



# Monthly Newsletter

## March 2023

PDP

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# Webex Training

**PDP**

## **Boundaries: Setting Limits and Sharing Safely**

Thursday, March 9

10:00 a.m. – 12:30 p.m.

Thursday, March 23

10:00 a.m. – 12:30 p.m.

## **Essential Communications Skills for Working with Youth**

Monday, March 6

1:00 p.m. – 3:30 p.m.

Thursday, March 30

1:00 p.m. – 3:30 p.m.

## **Permanency Options for Youth**

Friday, March 3

10:00 a.m. – 12:30 p.m.

Wednesday, March 22

1:00 p.m. – 3:30 p.m.

Monday, March 27

1:00 p.m. – 3:30 p.m.

## **Preparing Youth for Employment**

Monday, March 8

10:00 a.m. – 12:30 p.m.

## **Preparing Youth in Care for the College Experience**

Monday, March 13

1:00 p.m. – 3:30 p.m.

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

Thursday, March 2

10:00 a.m. – 12:30 p.m.

Friday, March 17

9:00 a.m. – 11:30 a.m.

Tuesday, March 28

10:00 a.m. – 12:30 p.m.

## **Street Smarts: Safety Skills for Youth in Care**

Thursday, March 16

10:00 a.m. – 12:30 p.m.

## **Transition Plan: Helping Youth in Care Plan for their Future**

Tuesday, March 7

10:00 a.m. – 12:30 p.m.

Tuesday, March 21

1:00 p.m. – 3:30 p.m.

Friday, March 31

9:00 a.m. – 11:30 a.m.

To register, visit the Human Services Learning Center  
<https://www.hslcn> or e-mail Michael Cozzens at  
[mcozzens@albany.edu](mailto:mcozzens@albany.edu)

For training descriptions visit: <https://bit.ly/3NKKsfV>





# YIP Meetings

PDP

## **March YIP Theme: Exploring Opportunities for Youth (Finding Your Passion)**

- Finding a job/internship
- What are soft skills and why do you need them?
- Developing professional skills

### **Region 1 (Buffalo)**

Monday, March 27, 3:30 p.m.– 5:00 p.m. (In-person)

Wednesday, March 29, 4:00 p.m.– 5:30 p.m. (Virtual)

Contact Kimberly Grose at [kimberly.grose@ocfs.ny.gov](mailto:kimberly.grose@ocfs.ny.gov) to register.

### **Region 2 (Rochester)**

Thursday, March 23, 4:00 p.m.– 5:30 p.m.

Contact Kendra Drake at [kendra.drake@ocfs.ny.gov](mailto:kendra.drake@ocfs.ny.gov) to register.

### **Region 3 (Syracuse)**

Wednesday, March 22, 4:00 p.m.– 5:30 p.m.

Contact Katie Rushlo at [katie.rushlo@ocfs.ny.gov](mailto:katie.rushlo@ocfs.ny.gov) to register.

### **Region 4 (Albany)**

Wednesday, March 22, 4:00 p.m.– 5:30 p.m.

Contact Chelsea Perkins at [chelsea.perkins@ocfs.ny.gov](mailto:chelsea.perkins@ocfs.ny.gov) to register.

### **Region 5 (Westchester and Long Island)**

Monday, March 27, 4:00 p.m.– 5:30 p.m.

Contact Angela Cardarelli at [angela.cardarelli@ocfs.ny.gov](mailto:angela.cardarelli@ocfs.ny.gov) to register.

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 desks. 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](http://www.youthinprogress.org)

## Planning for a New Year

It's not too late to plan your year. Learn how goal setting and intention setting are just the first two steps to start your year off right.

<https://youthinprogress.org/resources/topics/planning-for-a-new-year/>

## Soft Skills for Success

There are two types of skills we all need to be successful in life: hard skills and soft skills. Discover the importance of soft skills.

<https://youthinprogress.org/resources/topics/soft-skills-for-success/>

## Staying Active in Winter

Ward off winter blues with these tips.

<https://youthinprogress.org/resources/topics/staying-active-in-winter/>

## Understanding Season Affective Disorder (SAD)

Have you ever noticed that when the weather changes, you experience a slight change in mood? If you've been feeling down and sad for no reason, don't worry — it's totally normal. You probably have a case of the winter blues, a.k.a Seasonal Affective Disorder (SAD).

<https://youthinprogress.org/resources/topics/understanding-seasonal-affective-disorder/>

## Events and Trainings

Discover March trainings, training descriptions and more.

<https://youthinprogress.org/events-trainings/>