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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.

Upcoming Events

CIRCUS OF THE Heart

Registration is open for Circus of the Heart

Join us for the kick-off of Minnesota's Adoption Awareness Month, honoring families who have grown through adoption and kinship care.

Registration closes October 24.

For more information about the event and to register, please visit the following link: <https://www.fosteradoptmn.org/circus-of-the-heart-2026/>

Family Portraits

While you're having fun at Circus of the Heart, be sure to stop by for a complimentary family portrait! FAM staff members Andrea and Jolie will be your photographers, and Julie will collect your contact information so photos can be shared after the event.

Portraits are located in the southeast corner of the main activity room. We can't wait to see your smiling faces!



From left to right: Andrea, Julie and Jolie

Prize Donations

FAM is seeking contributions used for prizes for children, teens, and families who attend the event. Especially important are gift baskets for teens. Themes could include sports, music, gaming, art, reading, etc.!

Other examples of prizes that would be well received are gift cards, food items, family entertainment opportunities, event tickets, gift baskets, sports merchandise, electronics, and monetary donations to be used for the purchase of prizes.

If you are able to contribute, please contact us at circus@fosteradoptmn.org.



New topics at this year's Fall Forum include food inequity and the politics of skin tone, alongside continued training focused on supporting our nervous systems, exploring brain development, and more.

Join us for thought-provoking trainings and conversations led by an inspiring group of presenters (in order of events):

- Daniela Coats
- Sabra Starnes
- Sarah Webb
- Katherine So Dachtler
- Chaitra Wirta-Leiker
- Priya Fielding-Singh
- Meg Flynn
- Tina Payne Bryson

[Register](#)

Help Stock the Foster Adopt Shop this Holiday Season

We Need Your Help!

As colder weather approaches, many children and families served through Foster Adopt Minnesota rely on our Foster Adopt Shop for essential items. You can help ensure youth and caregivers have the clothing and supplies they need this winter.



Most needed items include:

- ❄ Winter coats
- ❄ Snow pants
- ❄ Boots
- ❄ Hats and gloves
- ❄ Warm socks and pajamas
- 🎁 Holiday gifts for children and teens

You can make a difference by shopping our [Amazon Wish List](#) or purchasing items locally and scheduling a drop-off at our St. Paul office.

For questions, contact donations@fosteradoptmn.org.

Unable to shop? Monetary donations help us purchase needed items and fill gaps throughout the season. You can donate here:

<https://fosteradoptminnesota.networkforgood.com/projects/305347-foster-adopt-shop>

Meet Katelyn!



Katelyn, 17, is outgoing, active, and curious. She is a natural communicator and a good advocate for herself. Katelyn enjoys spending time with friends and staying busy. She likes listening to music, baking, swimming, and riding horses. Being involved in the community is important to Katelyn. She loves animals and wants to volunteer at an Animal Humane Society.

Katelyn loves going out for sushi or coffee, especially if it involves a Starbucks Frappuccino. She has an adventurous palate and will try anything. Her favorite dish to cook is eggplant.

Katelyn will need to maintain contact with family. Only MN families are being considered at this time.

[Learn more](#)

Mental Health Awareness Week

October 5-11th

Whether a child, teen, or adult...getting support for mental health is crucial to individual well-being and family health.

Here are some Minnesota resources committed to mental health support every day of the year!

- [988 Minnesota Lifeline FAQ](#)
- [NAMI Minnesota Information And Resources](#)
- [MACMH Resources for Children's Mental Health](#)
- [FAM HELP Program](#)
- [Permanency Hub Mental Health and Crisis Support](#)





Foster Adopt Minnesota hosted our 3rd Annual Kinship Self-Care and Resource Fair on September 29th. The event centered around celebrating and supporting kinship parents and caregivers and providing them with opportunities for self-care and connection with other families in the community and resource organizations throughout the state.

During the event, one caregiver shared, "We don't ever get thought of and you guys are thinking of us."

