

Foster Care Training Calendar

This document includes registration information for all in-person and pre-recorded trainings. For details about training requirements that apply to you, go to the "Training" section of the foster parent website at www.hennepin.us/fosterparents. For questions, contact fostercare@hennepin.us.

In-person Trainings

All trainings listed in this section are conducted on Microsoft Teams or Zoom unless stated otherwise and count towards your annual 5 hours "in-person" requirement. To register, email fostercare@hennepin.us and write "In-Person Training" in the subject line and include with your request:

1. Name of foster parents attending, Licensing Worker, and training(s).
2. Please request registration info for our partner agencies no later than two days before their training.

What Your Child's Behavior is Telling You/NAMI

- Wednesday, March 26, 2025, 5:00pm – 6:00pm

Question, Persuade, Refer (QPR): Suicide Prevention/NAMI

- Tuesday, April 8, 2025 6:00pm – 7:30pm

Gender-Based Violence: A Caring, Community Approach to Supporting Childhood Survivors [Part 2] /FAM

- Thursday April 10, 2025, 1:00pm – 2:30pm

Child Protection Foster Care Court Systems [required after first year of license](#)

- Thursday April 10, 2025, 6:00pm – 8:00pm

Brain Training for our Foster & Adoptive Kids to be Solution Seekers/FAM

- Wednesday April 16, 2025, 12:pm – 2:00pm

Recognizing Early Warning Signs of Mental Illness in Children & Adolescent/NAMI [mental health credit](#)

- Friday, March 28, 2025, 10:00am – 12:00pm

Mental Health Crisis Planning for Families/NAMI [mental health credit](#)

- Tuesday, April 15, 2025 6:30pm - 8:00pm

CALM Conversations: Mental Health and Suicide Prevention/NAMI

- Thursday, April 17, 2025, 12:00pm – 1:30pm

Mental Health 101 for Cultural Communities/NAMI [mental health credit](#)

- Thursday, April 17, 2025, 6:00pm - 7:30pm

Creating Caring Communities/NAMI

- Friday, April 18, 2025, 12:00pm - 1:00pm

How to Really Listen to Your Child/NAMI

- Wednesday, April 23, 2025, 5:00pm – 6:00pm

Early Warning Signs of Mental Illness in Youth/NAMI [mental health credit](#)

- Monday, May 5, 2025, 6:30pm - 8:00pm

Financial Planning for Nontraditional Families, A Three-Part Series [Part 1] /FAM

- Tuesday, May 6, 2025 1:00pm - 2:30pm

CALM Conversations: Mental Health and Suicide Prevention/NAMI

- Wednesday, May 7, 2025, 3:00pm – 4:30pm

Question, Persuade, Refer (QPR): Suicide Prevention/NAMI

- Tuesday, May 8, 2025, 12:00pm – 1:30pm

Trauma in the Lives of Children and Families/FAM

- Thursday, May 8, 2025, 12:30pm - 2:00pm

Reflective Foster Parenting 101: Understanding the Mind of the Child with Challenging Behaviors/FAM

- Tuesday, May 13, 2025, 10:30am - 12:00pm

Creating Caring Communities/NAMI

- Friday, May 16, 2025, 12:00pm – 1:00pm

How Foster Care Affects the Whole Family and What You Can Do to Help! /FAM [[IN PERSON](#)]

- Tuesday, May 20, 2025, 5:30pm - 7:00pm

Building Stronger Bonds: Enhancing Parent-Child Attunement

- Wednesday, May 21, 2025, 2:30pm - 2:00pm

The Power of Validation/NAMI

- Wednesday, May 28, 2025, 5:00pm – 6:00pm

Financial Planning for Nontraditional Families, A Three-Part Series [Part 2] /FAM

Tuesday, June 3, 2025, 1:00pm - 2:30pm

Sensory Processing: Strategies for the Home

- Wednesday, June 11, 2025, 12:30pm - 2:00pm

Recognizing Early Warning Signs of Mental Illness in Children & Adolescent/NAMI [mental health credit](#)

- Thursday, June 12, 2025, 10:00am – 12:00pm

Basic Haircare and Maintenance 101 Workshop/FAM [[IN PERSON](#)]

- Tuesday, June 17, 2025, 10:00am - 12:00pm

CALM Conversations: Mental Health and Suicide Prevention/NAMI

- Wednesday, June 18, 2025, 11:00am – 12:30pm

Empowering Kids through Boundaries/NAMI

- Wednesday, June 25, 2025, 5:00pm – 6:00pm

Financial Planning for Nontraditional Families, A Three-Part Series [Part 3] /FAM

