



Monthly Newsletter

February 2026

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Webex Trainings

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Tuesday, Feb. 3

1:00 p.m. – 4:00 p.m.

Thursday, Feb. 19

9:30 a.m. – 12:30 p.m.

Adult Connections & Family First Prevention Services Act (FFPSA)

Wednesday, Feb. 4

9:00 a.m. – 10:00 a.m.

Wednesday, Feb. 11

9:30 a.m. – 10:30 a.m.

Friday, Feb. 20

10:00 a.m. – 11:00 a.m.

An Introduction to Regulating Emotions

Thursday, Feb. 5

10:30 a.m. – 11:30 a.m.

Thursday, Feb. 19

1:30 p.m. – 2:30 p.m.

An Introduction to Trauma Informed Healing Centered Engagement

Monday, Feb. 2

6:00 p.m. – 7:00 p.m.

Friday, Feb. 6

9:00 a.m. – 10:00 a.m.

Tuesday, Feb. 24

1:30 p.m. – 2:30 p.m.

Boundaries: Setting Limits & Sharing Safely

Thursday, Feb. 12

10:30 a.m. – 1:00 p.m.

Wednesday, Feb. 18

1:00 p.m. – 3:30 p.m.

Bullying: Spot It, Stop It

Wednesday, Feb. 11

1:00 p.m. – 4:00 p.m.

Monday, Feb. 23

10:30 p.m. – 1:30 p.m.

Essential Communication Skills for Working with Youth

Friday, Feb. 13

9:00 a.m. – 11:30 a.m.

Monday, Feb. 23

1:00 p.m. – 3:30 p.m.

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

Thursday, Feb. 5

1:00 p.m. – 3:30 p.m.

Wednesday, Feb. 18

9:00 a.m. – 11:30 a.m.

Motivating & Engaging Youth

Tuesday, Feb. 10

10:00 a.m. – 1:30 p.m.

Wednesday, Feb. 25

9:30 a.m. – 1:00 p.m.

Networking & Mapping Resources

Monday, Feb. 9

10:30 a.m. – 11:30 a.m.

Friday, Feb. 27

9:30 a.m. – 10:30 a.m.

Permanency Options for Youth

Monday, Feb. 2

10:00 a.m. – 12:30 p.m.

Tuesday, Feb. 17

1:30 p.m. – 4:00 p.m.

Preparing Youth for Employment

Thursday, Feb. 12

1:30 p.m. – 4:00 p.m.

Preparing Youth for the College Experience

Tuesday, Feb. 3

10:30 a.m. – 1:30 p.m.

Wednesday, Feb. 25

12:30 p.m. – 3:30 p.m.

Promoting Resilience: Fostering Youth Empowerment

Wednesday, Feb. 4

1:00 p.m. – 4:30 p.m.

Thursday, Feb. 26

9:00 a.m. – 12:30 p.m.

Relational Strategies to Build Trust & Connection

Monday, Feb. 2

1:00 p.m. – 2:00 p.m.

Tuesday, Feb. 17

10:30 a.m. – 11:30 a.m.

Thursday, Feb. 26

1:30 p.m. – 2:30 p.m.

Street Smarts: Safety Skills for Youth

Monday, Feb. 9

1:00 p.m. – 3:30 p.m.

Transition Plan: Helping Youth Plan for Their Future

Tuesday, Feb. 10

1:00 p.m. – 4:30 p.m.

Tuesday, Feb. 24

9:00 a.m. – 12:30 p.m.

To register: Visit **Human Services Learning Center** <https://www.hslcnys.org>, or email **Michael Cozzens** mcozzens@albany.edu
For training descriptions, visit: <https://youthinprogress.org/events-trainings/>

Classroom Trainings

Region 1

Transition Plan: Helping Youth Plan for Their Future

Thursday, February 5

10:00 a.m. – 1:30 p.m.

Amherst, NY

Essential Communication Skills for Working with Youth

Thursday, February 12

10:00 a.m. – 1:00 p.m.

