

Fall Conferences

Thank you all for attending Fall conferences. I sit in on as many as I can, and I love hearing so many productive and collaborative conversations! If you have feedback or additional questions from conferences, please don't hesitate to reach out!

Capstone Parent Roundtable- Housing

Quick reminder that our first Parent Roundtable will be from 5 pm-6 pm on November 12th in the Community Room. If you plan on attending, it would be great if you could fill out the pre-event form [here](#). The general vibe so far is that families are in the 'just getting started' phase, and there is a lot of uncertainty. To that end, I will present a few slides around housing and support options that I hope will generate additional questions, discussions, and resources. If you are not planning on attending, but would like to share resources, you are strongly encouraged to do so through the form as well.

Meet Ms. Laura!

[Laura Bremseth](#) is our College and Career Readiness Instructor in her second year at Capstone, and with over 10+ years in education

What drew you to special education and to working with young adults at Capstone?

"There is an untapped genius in people that society misses out on, and teaching is a way to help people find that and connect it to society."



How do you help participants connect classroom learning to real-world applications?

"I use participants' interests and what brings them joy—then build lessons around that. When they work and problem-solve together, it creates a more authentic learning space."

What are you most proud of in your students?

"Participants really look out for one another. They push themselves in challenging situations and bring a lot of trust and fun into the classroom."

What makes Capstone unique?

"We put a heavy emphasis on treating everyone with respect and dignity and having high expectations for everyone. It feels like a partnership with the participants."

Outside of work:

"I love music, crafting, hanging out with friends—and occasionally ripping all the cabinets out of my kitchen with no plan of what to do next."

'Laura-ism':

"I love that."

With Sincere Appreciation
Michael Faeth
Director of Adult Education

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
PRISM/ DoubleTree Hotel 3	Second Harvest Heartland/ New Hope YMCA 4	 5	 6	Pavek Museum/ Park Tavern Bowling 7
PRISM/ Sholom 10	Second Harvest Heartland/ New Hope YMCA 11	Capstone Parent Roundtable @5 12	 13	Sky Zone/ Minnetonka General Store 14
PRISM/ DoubleTree Hotel 17	Second Harvest Heartland/ New Hope YMCA 18	 19	 20	Putt Shack Mini Golf/ Minneapolis Institute of Art 21
 24	No Programming- Thanksgiving Break!			 28

