

# 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](http://www.hennepin.us/fosterparents). For questions, contact [fostercare@hennepin.us](mailto: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](mailto: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.

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/FAM

- 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/FAM

- 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/NAMI

- 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](mailto:fostercare@hennepin.us) to register for your Car Seat Check.
4. You must bring a vehicle and foster child currently in the home that is using a car seat to the Check
5. 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 May 3, 10am - 1pm
  - Tuesday May 13, 5pm - 8pm
  - Tuesday May 27, 5pm - 8pm
  - Tuesday June 10, 5pm - 8pm
  - Saturday June 28, 9am - 12pm
  - Saturday July 12, 9am - 12pm
  - Tuesday July 15, 5pm - 8pm
  - Tuesday August 5, 5pm - 8pm
  - Tuesday August 19, 5pm - 8pm
  - Saturday September 13, 9am - 12pm
  - Tuesday September 16, 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](mailto: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 training is additional prerecorded training offered to foster parents at no cost.

- Send an email to [fostercare@hennepin.us](mailto:fostercare@hennepin.us) to request an account.
- To learn more, visit Foster Parent College at [www.fosterparentcollege.com](http://www.fosterparentcollege.com)