Amherst, NY

Permanency Options for Youth

Thursday, February 19

10:00 a.m. – 1:30 p.m.

Amherst, NY

Region 2

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

Wednesday, February 11

9:00 a.m. – 4:00 p.m.

Canandaigua, NY

Preparing Youth for the College Experience

Tuesday, February 24

11:00 a.m. – 2:30 p.m.

Rochester, NY

Region 3

Adolescent Sexuality: Promoting Sexual Health & Responsibility

Tuesday, February 10

9:00 a.m. – 12:30 p.m.

Syracuse, NY

Boundaries: Setting Limits & Sharing Safely

Wednesday, February 18

4:30 p.m. – 8:00 p.m.

Syracuse, NY

Building & Supporting Safety Skills for Youth

Wednesday, February 25

9:00 a.m. – 3:00 p.m.

Syracuse, NY

Region 4

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

Monday, February 2

9:00 a.m. – 4:00 p.m.

Rensselaer, NY

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

Tuesday, February 3

9:00 a.m. – 1:30 p.m.

Rensselaer, NY

Region 5 (Long Island)

Promoting Resilience: Fostering Youth Empowerment

Tuesday, February 24

3:00 p.m. – 6:30 p.m.

Amityville, NY

Region 5 (Westchester)

Essential Communication Skills for Working with Youth

Tuesday, February 24

10:00 a.m. – 1:00 p.m.

Valhalla, NY

Essential Communication Skills for Working with Youth

Thursday, February 26

10:00 a.m. – 1:00 p.m.

New Hampton, 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 (Long Island)—
Angela Cardarelli
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Region 5 (Westchester)—
Thomas Califra
thomas.califra@ocfs.ny.gov



YIP Meetings

Strong Roots: Building Healthy Relationships

- Building healthy boundaries with adults
- Healthy vs. unhealthy relationships
- Positive communication within relationships
- Importance of healthy boundaries

Statewide

Monday, February 2

4:00 p.m. – 5:30 p.m. (Webex)

Region 1 (Buffalo)

Wednesday, February 25

5:00 p.m. – 6:30 p.m.

Buffalo, NY

Region 5 (Long Island)

Wednesday, February 25

5:00 p.m. – 6:30 p.m.

Bohemia, NY

To register, email:

Statewide—Angela Cardarelli

angela.cardarelli2@ocfs.ny.gov

Region 1—Kim Grose

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Region 4—Chelsea Perkins

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Region 5 (Long Island)—Angela Cardarelli

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Region 5 (Westchester)—Thomas Califra

thomas.califra@ocfs.ny.gov

Region 6 - Shainek Edmundson

Shainek.Edmundson3@ocfs.ny.gov



Resources

Youth in Progress

Youth in Progress is a platform where youth in foster care can speak up and help shape the future of the foster care system. Visit [YouthinProgress.org](https://youthinprogress.org) to explore valuable resources, upcoming events, and ways to get involved. Your voice matters!

Conflict Resolution in Foster Care

Foster care has its ups and downs, especially in relationships. Learn to manage conflicts positively!

<https://youthinprogress.org/resources/topics/conflict-resolution-in-foster-care/>

The Importance of Having Healthy Adults in Your Life

Healthy relationships enhance your life, offer new perspectives, and teach effective ways to handle situations and navigate challenges.

<https://youthinprogress.org/resources/topics/the-importance-of-having-healthy-adults-in-your-life/>

The Secret Ingredient for Healthy Relationships

There is a crucial element that often gets overlooked for having healthy relationships.

<https://youthinprogress.org/resources/topics/the-secret-ingredient-for-healthy-relationships/>

Need to Know Series: Counseling 101

Being a young person is hard work; not to mention the added stress of keeping up with friends, family, social media, school, work, dealing with difficult people, and other things that can impact your day-to-day functioning. Counseling can be helpful for coping with daily stress and is good for your mind and body. It's important to take advantage of the counseling services made available to you, both in and out of care. Here's some information to get started.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-counseling-101/>