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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

Meet our new staff member, Heather!

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

Just over a month - 48 days to be exact!

2. What is your current role?



HELP Program Specialist.

3. What is your favorite season in Minnesota and why?

I love the Spring season in Minnesota because it's such a time of hope and renewal. It reminds me that winter never lasts forever and that growth comes even after the coldest (hardest) of times.

4. What's your favorite way to spend a weekend?

I love to spend a weekend with my family walking or hiking a trail and then relaxing on our back porch with a good book.

5. Do you have a favorite book or podcast you'd recommend?

"The Secret Life of Bees" by Sue Monk Kidd, the perfect book in my humble opinion :D

[Check out the staff page](#)

Upcoming Events

 Foster Adopt Minnesota



Spring Summit

March 3 | March 19
9AM - 4PM CT

FREE WEBINARS for caregivers and professionals

March 19th | 9am - 4pm CT

Join us for our last day as presenters address self-compassion, child-to-parent violence, the science of rumination, launching our teens, navigating child welfare, and intercountry adoption. Overwhelmed? We also learn about the upside of stress! Attend live to chat with the presenters or catch the replays at your convenience. (Please note: Not all webinars will be recorded. Refer to each training description for recording availability.)

Learn more and register at www.fosteradoptmn.org/workshops



REGISTRATION OPEN!

Join us on **Sunday, May 3, 2026** for our next 5K!

We're raising **funds** for the [Back-to-School Shopping Event](#) and **awareness** for the need for families for kids in foster care.

Ways you can help:

- Run or walk!
- Show up and learn more about adoption and foster care.
- Bring a friend and/or family member to join you!

We will have yard games, a playground, and a photographer to take your family picture!

There will also be a variety of resource tables to provide information about becoming a foster parent, supports & other topics of interest to adoptive, foster and kinship families.

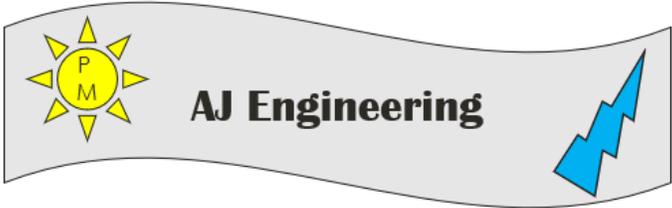
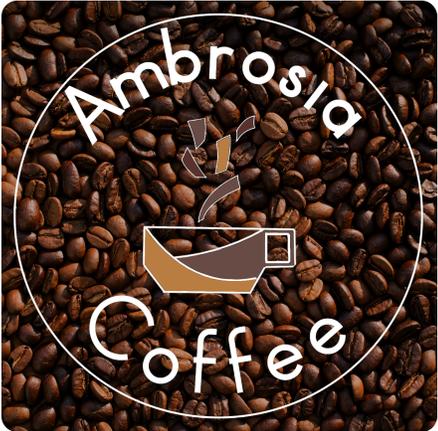
So, come walk your dog, push your stroller, or run through a 5K with us. It's a great way to be active with your family while supporting Minnesota kids in foster care.

*Can't make it in person?
You can join us virtually.*

Register Today!

Thank You to our 5K Sponsors!





Meet Hailey



Meet Hailey

Hailey, 17, is outgoing and creative with a fun sense of humor. She loves music and dances to her own beat. Hailey enjoys learning new dance moves and listening to hip-hop and rap music. She enjoys painting, reading, doing makeup, and watching teen drama shows. Some of her favorite foods are mini tacos, Hot Cheetos, Chinese food, and Mexican food.

Hailey will need to maintain contact with her birth mom and siblings.

[Learn more and inquire.](#)

A Collaboration that Honors Every Story



We're so honored to partner with [Embrace Our Souls](#) on a bracelet that holds deep meaning and celebrates every story.

We named this bracelet Storyteller and it was created as a reminder that every journey matters—no matter how it began or the twists it's taken along the way. Every person carries a story within them, and each one deserves to be seen, valued, and held with care.

When you wear this bracelet, may it remind you that you matter, your story matters, and there is space for you in this world exactly as you are. 💙

In honor of the foster, adoption, and kinship communities, 50% of all bracelet sales from now through March will be donated to our Back to School shopping Event!

[Purchase your bracelet.](#)

Learn more about the [Back-to-School Shopping Event](#).

Together, let's celebrate stories, honor every path, and support the community that inspired this piece. 🙌



White Castle Round-Up Program

We're thrilled to continue our partnership with White Castle as their Charity of Choice.

Between October 1 and December 31 and across 7 metro locations, they raised \$16,430.69 for us! We're incredibly grateful for their contribution!

The next round-up period will take place now through April 30. Send us a note on social media if you stop by!

Thank you, White Castle! 🏰🙌



Wear Your Support. Shop the FAM Store.



Check out our online store!

Every purchase from the FAM Store directly fuels our mission to find and strengthen Minnesota’s adoptive, foster care, and kinship families—*100% of profits go right back into this work.*

Plus, you’ll be helping spread the word just by wearing your FAM gear. Look good, feel good, and support families across Minnesota.

[Go check it out!](#)

Developmental Disabilities Awareness Month

March is Developmental Disabilities Awareness Month, a time to recognize the contributions of people with developmental disabilities and reaffirm our shared commitment to inclusion and belonging every day.

The 2026 national theme is “We’re Here: Then, Now, Always,” highlighting that people with developmental disabilities are part of our communities every day and have always been here. This year’s theme emphasizes past progress, present participation, and a future rooted in inclusion.

Below are resources to learn more, strengthen awareness, and access supports.

[Treat People Like People – In Their Own Words](#) - This collection shares personal stories told directly by people with developmental disabilities.

[National Disability Institute](#) - Offers financial empowerment tools and programs that support economic advancement for people with disabilities.

[The Arc Minnesota](#) - Advocates for the human rights of people with intellectual and developmental disabilities and offers statewide information, assistance, training and policy support.

[Family Voices of Minnesota](#) - Supports families of children and youth with special health needs through parent-to-parent connection and resources.

[PACER Center](#) - Provides education, advocacy and family support, including an annually updated statewide list of disability organizations.

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.](#)

CASCW Spring Conference:

Wednesday, April 22, 2026, at the Heritage Center in Brooklyn Center.

[Learn more.](#)

MACMH Virtual Conference: April 26-28, 2026.

[Learn more.](#)

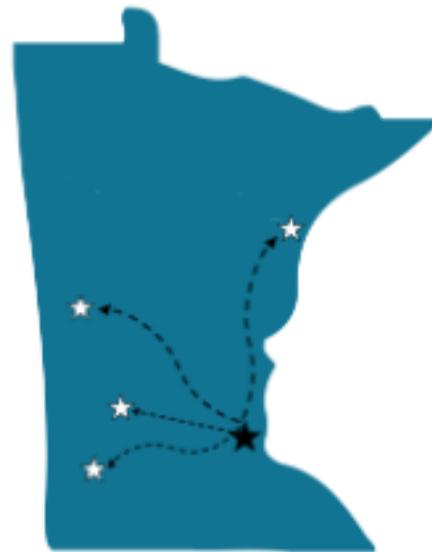
Foster Adopt MN 5K: Sunday, May 3, 2026. Central Park, Roseville, MN.

[Learn more.](#)

Proof Alliance Caregiver Conference:

Thursday, May 14 and Friday, May 15, 2026, at the Plymouth Community

Center. [Learn more.](#)



Learn more about our services

www.fosteradoptmn.org



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



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