

# 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).

## Live Virtual 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 "Live Virtual 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 closes the day before the training.

### Understanding Early Episode Psychosis for Families

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

### Introduction to Trauma and a Trauma-Informed Approach

- Thursday January 8, 2026, 12:00pm-1:00pm

### Understanding the Mind of the Child with Wetting and Soiling Issues

- Tuesday, January 13, 2026, 12:00pm - 1:30pm

### After the FASD Diagnosis: Navigating the Next Steps

- Wednesday, January 14, 2026, 1:00pm - 2:30pm

### Changing Change: Supporting Children and Teens Through Transitions

- Tuesday January 15, 2026, 12:00pm-1:30pm

### Mental Health First Aid

- Saturday, January 17, 2026, 9:00 am - 3:00 pm

### [Part 2] Adolescent Sexual & Reproductive Health

- Thursday, January 22, 2026, 10:00am-12:00pm

### Collaborative Problem Solving for School Avoidance

- Monday January 28, 2026, 5:00pm-6:00pm

From Blow-Up to Bonding: Finding the Balance of Attachment-Focused Discipline in Adoption

- Thursday, January 29, 2026, 11:00am-12:45pm

Early Warning Signs of Mental Illness in Youth & Adolescents

- Tuesday February 3, 2026, 6:00pm-7:00pm

Helping Kids Cope: Tips for Supporting Good Family Mental Health

- Thursday, February 5, 2026, 4:00 – 5:30pm

Bridging the Gap: Strengthening Collaboration Between Caregivers and Families of Origin

- Tuesday February 10, 2026, 11:30pm-1:00pm

Before I Let Go: Youth Transitioning out of Foster Care

- Wednesday February 11, 2026, 11:00am-1:00pm

Grief, Loss, and Your Biological Child

- Tuesday February 17, 2026, 12:00pm-1:30pm

NAMI Talks: Supporting Kids Struggling with Executive Functioning

- Wednesday February 25, 2026, 5:00pm-6:00pm

Navigating the Seven Core Issues in Play Therapy with Adoptive Children

- Thursday February 26, 2026, 10:00am - 12:00pm

NAMI Talks: The Power of Validation

- Wednesday March 25, 2026, 5:00pm-6:00pm

NAMI Talks: De-escalating Intense Emotions

- Wednesday April 22, 2026, 5:00pm-6:00pm

NAMI Talks: How to Really Listen to Your Child

- Wednesday May 27, 2026, 5:00pm-6:00pm

NAMI Talks: Building Family Wellness

- Wednesday June 24, 2026, 5:00pm-6:00pm

## BEST Car Seat Training

Each foster parent transporting children under the age of 9 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, separately.
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. A vehicle is required for the Car Seat Check. If you are a provider without access to a vehicle, speak with your licensing worker as they will need to register you for the training.
5. If you are unable to attend the upcoming dates you can find a list of BEST 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 is 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 at 5pm

- Tuesday January 6, 2026
- Tuesday January 20, 2026
- Tuesday February 3, 2026
- Tuesday February 17, 2026
- Tuesday March 17, 2026
- Tuesday April 7, 2026
- Tuesday April 21, 2026
- Tuesday May 19, 2026
- Tuesday June 9, 2026
- Tuesday June 23, 2026
- Tuesday July 21, 2026
- Tuesday August 4, 2026
- Tuesday August 18, 2026
- Tuesday September 22, 2026
- Tuesday October 6, 2026
- Tuesday October 20, 2026
- Tuesday November 17, 2026
- Tuesday December 8, 2026
- Tuesday December 22, 2026

Saturday at 9am

- Saturday March 7, 2026
- Saturday May 9, 2026
- Saturday July 11, 2026
- Saturday September 12, 2026
- Saturday November 7, 2026

## Pre-recorded Trainings

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)
- 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)
- Ensuring Safety & Equity for LGBTQIA+ Youth
- 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)
- 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)