- Tuesday, July 8, 2025, 1:00pm - 2:30pm

De-escalating Intense Emotions/NAMI [highly recommended](#)

- Wednesday, July 23, 2025, 5:00pm – 6:00pm

Accepting the Way Things Are/NAMI

- Wednesday August 27, 2025, 5:00pm – 6:00pm

Building Family Wellness/NAMI

- Wednesday, September 24, 2025, 5:00pm – 6:00pm

Supporting Kids Struggling with Executive Functioning/NAMI

- Wednesday, October 22, 2025, 5:00pm – 6:00pm

Don't Forget About Self-compassion/NAMI

- Wednesday, November 26, 2025, 5:00pm – 6:00pm

Building Your Team of Support

- Wednesday, December 17, 2025, 5:00pm – 6:00pm

Car Seat Training

Each foster parent transporting children under the age of 8 years must complete the Basic Education for Safe Travel (B.E.S.T). This training includes the online Car Seat Basics followed by the in-person car seat check within 30 days after finishing the Car Seat Basics. The car seat checks are held at the Northwest Family Service Center in Brooklyn Center.

1. Each foster parent in the home must complete the Car Seat Basic online training
2. Complete the Car Seat Basic online training here <https://carseateducation.org/product/car-seat-basics>
3. Once you receive your certificate, email fostercare@hennepin.us to register for your Car Seat Check.
4. If you are unable to attend the upcoming dates you can find a list of B.E.S.T approved facilitators here <https://buckleupmn.org/best-locator/>
 - Saturday April 12, 9am-1pm

- Tuesday April 15, 5pm-8pm
- Saturday May 3, 10am-1pm
- Tuesday May 13, 5pm – 8pm

Pre-recorded Trainings

Up to 7 hours from the below list and/or Foster Parent College can be counted towards your 12 hours annual training requirement. To register, email fostercare@hennepin.us and write "Prerecorded Training" in the subject line.

- Age Appropriate and Inappropriate Sexualized Behaviors (2.5hrs)
- Autism Spectrum African American community (30 min)
- Autism Spectrum Native American community (30 min)
- Autism Spectrum Hmong community (30 min)
- Autism Spectrum Latino community (30 min)
- Autism Spectrum Somali community (30 min)
- Best Practices in Serving LGBTQ+ Parents (1.5hrs)
- Beyond Time In: Coaching Parents in Trauma Sensitive Discipline (1.5hrs)
- Building Self-esteem in Children (1hr)
- Child Defiance - Overcoming Opposition, Resistance and Backtalk (3.5hrs)
- Child Discipline Without Punishments or Bribes (1.5hrs)
- Children's Mental Health: ADHD (1.5hrs)
- Children's Mental Health: Anxiety (1.5hrs)
- Children's Mental Health: Depression (1.5hrs)
- Children's Mental Health: OCD (1.5hrs)
- Developmental Impact of Trauma (2hrs)
- Discipline in Foster Care: Managing our Behaviors to Manage Theirs (2hrs)
- FASD, ADHD or both (1.5hrs)
- Fetal Alcohol Spectrum Disorder (1hr)
- Foster Parent Guide (3hrs)
- Grief and Loss in Foster Care (1.5hrs)
- Healing through Tantrums and Tears (2hrs)
- Helping Kids with Difficult Behaviors (30min)
- Implications of FASD for the Adoptive Family (1hr)
- Introduction to Children's Mental Health (2hrs)
- Introduction to LGBTQ+ Inclusion (1.5hrs)
- Kids Hair Fundamentals (1hr) [highly recommended](#)
- Mandated Reporter (1hr)
- MAPCY: Foster Care Supplemental Rate (2hrs)
- Nuts and Bolts: Foster Care the Hennepin Way (1hr)
- Overcoming Anger, Aggression and Violence in Kids (2hrs)
- Picky Eaters, Sugar Addicts and Dinner Table Power Struggles (2hrs)
- Prudent Parenting (1.5hr)
- Resources for Families Living with FASD: What is Out There (1hr)

- SUID/AHT- Sudden Unexpected Infant Death and Abusive Head Trauma (1.5hr)
- Toileting Problems: Enuresis & Encopresis (1.5hrs)
- Trauma Sensitive Discipline for Parents (2hrs)
- Vulnerable Adults Mandated Training (1.5hrs)
- Working with Infants Experiencing Withdrawal (2hrs)

Foster Parent College

Foster Parent College trainings are additional pre-recorded trainings offered to foster parents at no cost.

- Send an email to fostercare@hennepin.us to request an account.
- To learn more, visit Foster Parent College at www.fosterparentcollege.com