

[View this email in your browser](#)

Keep reading to stay informed on events and happenings at MN ADOPT, as well as information about our programming and ways you can help with our mission of finding and strengthening Minnesota adoptive, foster care, and kinship families.

[Support our work](#)

Get to know us

Meet Margo

Metro Area State Adoption
Exchange (SAE)
Coordinator



How long have you been with MN ADOPT and what is your role?

I've been at MN ADOPT since September 2018 and I am one of the Metro Area State Exchange (SAE) Coordinators. I specifically work with Anoka, Hennepin, and Scott Counties.

What do you like to do for fun?

I like spending time with friends and family, cooking, trying new foods/restaurants, listening to podcasts and doing anything creative.

What is your favorite season, and why?

It's definitely not winter, because I do NOT like being cold. The snow is pretty though (as long as I'm admiring it from inside).

I love being able to sit outside in the warmth of summer and enjoy the colors of the leaves in fall.

I particularly like the month of May. My daughter and I both have May Birthdays, the spring flowers are starting to bloom, and the weather feels just right (unless we have an occasional snowfall in May. No thank you, MN!).

Meet the MN ADOPT Staff

New Year, New Us



As we launch a new year, MN ADOPT is beginning a new chapter! Stay tuned for our big announcement on **January 24th**.

New Training Series

NEW this month - Youth Series!

Do you know a youth (age 12+) who would benefit from any of our FREE evening webinar series geared specially toward youth who have experienced foster care or adoption?

These webinars are also open to parents and professionals.



[Learn more](#)

Meet the Kids



Ronald, 13, is friendly, playful, and inquisitive. He enjoys telling jokes, making connections with others and asking questions to get to know them better. Ronald likes listening to music and some of his favorite artists are Michael Jackson, Prince, and Queen. If a Michael Jackson or Prince song comes on, you will see likely see him dancing and singing along.

Ronald likes playing basketball and video games, assembling LEGO sets, playing on the playground, and building things. When Ronald takes things apart, he really tries to understand why the thing works or is put together the

way that it is. He is also interested in magic and spending time outdoors.

Ronald would like to be a police officer when he gets older. His favorite colors are blue and green, and his favorite food is pizza. He also really likes McDonald's and Culver's.

Following adoption, Ronald would need to maintain contact with his brother and other birth family members. Only Minnesota families are being considered at this time.

[Learn more](#)

Resource Corner

As we are in the midst of a time where many folks reflect and make resolutions...many get discouraged quickly when things don't go as planned.

When we learn the importance of co-regulation with our children...just know that there is always room for a do-over!

"Self Regulation is taught through co-regulation...Luckily, perfection is not a requirement for regulation..."

[What co-regulation with our kids can look like from Generation Mindful.](#)



[Helping Kids Survive and Thrive in Winter \(via NACAC\)](#)

[Explore Minnesota - Winter Festivals](#)

Community Connections

**DID
YOU
KNOW?**



We often hear from families who say they can't adopt because it's too expensive, but did you know that when using a county or adoption agency contracted through the State, there are no fees to adopt from foster care?

There may be minimal fees for the family should there be any purchase needs or home repairs to meet safety criteria. In addition, all household members over the age of 13 are required to complete a background study, at the expense of the family. [Learn more.](#)

To begin the process of adopting from foster care, you can contact any one of these six child-placing agencies that work in collaboration with the Department of Human Services.

[Ampersand Families](#)

[Children's Home Society](#)

[Evolve Family Services](#)

[Nexus Family Healing](#)

[Lutheran Social Service](#)

[North Homes Children and Family Services](#)

Tell us your story



One of our goals in 2023 is to connect more with our community and know their stories!

Telling your story is a powerful way to help others understand the importance of adopting from foster care and the needs of adoptive families. We are very much interested in hearing from those who have the following experiences:

- Families who have adopted from foster care.
- Individuals adopted from foster care.
- Individuals who have experienced foster care without being adopted.
- Individuals or families who have benefited from the MN ADOPT HELP Program.
- Individuals or families who have benefited from educational opportunities offered by MN ADOPT.

Please fill out the form by clicking the link below to have your story considered for our website, newsletter, and social media.

[Share today](#)

Social Justice, Race and Equity

This month we're highlighting Korean American Day (January 13) and Martin

Luther King Jr Day (January 16). The following links have information on the importance of these days, as well as ideas of how you can celebrate and honor.

Korean American Day (January 13, 2023)

Learn about the history of Korean American Day:

<https://nationaltoday.com/korean-american-day>

Learn more about the Korean American experience through blogs, articles, videos, and podcasts and more – <https://koreanamericanstory.org/>

List of Korean Restaurants in the Twin Cities:

<http://www.akconnection.com/korean-food.html>

Martin Luther King Jr. Day (January 16, 2023)

Learn about the origins of this holiday and the work it took to make it happen.

<https://www.history.com/news/martin-luther-king-jr-day-controversial-origins-of-the-holiday>

Hands On Twin Cities has a listing of events and other ways to honor Martin Luther King Jr's life and legacy: <https://www.handsontwincities.org/mlkday2023>

Family Fun Twin Cities has a listing of family-oriented events and activities

<https://www.familyfuntwincities.com/mlk-monday-events/>



Copyright © 2023 Foster Adopt Minnesota, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Grow your business with  **mailchimp**