

Webex Trainings	2	
YIP Meetings	3	
Resources		

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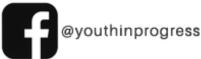
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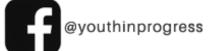
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**Boundaries: Setting Limits and Sharing Safely** 

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 <a href="https://www.hslcn">https://www.hslcn</a> or e-mail Michael Cozzens at <a href="mcozzens@albany.edu">mcozzens@albany.edu</a>

For training descriptions visit: <a href="https://bit.ly/3NKKsfV">https://bit.ly/3NKKsfV</a>



## **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 to register.

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

Thursday, March 23, 4:00 p.m. – 5:30 p.m. Contact Kendra Drake at <a href="mailto:kendra.drake@ocfs.ny.gov">kendra.drake@ocfs.ny.gov</a> to register.

## Region 3 (Syracuse)

Wednesday, March 22, 4:00 p.m.– 5:30 p.m. Contact Katie Rushlo at <a href="mailto:katie.rushlo@ocfs.ny.gov">katie.rushlo@ocfs.ny.gov</a> to register.

## Region 4 (Albany)

Wednesday, March 22, 4:00 p.m.– 5:30 p.m. Contact Chelsea Perkins at <a href="mailto:chelsea.perkins@ocfs.ny.gov">chelsea.perkins@ocfs.ny.gov</a> to register.

## Region 5 (Westchester and Long Island)

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

Contact Angela Cardarelli at <a href="mailto:angela.cardarelli@ocfs.ny.gov">angela.cardarelli@ocfs.ny.gov</a> to register.



### **Youth in Progress**

View resources for youth in New York State.

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/