



## Foster care training calendar

This document includes registration information for all trainings. For details about training requirements that apply to you, go to the “Training” section of the foster parent website at [HennepinCounty.gov/fosterparents](https://HennepinCounty.gov/fosterparents). For questions, contact [fostercare@hennepin.us](mailto:fostercare@hennepin.us).

### Live virtual training

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) and please provide name of training/date, foster parent/s attending, and your licensing worker. Please note that registration for our partner agencies training closes the day before the training.

#### Supporting Visits Between Incarcerated Parents and Their Minor Children

Wednesday, September 9, 2026, 1 – 2pm

#### Ending the Silence/ Mental health conditions

Thursday, September 10, 2026, 7 – 8pm

#### Healing the Helping Professional: The Unfinished Business of Childhood

Friday, September 11, 2026, 9 – 11am

#### Helping Children Build a Kinder Inner Voice: Self-Compassion in the Face of Self-Criticism

Monday, September 14, 2026, 12 – 1:30pm

#### The Power of Play in Parenting

Wednesday, September 16, 2026, 10am – 11am

#### Early Warning Signs of Mental Illness in Children & Adolescents

Thursday, September 17, 2026, 6 – 7pm

#### Cultural Identity, Belonging, and the Experience of Learning Your Heritage Later in Life

Monday, September 21, 2026, 12 – 1pm

#### The Practice of Positive Psychology

Tuesday, September 22, 2026, 12 – 1pm

#### Hennepin County

300 South Sixth Street, Minneapolis, MN 55487

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Beyond the Behavior: Understanding FASD Through a Brain-Based Lens

Wednesday, September 23, 2026, 7 - 8:30pm

CARES in Action: Practical Music Strategies for the Moments that Matter Most

Thursday, September 24, 2026, 12–1pm

Caring for Kids and Teens with Sensitive Nervous Systems and Big Behaviors

Tuesday, September 29, 2026, 10am–12pm

Creating Routines: Setting Children Up for Success

Thursday, October 1, 2026, 6–8pm

TBRI (Trust Based Relational Intervention) Level 1: A new approach to trauma

Saturday, October 24, 2026, 9am–12pm

Home for the Holidays: Helping Birth Kids Find Predictability in a Season of Change

Tuesday, November 10, 2026, 9 – 10am

Understanding Your Adoptee's Adoption Story: The Seven Core Issues

Tuesday November 10, 2026, 11:30am - 1:30pm

COLORISM: The Politics of Skin Tone and How We Get Free as a Foster Parent

Tuesday, November 10, 2026, 2:15 - 3:15pm

Let's Move; Using Movement to Promote Child Development

Tuesday, November 10, 2026, 6 - 8pm

Woven Identities: Supporting LGBTQIA2S+ Children, Youth & Young Adults Across Adoption, Foster Care & Kinship Care

Thursday, November 12, 2026, 9 - 11am

Transracial Adoption Placement Assessment: A Hierarchy of Racial and Cultural Identity Needs in Adoptees

Thursday, November 12, 2026, 11:30am – 1:30pm

How the Other Half Eats: The Untold Story of Food and Inequity in America

Thursday, November 12, 2026, 2 – 3:15pm

Child Protection Foster Care Court w/Hennepin County Attorney

Thursday, November 12, 2026, 6–8pm

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## Challenging Behaviors at Every Stage of Development: Birth to Preschool Years

Wednesday, November 18, 2026, 9am – 10am

## Rethinking Challenging Behavior: Relationship, Regulation & the Brain in Mind

Wednesday, November 18, 2026, 11:30am – 12:30pm

## TBRI (Trust Based Relational Intervention) Level 2: Connecting Principles

Saturday, November 21, 2026, 9am – 12pm

## TBRI (Trust Based Relational Intervention) Level 2: Empowering and Correcting Principles

Saturday, December 5, 2026, 9am – 12pm

## The Cost of Becoming a Boy: Trauma, Masculinity, and Better Engaging Boys in our Work

Tuesday, December 8, 2026, 9am – 11am

## Self-Care as a Foster Parent

Saturday, December 15, 2026, 6 – 8pm

## Best care 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](#).
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](#). 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 5 p.m.

- September 22, 2026

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- October 6, 2026
- October 20, 2026
- November 17, 2026
- December 8, 2026
- December 22, 2026

### Saturday at 9 a.m.

- September 19, 2026
- November 7, 2026

## Pre-recorded training

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: Children’s Mental Health for Resource Families (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)

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- 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](#).

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