

Substance Moms

Gather Groups

2026-27



DAYTIME GROUPS

Coon Rapids 🧸 · Every Monday · 9:30-11:30 AM

Julie Somers · jbehrens96@gmail.com
Katie Newton · clearykatie4@gmail.com
Kayleen Anderson · kayleennanderson@gmail.com
Amy Heffernan · Amy.patraw@substancechurch.com

Brooklyn Center · Every Tuesday · 9:30-11:30 AM

Missy Hansen · melissa@createdanew.com
Katie Witter · crwitter@hotmail.com
Note: For moms of elementary-age kids and up

Champlin · 1st & 3rd Wednesdays · 10:00 AM-12:00 PM

Jessi Mengelkoch · ALMQUIJM@gmail.com
Kelsey Bielefeld · Kelsey.m.joyce@gmail.com

Ham Lake · E/O Friday · 10:00 AM-12:00 PM

Carrie Frith · carriefrith@gmail.com
Whitney Dauer · wmdauer@gmail.com

Fridley (Working Moms) · E/O Saturday · 9:00-11:00 AM

Kayji Thao · kayji.thao@gmail.com
Jessica Rowan · jessska19@gmail.com
Sarah Gladen · scgladen@gmail.com



EVENING GROUPS

Woodbury · E/O Tuesday · 6:00-8:00 PM

Karina Barabash · karinabarabash1@gmail.com
Kayleen Anderson · kayleennanderson@gmail.com

Shakopee · Every Tuesday · 7:30-9:00 PM

Jenny Chan · Jennypaxchan10@gmail.com
Rachel Valvi · rachelvalvi@gmail.com
Janelle Engnes · kopa.janelle@gmail.com

Downtown Campus · E/O Thursday · 6:30-8:00 PM

Sarah Tschida · sarahmtschida@gmail.com
Sarah Fillmore · sarahaydt@gmail.com

Plymouth · 2nd & 4th Thursdays · 7:00-9:00 PM

Hailey Finger · Hailey.j.finger@gmail.com
Erin Viegut · Etviegut@gmail.com

Bloomington (Single Moms) · E/O Friday · 6:30-8:30 PM

Rachel Braman · 13braman.rachel@gmail.com
Jen Hetzer · jenniferhetzer85@gmail.com

Coon Rapids · E/O Friday · 6:30-8:30 PM

Emily Erickson · Em.merickson@gmail.com
Kelly O'Brien · kcmandson0623@gmail.com

🧸 = Childcare available
E/O = Every Other

*See substancechurch.com/moms for more information

*Don't forget Substance Moms hosts a once a month Gathering at Northtown at 6:30: 9/17/26; 10/15; 11/19/26; 1/21/27;
2/18/27; 3/18/27; 4/15/27