

# 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.

### Practicing the History (& Future) of the Adoptee Voice/FAM

- Tuesday, December 10, 2024, 10:30am - 12:00pm

### CALM Conversations/NAMI

- Thursday, December 12, 2024, 12:00pm - 1:30pm

### Stop the Yelling: How to Communicate with your Foster Child

- Thursday December 12, 2024, 6:00pm-8:00pm

### Hope for Recovery/NAMI

- Saturday December 14, 2024, 9:00am - 1:00pm

### A Deeper Dive into Strategies for Connecting with Hard to Engage Teens/FAM

- Tuesday, December 17, 2024, 12:00pm - 2:00pm

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

- Friday, December 27, 2024, 10:00am - 12:00pm

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

- Tuesday, January 7, 2024, 7:00pm - 9:00pm

Building Reflective Practice in Child Welfare/FAM

- Thursday January 9, 2025, 1:00pm - 2:30pm

Helping Kids Cope: Tips for Supporting Good Family Mental Health/NAMI [mental health](#)

- Wednesday, January 15, 2025, 6:30pm – 7:30pm

Creating Felt Safety/FAM

- Thursday, January 16, 2025, 9:00am - 11:00am

CALM Conversations/NAMI

- Tuesday, January 16, 2025, 3:00pm - 4:30pm

"I don't care if others like me...I like me!" Teaching Teens Self-Acceptance/FAM

- Thursday January 23, 2025, 10:00am -11:30am

Question, Persuade, Refer (QPR)-Steps to Prevent Suicide /NAMI

- Thursday, January 23, 2025, 3:00pm – 4:30pm

Benefit Agreement 101 w/Department of Children, Youth, and Families/FAM

- Monday January 27, 2025, 1:00pm - 2:30pm

Behavioral Interventions for Children and Teens Affected by Prenatal Substance Exposure/FAM

- Wednesday January 29, 2025, 12:30pm - 2:30pm

Question, Persuade, Refer (QPR)-Steps to Prevent Suicide/NAMI

- Tuesday, February 4, 2025, 5:00pm – 6:30pm

Helping Kids Cope: Tips for Supporting Good Family Mental Health/NAMI [mental health](#)

- Wednesday, February 5, 2025, 6:30pm – 7:30pm

Understanding the Children's Mental Health System/NAMI

- Saturday, February 8, 2025, 12:00pm - 1:30pm

Salud Mental 101/NAMI [mental health training in Spanish](#)

- Saturday, February 8, 2025, 9:40am – 10:40am

CALM Conversations/NAMI

- Tuesday, February 11, 2025, 6:00pm - 7:30pm

Question, Persuade, Refer (QPR)-Steps to Prevent Suicide/NAMI

- Thursday, February 20, 2025, 12:00pm – 1:30pm

Prevención del Suicidio: Preguntar, Persuadir, Referir (PPR)/NAMI [training in Spanish](#)

- Tuesday, February 25, 2025, 12:00pm – 1:30pm

Helping Kids Cope: Tips for Supporting Good Family Mental Health/NAMI [mental health](#)

- Thursday, February 27, 2025, 6:30pm – 7:30pm

## Car Seat Training

On January 1, 2025, the car seat training program C.A.R.S will transition to the Basic Education for Safe Travel (B.E.S.T) program. This training is required for foster parents and Substitute Caregivers who will transport children under the age of 8 years.

The training includes an online curriculum followed by a car seat check by an approved B.E.S.T Facilitator.

More information is to follow including the link to complete the online curriculum and locations to register for your car seat check beginning January. Email the training coordinator at [fostercare@hennepin.us](mailto:fostercare@hennepin.us) if you have any questions about car seat training.

## 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)
- 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.

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