



Monthly Newsletter

February 2025

PDP

IN THIS ISSUE

Webex Trainings2
 Classroom Trainings3
 YIP Meetings4
 Resources.....5

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Webex Trainings

PDP

Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

Tuesday, Feb. 11
1:00 p.m. – 4:00 p.m.

Tuesday, Feb. 25
10:00 a.m. – 1:00 p.m.

An Introduction to Regulating Emotions

Thursday, Feb. 6
2:00 p.m. – 3:00 p.m.

Tuesday, Feb. 18
11:00 a.m. – 12:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Wednesday, Feb. 5
9:30 a.m. – 10:30 a.m.

Thursday, Feb. 13
2:00 p.m. – 3:00 p.m.

Thursday, Feb. 20
6:00 p.m. – 7:00 p.m.

Monday, Feb. 24
1:00 p.m. – 2:00 p.m.

Boundaries: Setting Limits and Sharing Safely

Monday, Feb. 3
9:00 a.m. – 11:30 a.m.

Friday, Feb. 14
9:30 a.m. – 12:00 p.m.

Tuesday, Feb. 25
1:00 p.m. – 3:30 p.m.

Bullying: Spot It, Stop It

Wednesday, Feb. 12
9:00 a.m. – 12:00 p.m.

Thursday, Feb. 27
12:30 p.m. – 3:30 p.m.

Essential Communication Skills for Working with Youth

Wednesday, Feb. 12
1:30 p.m. – 4:00 p.m.

Monday, Feb. 24
9:00 a.m. – 11:30 a.m.

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

Thursday, Feb. 6
9:00 a.m. – 11:30 a.m.

Tuesday, Feb. 18
1:00 p.m. – 3:30 p.m.

Networking and Mapping Resources

Monday, Feb. 10
1:00 p.m. – 2:00 p.m.

Wednesday, Feb. 26
9:00 a.m. – 10:00 a.m.

Permanency Options for Youth

Tuesday, Feb. 4
10:00 a.m. – 12:30 p.m.

Thursday, Feb. 20
9:00 a.m. – 11:30 a.m.

Preparing Youth for Employment

Friday, Feb. 7
9:00 a.m. – 11:30 a.m.

Wednesday, Feb. 19
1:00 p.m. – 3:30 p.m.

Preparing Youth for the College Experience

Monday, Feb. 10
9:00 a.m. – 11:30 a.m.

Wednesday, Feb. 26
1:30 p.m. – 4:00 p.m.

Promoting Resilience: Fostering Youth Empowerment

Thursday, Feb. 13
10:00 a.m. – 1:30 p.m.

Thursday, Feb. 20
1:00 p.m. – 4:30 p.m.

Relational Strategies to Build Trust & Connection

Monday, Feb. 3
1:00 p.m. – 2:00 p.m.

Wednesday, Feb. 19
10:00 a.m. – 11:00 a.m.

Street Smarts: Safety Skills for Youth

Tuesday, Feb. 4
1:00 p.m. – 3:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Tuesday, Feb. 11
10:00 a.m. – 1:30 p.m.

Friday, Feb. 28
9:30 a.m. – 1:00 p.m.

To register:

Visit **Human Services Learning Center**
<https://www.hslcnys.org>, or email
Lilibeth Donahue ldonahue@albany.edu

For training descriptions, visit:
<https://youthinprogress.org/events-trainings/>



Classroom Trainings

PDP

Region 1

Building and Supporting Personal Safety Skills with Youth

Thursday, Feb. 27

9:00 a.m. – 3:00 p.m.

Cheektowaga, NY

Region 2

Transition Plan: Helping Youth Plan for Their Future

Thursday, Feb. 27

10:00 a.m. – 1:30 p.m.

Canadaigua, NY

Region 3

Preparing Youth for Employment

Tuesday, Feb. 25

10:00 a.m. – 2:00 p.m.

Binghamton, NY

Region 4

Transition Plan: Helping Youth Plan for Their Future

Wednesday, Feb. 12

9:00 a.m. – 12:30 p.m.

Albany, NY

Region 5

Transition Plan: Helping Youth Plan for Their Future

Wednesday, Feb. 26

10:00 a.m. – 1:30 p.m.

Valhalla, NY

To register, email:

Region 1—Kim Grose
kimberly.grose@ocfs.ny.gov

Region 2 - Kendra Drake
kendra.drake@ocfs.ny.gov

Region 3—Katie Rushlo-Mercado
katie.rushlo@ocfs.ny.gov

Region 4—Chelsea Perkins
chelsea.perkins@ocfs.ny.gov

Region 5 (Westchester)—Thomas Califra
thomas.califra@ocfs.ny.gov



YIP Meetings

PDP

Financial Stability

- Credit Checks
- Budgeting
- Reading Your Paystubs
- Needs vs. Wants
- Bank Accounts

To register, email:

Region 1—Kim Grose
kimberly.grose@ocfs.ny.gov

Region 2—Kendra Drake
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Region 3—Katie Rushlo-Mercado
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Region 5 (Long Island)—Angela Cardarelli
angela.cardarelli2@ocfs.ny.gov

Region 5 (Westchester)—Thomas Califra
thomas.califra@ocfs.ny.gov

Statewide—Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov

Statewide

Thursday, Feb. 6

3:30 p.m. – 5:00 p.m. (Webex)

Region 1 (Buffalo)

Tuesday, Feb. 25

4:30 p.m. – 6:00 p.m.

Cheektowaga, NY

Region 2 (Rochester)

Wednesday, Feb. 19

3:30 p.m. – 5:00 p.m.

Rochester, NY

Region 3 (Syracuse)

Wednesday, Feb. 19

3:30 p.m. – 5:00 p.m.

Binghamton, NY

Region 5 (Long Island)

Wednesday, Feb. 12

5:00 p.m. – 6:30 p.m.

Bohemia, NY

Region 5 (Westchester)

Tuesday, Feb. 25

4:00 p.m. – 5:30 p.m.

WebEx



Resources

PDP

Youth in Progress

Youth in Progress gives youth in foster care the opportunity to be heard to make changes to the foster care system. [YouthinProgress.org](https://youthinprogress.org) has resources, events, and involvement opportunities. Check it out today!

Black History Month: Black Resistance Leaders

Learn how resistance leaders like Stokley Carmichael and Diane Nash made an impact on history.

<https://youthinprogress.org/resources/topics/black-history-month-black-resistance-leaders/>

Understanding Paychecks and Bank Accounts

Tips on understanding your paycheck and bank account.

<https://youthinprogress.org/resources/topics/understanding-paychecks-and-bank-accounts/>

Budgeting 101

Tips on how to manage your money by creating a budget.

<https://youthinprogress.org/resources/topics/budgeting-101/>