We would like to thank the community partner organizations in attendance and enabled FAM to raise awareness about the resources available throughout the state and provide our attendees with an opportunity to learn about and access these resources during the event.

Additionally, we would like to thank our event sponsors and donors who so generously provided our items for the gift bags, prizes for the drawings, and treats for our Kinship Fair attendees.

Thank you to our donors:

Minnesota Department of Children, Youth, and Families (MN DCYF)

Adoption Medicine Clinic

Mi-Sant

Nexus Kindred Family Healing

Nothing Bundt Cakes

Proof Alliance

Tastefully Simple

Represent FAM with New Merch!



Looking for the perfect gift for a friend?

Look no further—shop the **FAM Store** and 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.

100% of the proceeds go directly toward our work, and by wearing FAM gear, you're also helping raise awareness about the services we offer.

Support the cause. Spread the word. Look great doing it.

[Shop now](#)

Recognizing Disability Employment Awareness Month

October is National Disability Employment Awareness Month (NDEAM), a time to celebrate the contributions of workers with disabilities and promote inclusive employment practices. The 2026 theme, “Celebrating Value and Talent,” recognizes the skills and contributions people with disabilities bring to workplaces and communities. In our work at FAM, we are especially mindful of transition-age youth, including young people in foster care, who may be exploring employment, building skills, or preparing to enter the workforce. NDEAM is an opportunity to learn more about creating inclusive workplaces and supporting young people with disabilities in reaching their employment goals.

Explore these resources to learn more and support inclusive employment:

Learn About National Disability Employment Awareness Month

[U.S. Department of Labor – NDEAM](#): Learn about NDEAM and find resources and ideas for employers, educators, youth-serving professionals, and communities.

Create a More Disability-Inclusive Workplace

[Job Accommodation Network \(JAN\)](#): Practical guidance on workplace accommodations, disability inclusion, and creating workplaces where employees with disabilities can succeed.

Explore Minnesota Employment Supports

[Minnesota Council on Disability – Employee Resources](#) — Minnesota resources covering employment supports, vocational rehabilitation, benefits, legal rights, and competitive integrated employment.

Support Youth with Disabilities Preparing for Employment

[Minnesota DEED – VRS Student Career Services](#) — Resources for students with disabilities and their families to explore careers, gain work experience, prepare for postsecondary education or training, and build workplace skills.

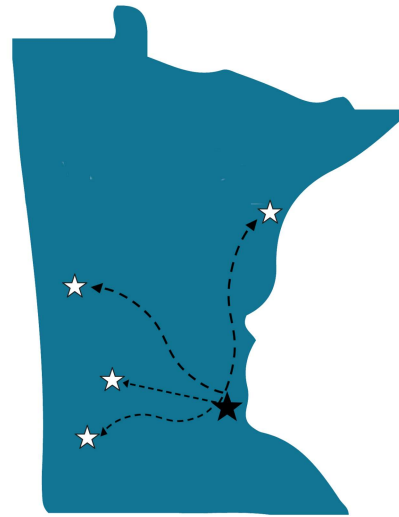
Resources for Families and Supporters U.S.

[Department of Labor – Secure Your Financial Future](#) — Resources for people with disabilities and those who support them on employment, benefits, financial planning, and greater independence.

Where in the State is Foster Adopt MN? *Find us in the Community*

Stop by and see us at these upcoming events:

- **St. Louis County Health & Human Conference:** October 7-8, 2026 at the Duluth Entertainment and Convention Center, Duluth, MN
- **MSSA Fall Conference - Rochester:** Friday, November 6 from 8:00 a.m. - 4:30 p.m.
- **Circus of the Heart:** Saturday, November 7 from 1:00 p.m. - 4:00 p.m., State Fairgrounds, St. Paul, MN. [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.



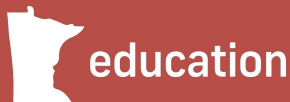
The Zero Kids Waiting Program is the gateway to information about adoption, foster care, and kinship in Minnesota.



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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