

Support Groups

Minnesota Department of Human Services and North Homes Children and Family Services are excited to announce Permanency Support Services for all adoptive, foster and kinship families in Greater MN.



Support groups are an excellent tool where families are able to share experiences and encourage each other in a confidential, non-judgmental setting. Support groups are facilitated by North Homes case managers, with years of experience in both adoption and foster care fields. It is an opportune time for families to network, problem solve and gather information on available resources and trainings.

Support Group Schedule:

Virtual Groups are the 1st Monday of the month at 7:00pm

Recurring links: Join Zoom Meeting at <https://us02web.zoom.us/j/81926284627?pwd=c0tTUEYwdlJERTRyUjZoYXlaOUZOUT09>

*Meeting ID: 819 2628 4627 *Password: 555894

Virtual Groups are the 3rd Thursday of the month at 1:00pm

Recurring links: Join Zoom Meeting at <https://us02web.zoom.us/j/83740979176?pwd=NUpPYTVpWFpTOXF4WE1nTmEIRENSUT09>

*Meeting ID: 837 4097 9176 * Password: 116122

August 2023 - Virtual Support Groups

August 7th at 7:00pm

August 17th at 1:00pm

Topic: Hot to get ready for the upcoming School Year

November 2023 - Virtual Support Groups

November 6th at 7:00pm

November 16th at 1:00pm

Topic: Tips on getting through the Holidays

September 2023 - Virtual Support Groups

September 11th at 7:00pm (moved due to Holiday)

September 21st at 1:00pm

Topic: Back to School Questions/Concerns

December 2023 - Virtual Support Groups

December 4th at 7:00pm

December 21st at 1:00pm

Topic: How to get through the Winter Blues

October 2023 - Virtual Support Groups

October 2nd at 7:00pm

October 26th at 1:00pm (moved due to MEA)

Topic: De-escalation Tips

January 2024 - Virtual Support Groups

January 8th at 7:00pm (moved due to Holiday)

January 18th at 1:00pm

Topic: The Importance of Self-Care

In-Person Support Group is the 3rd Friday of the month at 6:00pm

Adoption/Kinship Bemidji Area Support Group

North Homes Children and Family Services - 4225 Technology Drive, Bemidji

RSVP to Amy Koebke at amy.koebke@northhomes.org

Support Groups are open to any adoptive, foster and kinship families licensed in the state of Minnesota.

For any questions contact Jill Florek at 218-327-3000 or jill.florek@northhomes.org.