

# 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.

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

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 and can take up to 1 hour based on your knowledge of installing a car seat into a vehicle.

1. Each foster parent in the home must complete the Car Seat Basic online training.
2. Complete the 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 schedule your Car Seat Check.
4. You will be provided with the upcoming dates to register. No walk-ins allowed for the car seat check.
5. If you are unable to attend any of the upcoming dates, ask the training coordinator for a list of B.E.S.T car seat check facilitators. Some B.E.S.T Facilitators charge a fee.

## 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.

- 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)