

# Foster Care Training Calendar

This document includes registration information for all in-person and prerecorded 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

Trainings listed in this section are conducted on Microsoft Teams or Zoom unless stated otherwise. To register, email [fostercare@hennepin.us](mailto:fostercare@hennepin.us) with "In-Person Training" in the subject line. Please provide the name of trainings, foster parents attending, and your licensing worker.

Please note that registration for our partner agencies training courses is closed the day before the training.

Using Reflective Foster Parenting to Understand Non-compliance and Defiance/FAM [highly recommended](#)

- Tuesday, September 9, 2025, 12:00pm - 1:30pm

The Increasing Rates of Childhood and Adolescent Anxiety/FAM [highly recommended](#)

- Thursday, September 11, 2025, 1:00pm - 2:30pm

Supporting Your Child's Learning: What to Do When They Need Extra Help/FAM

- Monday, September 15, 2025, 11:00am - 12:30pm

Understanding Early Episode Psychosis for Families/NAMI [meets mental health](#)

- Monday, September 15, 2025 7:00pm – 9:00 pm

Secondary Trauma [Part 1]/FAM [highly recommended](#)

- Thursday, September 18, 2025, 9:30am - 11:00am

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

- Wednesday, September 24, 2025 3:00pm – 4:30pm

Psychological First Aid (PFA) PART 1/NAMI

- Wednesday, September 24, 2025 12:00pm – 1:30pm

Secondary Trauma [Part 2]/FAM [highly recommended](#)

- Tuesday, September 30, 2025, 9:30 am - 11:00am

Building Family Wellness/NAMI

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

Psychological First Aid (PFA) PART 2/NAMI

- Wednesday, October 1 2025, 12:00pm – 1:30pm

Understanding the Mind of the Child with Lying and Stealing Problems/FAM [highly recommended](#)

- Tuesday October 7, 2025, 12:00 pm - 1:30 pm

Curly Hair Loving Care/CHS [highly recommended](#)

- Tuesday October 7, 2025 12:00 pm – 1:30pm / CHS

It's the Magic in Living (Making a difference in life) /FAM

- Tuesday, Oct 21st 2025, 12:00 pm - 1:30 pm

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

- Wednesday, October 22, 2025, 10:30am – 12:00pm

Supporting Kids Struggling with Executive Functioning/NAMI

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

Supporting Children Impacted by Parental Incarceration/FAM [highly recommended](#)

- Thursday, October 23, 2025, 10:30 am - 12:00 pm

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

- Tuesday, October 28, 2025 3:00pm – 4:30pm

Understanding the Impact of Technology, Screen Time, and Social Media on Growing Brains/FAM

- October 30, 2025, 1:00 pm - 2:00 pm

Child Protection & Foster Care Court System w/Hennepin County Attorney [required after initial license](#)

- Thursday November 6, 2025, 6pm-8pm

Understanding Early Episode Psychosis for Families/NAMI

- Thursday November 6, 2025, 7:00pm – 9:00pm

Indigenous Kids in Foster and Adoptive Placements/FAM [highly recommended](#)

- Thursday, November 13, 2025, 9:00am - 10:30am

Resilience on the Road: Lessons from Foster Care to the Auto Shop/FAM

- Thursday, November 13, 2025, 10:45am - 11:45am

Pride in Parenting: Navigating Systems as LGBTQ+ Families/FAM [highly recommended](#)

- Thursday November 13, 12:30pm – 2:00pm

Digital Citizenship and the Adoptee Experience: Navigating Identity in the Online Age/FAM

- Thursday November 13, 2:15pm – 3:45pm

#### Unlocking the Power of Play for Connection/FAM

- Thursday, November 18, 2025, 9:00am - 10:30am

#### Fighting the Darkness by Sharing Your Light/FAM

- Thursday, November 18, 2025, 10:45am - 11:45am

#### Restoring Developmental Pathways for Children Impacted by Trauma and Neglect/FAM [recommended](#)

- Thursday November 18, 12:30pm – 2:00pm

#### Race and Law Enforcement/FAM [highly recommended](#)

- Thursday November 18, 2:15pm – 3:45pm

#### 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

#### Understanding Early Episode Psychosis for Families/NAMI

- Tuesday January 6, 2026, 7:00pm – 9:00pm

## 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 their own Car Seat Basic online training
2. Complete the Car Seat Basic online training <https://carseateducation.org/product/car-seat-basics-1>
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 the foster child if currently in your home, and using a car seat with you.
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/>. You will be charged a fee by these B.E.S.T Facilitators.

\*Registration for the below dates are open only to Foster Parents with Hennepin County Child Foster Care and private/county agencies with children placed by Hennepin County that use car seats for transport\*

- Tuesday September 16, 5pm - 8pm
- Tuesday September 30, 5pm - 8pm
- Saturday October 11, 9am-12pm
- Tuesday October 21, 5pm-8pm
- Saturday November 8, 9am-12pm
- Tuesday November 18, 5pm-8pm

- Saturday December 13, 9am-12pm
- Tuesday December 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: Introduction to Children's Mental Health (2hrs)
- 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: FASD, ADHD or both (1.5hrs)
- FASD: Fetal Alcohol Spectrum Disorder (1hr)
- FASD: Implications of FASD for the Adoptive Family (1hr)
- FASD: Resources for Families Living with FASD (1hr)
- Foster Parent Guide Test (3hrs)
- Grief and Loss in Foster Care (1.5hrs)
- Healing through Tantrums and Tears (2hrs)
- Helping Kids with Difficult Behaviors (30min)
- Introduction to LGBTQ+ Inclusion (1.5hrs)
- Kids Hair Fundamentals (1hr) [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)
- 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)