



Monthly Newsletter

JANUARY 2022

PDP

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Webex Training

PDP

Boundaries: Setting Limits and Sharing Safely

Thursday, January 6

1:00 p.m. – 3:30p.m.

Friday, January 14

1:00 p.m. – 3:30 p.m.

Tuesday, January 25

1:00 p.m. – 3:30 p.m.

Essential Communications Skills for Working with Youth

Tuesday, January 11

10:00 a.m. – 12:30 p.m.

Thursday, January 13

10:00 a.m. – 12:30 p.m.

Thursday, January 20

10:00 a.m. – 12:30 p.m.

Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 1

Wednesday, January 5

9:00 a.m. – 4:30 p.m.

Wednesday, January 19

9:00 a.m. – 4:30 p.m.

Identifying and Supporting Survivors of Commercial Sexual Exploitation of Children (CSEC) Part 2

Wednesday, January 12

9:30 a.m. – 2:00 p.m.

Wednesday, January 26

9:00 a.m. – 1:30 p.m.

Milestones and Meaning: A Brief Introduction for Emerging LGBTQ+ Allies

Tuesday, January 4

10:00 a.m. – 12:30p.m.

Monday, January 24

10:00 a.m. – 12:30p.m.

Motivating and Engaging Youth

Monday, January 10

1:00 p.m. – 4:00p.m.

Permanency Options for Youth

Thursday, January 13

1:00 p.m. – 3:30 p.m.

Friday, January 28

1:00 p.m. – 3:30 p.m.

Preparing Youth for Employment

Thursday, January 20

1:00 p.m. – 3:30 p.m.

Preparing Youth in Care for the College Experience

Friday, January 7

10:00 a.m. – 12:30 p.m.

Wednesday, January 19

9:00 a.m. – 4:30 p.m.

Street Smarts: Safety Skills for Youth in Care

Monday, January 31

1:00 p.m. – 3:30 p.m.

Transition Plan: Helping Youth in Care Plan for their Future

Tuesday, January 18

1:00 p.m. – 3:30 p.m.

Friday, January 27

10:00 a.m. – 12:30 p.m.

To register, visit the Human Services Learning Center <https://www.hslcn> or e-mail Meaghan Hurley at mhurley@albany.edu

For training descriptions visit: <https://bit.ly/320EeQQ>



YIP Meetings

PDP

Region 2 (Rochester)

1/19 4:00 p.m. – 5:30 p.m.

Link: <https://nysocfsbtd.webex.com/nysocfsbtd/j.php?MTID=mfbf8e8ee84475d45e315878b277f0e3b>

Meeting ID: 2303 058 1366

Region 3 (Syracuse)

1/18- 4:30 p.m. – 6:00 p.m.

Link: https://nysocfsbtd.webex.com/nysocfsbtd/j.php?MTID=mbe4a0971ae6217f02b8e29ab31d22a6b_3b

Meeting ID: 2312 097 4557

Region 4 (Albany)

1/20- 4:00 p.m. – 5:30pm

Link: <https://nysocfsbtd.webex.com/nysocfsbtd/j.php?MTID=mfd0bea91a5353fdd179ba5993bae69e0>

Meeting ID: 2318 139 7167

Region 5 (Westchester & Long Island)

1/31- 4:00 p.m. – 5:30 p.m.

Link: <https://nysocfsbtd.webex.com/nysocfsbtd/j.php?MTID=md2599c859d708b3a5f7bd4149c1b7168>

Meeting ID: 2306 921 4027

A woman in a dark sleeveless top stands at the front of a room, gesturing towards a large whiteboard. She is addressing a group of people seated at tables. The room has a brick wall and large windows. The word "Resources" is overlaid in large black text.

Resources

PDP

Youth in Progress

View resources for youth in New York State.

www.youthinprogress.org

Martin Luther King Jr. Day of Service

The week of January 17 is a time to celebrate and honor the work, life, and legacy of civil rights leader Dr. Martin Luther King Jr. This national holiday isn't simply a day off but "a day on" to volunteer and give back to our communities and causes that matter to each of us. Take a look at these resources to help celebrate virtually.

<https://bit.ly/3FYAJPq>

Mental Health

Seasonal Affective Disorder, or SAD, is something many people suffer from. Psych2Go has created a video to help youth identify if they have SAD and ways to cope.

<https://bit.ly/3zrnAft>

Making the Most of College Breaks

Peterson's has put together a list of 15 ways to make the most of our breaks to keep us on point and healthy.

<https://bit.ly/34ao0v1>

Staying on Track

Creating a routine during breaks can help us avoid roadblocks and achieve our goals and how to stick to it too. Follow these tips from Northshore University Health System and you'll be in a new routine in no time.

<https://bit.ly/3qRph1V>