave a refresher about Sexual & Reproductive Health. We also celebrated our home visitors and behind-the-scenes office support staff who are the heart of the program and ensure our day-to-day work is efficient and timely.



Weekly Drop-In Infant Feeding Support

Tuesdays

- 9:30a-11:30a, Monticello Community Center
- 9:30a-11:30a, St. Cloud YMCA 

Wednesdays

- 9:30a-11:30a, Wright County Historical Society, Buffalo 
- 1:30p-3p, Maple Grove Hospital



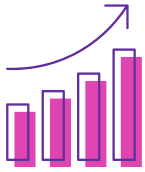
Thursdays

- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

- 10a-12p, Options for Women - Cornerstone, St. Michael

 = First Steps staff present



FIRST STEPS DATA DIVE

If you would like more information about your agency's referral data to us, please contact us at **763-276-0441** or email referrals@firststepscentralmn.org



REFERRALS

Average **72** incoming Family Home Visiting referrals per month & **432** referrals YTD



FAMILIES

Currently serving 337 families monthly across our 4-county region



COMPLETED

91 Families YTD completed or graduated from our Family Home Visiting Program

FS FHV CENTRALIZED INTAKE REFERRAL SOURCES

2026 Community Partner Referrals

CC SCH NICU

WCCA WIC

CC SCH FBC

CC Plaza Clinic WH/OB

Sherburne Co WIC

Benton WIC Online App

Sherburne Co HHS

Stearns Co WIC

Wright Co HHS

Self-Referral FS Online Form/Website

Transfer from Other County

Stearns Co HHS

Stearns Sheriff PIO

CC Family Health Clinic

HH/HCMC Family Birthing Center

Self-Referral FS Postcard

Benton Co Public Health/WIC

FS REFERRAL SOURCES

65 IN 2026 YTD

(137 SINCE INCEPTION)

47% OF REFERRALS COME FROM TOP **6 SOURCES** HIGHLIGHTED

ADDITIONAL **48 REFERRAL SOURCES** (1% or less)



You can also refer a family by faxing referral information to 763-765-4250, emailing referrals@firststepscentralmn.org or by calling 763-276-0441

Several contact attempts are made with every referral that is received and our team will connect families with community resources even if they are not interested in enrolling in home visiting programming. When in doubt, refer!



CRAFTS | ACTIVITIES | CONNECTIONS

Caregivers and little ones are invited to join First Steps for a fun morning of crafts designed to build connection, creativity, and community!

**WEDNESDAY,
September 2nd**
10:00AM-12:00PM
JON WEICHT LIONS PARK
1104 LIONS PARK DRIVE
ELK RIVER, MN 55330



**FRIDAY,
September 18th**
10:00AM-12:00PM
**1010 COMMUNITY
OUTPOST**
1114 - 9TH AVE SE
ST. CLOUD, MN 56304



**THURSDAY
September 24th**
9:00AM-11:00AM
LIONS PARK SAUK RAPIDS
95 RIVER AVE N, SAUK
RAPIDS, MN 56303
Contact: 320-968-5331



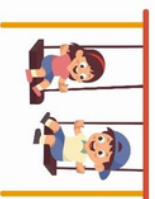
THESE EVENTS ARE FREE AND OPEN TO ALL!



MANUALIDADES | ACTIVIDADES | CONEXIÓN

¡Se invita a los cuidadores y niños a unirse a First Steps para una mañana divertida de manualidades diseñadas para fomentar la conexión, creatividad y comunidad!

