



# Monthly Newsletter

## February 2026



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# Webex Trainings

<b>Adolescent Sexuality: Promoting Sexual Health &amp; Responsibility</b>  <b>Tuesday, Feb. 3</b> 1:00 p.m. - 4:00 p.m.  <b>Thursday, Feb. 19</b> 9:30 a.m. - 12:30 p.m.	<b>Boundaries: Setting Limits &amp; Sharing Safely</b>  <b>Thursday, Feb. 12</b> 10:30 a.m. - 1:00 p.m.  <b>Wednesday, Feb. 18</b> 1:00 p.m. - 3:30 p.m.	<b>Motivating &amp; Engaging Youth</b>  <b>Tuesday, Feb. 10</b> 10:00 a.m. - 1:30 p.m.  <b>Wednesday, Feb. 25</b> 9:30 a.m. - 1:00 p.m.	<b>Promoting Resilience: Fostering Youth Empowerment</b>  <b>Wednesday, Feb. 4</b> 1:00 p.m. - 4:30 p.m.  <b>Thursday, Feb. 26</b> 9:00 a.m. - 12:30 p.m.
<b>Adult Connections &amp; Family First Prevention Services Act (FFPSA)</b>  <b>Wednesday, Feb. 4</b> 9:00 a.m. - 10:00 a.m.  <b>Wednesday, Feb. 11</b> 9:30 a.m. - 10:30 a.m.  <b>Friday, Feb. 20</b> 10:00 a.m. - 11:00 a.m.	<b>Bullying: Spot It, Stop It</b>  <b>Wednesday, Feb. 11</b> 1:00 p.m. - 4:00 p.m.  <b>Monday, Feb. 23</b> 10:30 p.m. - 1:30 p.m.	<b>Networking &amp; Mapping Resources</b>  <b>Monday, Feb. 9</b> 10:30 a.m. - 11:30 a.m.  <b>Friday, Feb. 27</b> 9:30 a.m. - 10:30 a.m.	<b>Relational Strategies to Build Trust &amp; Connection</b>  <b>Monday, Feb. 2</b> 1:00 p.m. - 2:00 p.m.  <b>Tuesday, Feb. 17</b> 10:30 a.m. - 11:30 a.m.  <b>Thursday, Feb. 26</b> 1:30 p.m. - 2:30 p.m.
<b>An Introduction to Regulating Emotions</b>  <b>Thursday, Feb. 5</b> 10:30 a.m. - 11:30 a.m.  <b>Thursday, Feb. 19</b> 1:30 p.m. - 2:30 p.m.	<b>Essential Communication Skills for Working with Youth</b>  <b>Friday, Feb. 13</b> 9:00 a.m. - 11:30 a.m.  <b>Monday, Feb. 23</b> 1:00 p.m. - 3:30 p.m.	<b>Permanency Options for Youth</b>  <b>Monday, Feb. 2</b> 10:00 a.m. - 12:30 p.m.  <b>Tuesday, Feb. 17</b> 1:30 p.m. - 4:00 p.m.	<b>Street Smarts: Safety Skills for Youth</b>  <b>Monday, Feb. 9</b> 1:00 p.m. - 3:30 p.m.
<b>An Introduction to Trauma Informed Healing Centered Engagement</b>  <b>Monday, Feb. 2</b> 6:00 p.m. - 7:00 p.m.  <b>Friday, Feb. 6</b> 9:00 a.m. - 10:00 a.m.  <b>Tuesday, Feb. 24</b> 1:30 p.m. - 2:30 p.m.	<b>Milestones &amp; Meaning: A Brief Introduction for Emerging LGBTQ+ Allies</b>  <b>Thursday, Feb. 5</b> 1:00 p.m. - 3:30 p.m.  <b>Wednesday, Feb. 18</b> 9:00 a.m. - 11:30 a.m.	<b>Preparing Youth for Employment</b>  <b>Thursday, Feb. 12</b> 1:30 p.m. - 4:00 p.m.  <b>Preparing Youth for the College Experience</b>  <b>Tuesday, Feb. 3</b> 10:30 a.m. - 1:30 p.m.  <b>Wednesday, Feb. 25</b> 12:30 p.m. - 3:30 p.m.	<b>Transition Plan: Helping Youth Plan for Their Future</b>  <b>Tuesday, Feb. 10</b> 1:00 p.m. - 4:30 p.m.  <b>Tuesday, Feb. 24</b> 9:00 a.m. - 12:30 p.m.

To register: Visit **Human Services Learning Center** <https://www.hslcny.org>, or email **Michael Cozzens** [mcozzens@albany.edu](mailto: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.  
Canadaigua, 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:

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# 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

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# 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/>