

Ways You Can Help

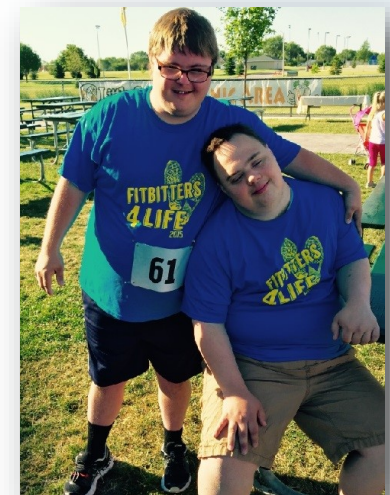
Donate: Whether it is a one-time donation, recurring donation, or event sponsorship, every dollar counts! You can make a donation by mail or online at our website: www.aimwcm.org

Volunteer: Our volunteers are what make our events a success! If you would like to volunteer at one of our events, on a planning committee, or become a member of the Board of Directors, please contact AIM for more information.



AIM OF WEST CENTRAL MN
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Advocating for the full inclusion for people with intellectual and developmental disabilities in their home communities.

Who We Are

Being able to live a self-directed, independent lifestyle is part of a person's human dignity. At Advocacy & Inclusion Matter (AIM) of West Central Minnesota, we want to ensure that people with disabilities have the same opportunities as anyone else. AIM is a local nonprofit that provides advocacy, education, wellness, and social inclusion services for people with intellectual and developmental disabilities.

Kandiyohi County has the highest per capita of people with developmental disabilities in the state. Developmental disabilities include Down Syndrome, Cerebral Palsy, Epilepsy, Autism, Asperger's, Fetal Alcohol Spectrum Disorders, Traumatic Brain Injury, and more.



What We Do

AIM provides advocacy, education, wellness, and social inclusion services. Some examples of our programs include:

- Annual Consumer Conference
- Healthy Living Classes
- Spring Dance
- Town Hall Forum
- Community Education Seminars



AIM also partners with other agencies to provide adaptive activities:

- Green Lake Lutheran Ministries Camp Joy
- Willmar Curling Club
- Let's Go Fishing

AIM also provides scholarships to participate in physical and educational activities!

People First

AIM has a self-advocacy group called **People First**. Self-advocacy is speaking up for yourself and being able to make choices for yourself. People First is led by people with disabilities with some assistance from advisors. Meetings are held every third Thursday of the month and includes activities or guest speakers. There are no membership dues to be a part of People First!

People First members are also very active in the community. Each year, People First members give back through several hundred hours of volunteerism.