**MIÉRCOLES
2 DE SEPTIEMBRE**
10:00AM - 12:00PM
JON WEICHT LIONS PARK
1104 LIONS PARK DRIVE
ELK RIVER, MN 55330



**VIERNES
18 DE SEPTIEMBRE**
10:00AM - 12:00PM
**1010 COMMUNITY
OUTPOST**
1114 - 9TH AVE SE
ST. CLOUD, MN 56304



**JUEVES
24 DE SEPTIEMBRE**
9:00AM - 11:00AM
LIONS PARK SAUK RAPIDS
95 RIVER AVE N, SAUK
RAPIDS, MN 56303
Contact: 320-968-5331



EVENTO GRATUITO Y ABIERTO PARA TODOS



Welcome to the Family Resource Center

At **Main Street Family Resource Center**, we care about helping families and making our community stronger. Whether you're looking for support, want to learn something new, or need resources, we're here to help you create a **thriving family!**



Do you need help finding resources like access to health insurance, housing, food, or counseling?



Are you looking for peer support to come together with other parents so that you don't have to walk alone?



Are you curious to learn how to support your child's developmental growth and mental health?

Free Resources

Finding the right resources can be challenging, but we're here to help! We provide families find access to important resources like **healthcare, food, housing, mental health support and childcare services.**

Free Support

The Family Resource Center is a place where **parents can come together, talk and learn from each other.** Share stories, get advice, and make new friends who understand what they're going through. It's a great way to build community!

Free Education

Learn practical skills. From classes about parenting to classes on creating a budget. We offer programs that fit the needs of different families.



Check Out what is Happening at the FRC this week



www.mainstreetfamilyservices.org

TRI WELLNESS AT WORK

...creating sustainable employee wellness programs in Benton, Sherburne, and Stearns Counties

Join our next Tri Wellness at Work Learning Collaborative for FREE to receive guidance, tools, and resources to customize your workplace wellness program.

Employers will learn best practice strategies in:

- Fundamentals of Workplace Wellness
- Healthy Eating
- Physical Activity
- Breastfeeding Support
- Commercial Tobacco-Free Workplace
- Mental Well-being

*Plus, time for networking opportunities!

“Whether you are just beginning a worksite wellness committee or have had one together for years...the information offered through this program is so organized and informative. It's definitely worth the time!”

- Kayla Miller, Director of Wellbeing
Guardian Angels of Elk River, Inc.

Why Workplace Wellness?

Employers offering a comprehensive workplace wellness initiative experience:

- Decreased absenteeism and health care costs
- Improved productivity
- Increased employee recruitment and retention
- Bolstered employee morale and commitment
- Improved time and stress management



This opportunity is made available by the Statewide Health Improvement Partnership at no cost to employers. All employers are welcome to apply.

Benton County: Mariah Klein
mklein@co.benton.mn.us

Sherburne County: Kristy Heying
kristy.heyin@co.sherburne.mn.us

Stearns County: Melissa Godwin
melissa.godwin@stearnscountymn.gov

Apply Here:

<https://www.surveymonkey.com/r/J7N8SCK>

Space is limited, apply soon!

If the application is needed in another language, please contact us.



St. Cloud Area
School District 742
Early Childhood Family Education (ECFE)
presents

THE BABY & TODDLER EXPO

Learn,
Grow &
Shine
Together

Saturday, Sept. 19

9:00 — 12:00

Quarryview Education Center

FREE
Admission
& Light Snacks



Join us for a fun-filled event where little ones and their families can learn, grow and shine bright together!

★ **Experience**

Play & Discover ECFE
Children's Concert
Touch-a-Truck
Coffee Truck

★ **Learn**

Parenting Tips & Tricks:
"Thriving in Your Baby's First Year"
"Big Feelings & Calm Solutions"

★ **Discover**

ECFE & District 742 Programs
Education Resources
Health & Wellness Resources
Parenting & Family Support

GRAND PRIZE DRAWINGS - 4-person membership to the Great River Children's Museum and a Car Seat Stroller Travel System donated by D.J. Bitzen.

GIFT BAGS FOR THE FIRST 300 FAMILIES

More info: isd742.org/BabyToddlerExpo

St. Cloud's 4th Annual Hispanic Heritage Celebration

9.12.26

LAKE GEORGE



**FOOD
TRUCKS**



DANCE



**LIVE
MUSIC**



**KID
ZONE**

3:00 — 7:00 PM



1101 7TH AVE S. | ST. CLOUD, MN

FREE