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*Keep reading to stay informed on events and happenings at Foster Adopt MN, 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.*

**Get to Know Us**



## Hey, It's Rachel!

### **1. How long have you been with Foster Adopt Minnesota?**

I started at FAM in July of 2024, so I've been here 11.5 years.

### **2. What is your current role?**

I'm the Executive Director, which means I help guide the organization's vision and strategy, support our amazing staff, and make sure we have the resources needed to serve adoptive, foster and kinship communities across Minnesota.

### **3. What's your go-to comfort food or favorite meal?**

I love Indian food, and Chicken Tikka Masala is one of my absolute favorite comfort meals.

### **4. What's a hobby or activity you enjoy outside of work?**

I picked up quilting during covid because it taps into my creative side and allows me to pair it with one of my other favorite activities, which is listening to audio books.

### **5. What's your favorite way to spend a weekend?**

I enjoy a balance of activities, including spending time with family/friends and getting some things done around the house. I'm an introvert, so also need to make sure I have sufficient time for quiet moments to myself for learning and self-care so I can recharge and be ready for the week.

[Check out our staff page](#)

# Join our Board



Foster Adopt MN is actively recruiting board members who bring strategic leadership and lived experience to support children and caregivers in adoption, foster, and kinship communities.

**Are you are interested in learning more? [Take a look](#)** at what it means to be a board member with FAM.

## Foster Adopt Shop

### Thank you Donors!

We have received many donations to our Foster Adopt Shop this holiday season, that we can't go without thanking everyone who has donated a new item to our shop.



In December alone, we received 10 donations, including in-person drop-offs and items from our Amazon Wishlist. 15 families sign up to shop over 4 days.

Thank you for your generosity towards the adoption, foster and kinship families we serve!

To learn more about our Foster Adopt Shop and how to donate, or if you are a family in need of items, [please visit our website](#) or scan the QR code below.



# WE NEED YOUR HELP

FAM's Foster Adopt Shop is working to build up inventory to support children in foster care and their families!

## Needed:

- Socks
- Winter Gear (hats, gloves, mittens, jackets, snowpants, boots, etc.)
- Shampoo/ Conditioner (all hair types)
- Toys/Gifts
- Clothing (All Ages)



Shop our Amazon Wishlist using this QR code, or buy items locally and set up a time to deliver them to our St. Paul office.



Questions? Email us at:  
[donations@fosteradoptmn.org](mailto:donations@fosteradoptmn.org)



## Opt-In to Text Messaging



Sign up to receive text updates of current events and happenings at FAM, new resources, community connections and more!

**SIGN UP TODAY!**

## Featured Child: Taj



**Taj, 13,** is an outgoing, independent, and resilient teen whose smile lights up a room. His adventurous personality fuels him to try new activities while maintaining his favorites. Taj enjoys boxing, spending time socializing with peers, going to the library, and playing video games. Taj demonstrates an aptitude for learning, especially when it comes to hands-on learning and numbers. He is eager to get a job and happily does chores for a small allowance. Taj's favorite holiday is Christmas. He enjoys trying new restaurants and likes anything spicy or fried, but he also likes sweets! Taj values and enjoys quality time with the adults in his life. He has expressed that he loves building relationships but hates losing them.

Taj will need to maintain contact with his siblings and relatives. Only Minnesota families are being considered at this time.

Learn more

## Resource Corner

**Need new ideas and calming support right here, right now?**



Free, easy access, in-the-moment, interactive options to support child and parent regulation and overall health.

From the *Ramsey County Children's Mental Health Collaborative*.

[Calm Room - Try These!](#)

## Reimagining resolutions as goals

From the *Center for Adoption Support & Education (CASE)*.

"Let us reimagine these as goals instead of resolutions – a way toward positive changes rather than berating ourselves for past mistakes. The focus? Achieving a more balanced approach to adoptive parenting and the relationships between ourselves, our families, and our lives."

### [5 Meaningful New Years Resolutions for Adoptive Parents](#)

Trying new approaches, practicing repair, less comparison, more compassion, and making connections...

## Winter activities for families

Well-organized calendars and activity lists for outdoor and indoor ideas for the remaining winter!

[Minnesota in Winter | Explore Minnesota](#)

[Best Winter Events and Activities in the Twin Cities](#)

## Stay in Style with FAM Merch

**Support  
FAM  
in style**



Shop the FAM Store and stay in style. You can make a meaningful impact! Every purchase of FAM merchandise helps support our mission to find and strengthen Minnesota's adoptive, foster care, and kinship families.

You can check out the many items available. Shopping at our store supports our important work of:

- 👉 Raising awareness about the need for families for Minnesota children.
- 👉 Providing information and referral to those interested in becoming adoptive, foster care, and kinship care families.
- 👉 Offering education relevant to adoptive, foster, and kinship families and the professionals that serve them.
- 👉 Providing individualized support, guidance, and resources to foster, adoptive, and kinship families.

Go browse what's available to you!

[Shop today](#)

## Honoring International Adoptee Voices

January is a time to reflect on identity and belonging, and we want to take a moment to honor the experiences of international adoptees in our community. These journeys are complex and deeply personal, shaped by culture, family, and resilience.

As we recognize these journeys, we celebrate and support international adoptees as they navigate identity, heritage, and connection. Their voices and stories enrich our understanding and remind us of the importance of listening with openness and empathy.

**Did You Know?** January 13 is Korean American Day, commemorating the arrival of the first Korean immigrants to the U.S. in 1903. This day is especially meaningful for Korean American adoptees, offering an opportunity to honor their heritage and stories.

[\*\*Harlow's Monkey\*\*](#) – A website and blog with an adopted person's perspective on the experience of transracial and transnational adoption.

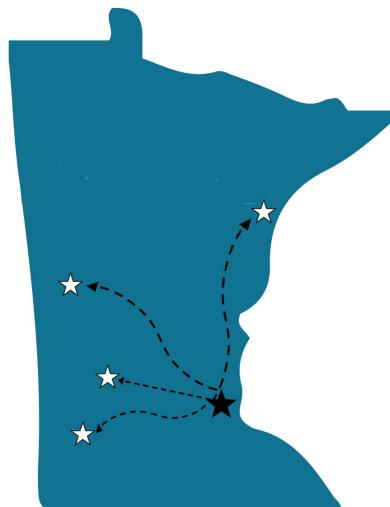
[\*\*InterCounty Adoptee Voices\*\*](#) – A list of podcasts created by transnational and transracial adoptees from around the world.

[\*\*IAMAadoptee\*\*](#) – A resource hub created by adoptees, offering tools and support for lifelong connection and identity.

## Where in the State is Foster Adopt MN?

*Find us in the community*

**Minnesota Social Service Association Conference:**  
Wednesday March 11 and Thursday, March 12, 2026 at the Convention Center in Minneapolis.  
[Learn more.](#)



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PERMANENCY SERVICES  
RESOURCE HUB

Information and resources for the foster, adoption, and kinship communities in Minnesota and the professionals who support them.



The Zero Kids Waiting Program is the gateway to information about adoption, foster care, and kinship in Minnesota.



Support, guidance, and resource connection for Minnesota's adoption, foster and kinship communities



Information, resources, and referrals regarding post-permanency support in Minnesota.



Our Education Program provides workshops on topics relevant to foster, adoptive, and kinship families.



Provides information and referral to adopted persons, birth families, and adoptive families who need records or have questions about the search process.



*Foster Adopt Minnesota acknowledges and honors the lived experiences and identities of the individuals and communities we serve.*

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