

mnADOPT Insider

In this issue:

Meet MN
ADOPT:
Kim Sacay

MN ADOPT
Fostering
Network

Family Run/Walk
Virtual 5K

Resource Corner:
Mental Health
Resources

Community
Connection:
5K Sponsors!

#SpringForward
MN

On Race, Racism

Who is MN ADOPT?

Check back each month to learn more about us and our organization!

Meet Kim



Describe your role and how long you've been at MN ADOPT.

I am the Recruitment Coordinator at MN ADOPT. I help find foster and adoptive families through media and community outreach, raising awareness and creating advocates throughout the state. I have been with MN ADOPT for 2 1/2 years and I LOVE IT!

What do you like to do for fun?



For fun I love to hike, bike, and garden....and I can't forget taking the dogs to dog parks around the Twin Cities.

What is your favorite season and why?

My favorite season.....Summer, because it is warm, Spring, new life, and Autumn, the beautiful colors.

MN ADOPT Fostering Network

Providing Information & Resources on Becoming a Foster Parent



There is a shortage of foster homes to care for children, right in your backyard.

MN ADOPT's Fostering Network answers many of the questions you may have about becoming a foster parent, children served in foster care and the licensing process.

Complete the [online inquiry form](#) or contact us at 612-746- 5133.

Foster Care Resources



MN ADOPT's First Annual Family Run/Walk 5K

Saturday June 12, 2021 – Saturday, June 19, 2021

Location: VIRTUAL - wherever you are!

Wherever you are, you can help foster youth go back to school shopping in August! We are raising money to provide a \$200 shopping spree to as many youth in foster care as possible.

Walk, jog, run, bike or dance your way through a 5K. It's a great way to be active with your family while supporting youth in foster care!

Funding will be directed to support MN ADOPT's Third Annual Back-to-School Shopping Event for youth in foster care!

[JOIN US](#)



Share



Tweet



Share

Resource Corner

Mental Health Resources



Mental Health Awareness
Month Resources

Mental Health Fact Sheets

44 Children's Books on
Mental Health

From MN ADOPT's Webinar Library

Relatively Speaking: Addressing Children's Emotional and Behavioral Challenges

In this training we will discuss four challenges: 1. disrespect, back-talk and refusal to cooperate; 2. hoarding and hiding food; 3. dishonesty; and 4. bullying, threats, and deliberately harming animals. We will zero in on underlying reasons for and purposes of these behaviors, which will set the stage for discussion about how parents can respond to children in sensitive, supportive, and trauma-informed ways.

Neuroplasticity: Rewire Your Brain, Change Your Life

This Neuroplasticity workshop explores what we think, feel, and how our environment shapes our brains daily. Learn the science behind how you can rewire your brain and create lasting healthy changes in your life. Explore daily practices on how to decrease stress and anxiety and increase balance and ease to achieve optimal health and well-being.

Community Connections

A big THANK YOU to our 5K sponsors!





Joe Murphy
Comprehensive Financial Services

#SpringForwardMN 2021

Support MN ADOPT for
#SpringForwardMN 2021!

We are taking part in SpringForwardMN,
which is the spring fundraiser for
GiveMN.

Our fundraising goal is \$5,000 and we
have until May 11th to get there!

Your donation will help support our
mission of Zero Kids Waiting and
continuing to provide support &
education to the families we serve in
Minnesota.



Donate

On Race, Racism and Racial Justice

May is Asian American & Pacific Islander Heritage Month. The below links provide information, resources, and ways to learn more.

<https://www.minneapolis.org/calendar/holidays/aapi-heritage-month/>

<https://chlss.org/blog/anti-racism-resources-for-the-aapi-adoption-community-and->

[their-loved-ones/](#)

<https://caalmn.org/minneasianstories/2021-2/>

For more resources, visit our website: <https://www.mnadopt.org/resources/on-race-racism/>



DONATE

// CONNECT WITH US //

