



Monthly Newsletter

July 2024

PDP

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Webex Trainings

PDP

Adolescent Sexuality: Promoting Sexual Health and Sexual Responsibility

Tuesday, July 2

1:00 p.m. – 4:00 p.m.

Thursday, July 18

10:00 a.m. – 1:00 p.m.

Wednesday, July 31

1:00 p.m. – 4:00 p.m.

An Introduction to Regulating Emotions (1 Hour)

Friday, July 12

11:00 a.m. – 12:00 p.m.

An Introduction to Trauma Informed Healing Centered Engagement (1 Hour)

Wednesday, July 10

11:00 a.m. – 12:00 p.m.

Thursday, July 25

2:00 p.m. – 3:00 p.m.

Boundaries: Setting Limits and Sharing Safely

Tuesday, July 2

10:00 a.m. – 12:30 p.m.

Thursday, July 18

1:00 p.m. – 3:30 p.m.

Bullying: Spot It, Stop It

Wednesday, July 24

1:00 p.m. – 4:00 p.m.

Essential Communication Skills for Working with Youth

Thursday, July 25

10:00 a.m. – 12:30 p.m.

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

Monday, July 1

1:00 p.m. – 3:30 p.m.

Tuesday, July 23

10:00 a.m. – 12:30 p.m.

Networking and Mapping Resources

Monday, July 22

2:00 p.m. – 3:00 p.m.

Permanency Options for Youth

Thursday, July 11

1:00 p.m. – 3:30 p.m.

Wednesday, July 24

10:00 a.m. – 12:30 p.m.

Preparing Youth for Employment

Tuesday, July 30

10:00 a.m. – 12:30 p.m.

Preparing Youth in Care for the College Experience

Wednesday, July 17

1:00 p.m. – 3:30 p.m.

Wednesday, July 31

10:00 a.m. – 12:30 p.m.

Promoting Resilience: Fostering Youth Empowerment

Wednesday, July 3

10:00 a.m. – 1:30 p.m.

Tuesday, July 23

1:00 p.m. – 4:30 p.m.

Relational Strategies to Build Trust & Connection

Friday, July 26

11:00 a.m. – 12:00 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

Promoting Resilience: Fostering Youth Empowerment

Wednesday, July 24

9:30 a.m. – 12:30 p.m.

Amherst, NY

To register, email:

Region 1

Kim Grose

kimberly.grose@ocfs.ny.gov



YIP Meetings

PDP

Preparing for the Future

- Educational/vocational planning
- Finding the right school/career pathway
- Financial supports (scholarships, grants, ETV)
- Make a plan

Region 1 (Buffalo)

Monday, July 29

4:00 p.m. – 5:30 p.m. (Webex)

Tuesday, July 30

4:00 p.m. – 5:30 p.m. (Classroom)

Amherst, NY

Region 2 (Rochester)

Thursday, July 25

3:00 p.m. – 4:30 p.m. (Classroom)

Rochester, NY

To register, email:

Region 1—Kim Grose

kimberly.grose@ocfs.ny.gov

Region 2—Kendra Drake

kendra.drake@ocfs.ny.gov



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!

New Need to Know Series: Keys to Your Success: Essential Documents

When leaving care, it's important to take an inventory of essential documents. Documents such as birth certificates, social security cards, medical records, and identification cards are essential for transitioning to self-sufficiency. Here's a guide to help navigate these important documents and answer any questions.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-keys-to-your-success-essential-documents/>

College, Continuing Education, and Scholarships

Here's a helpful resource on the Youth In Progress website to learn about choosing and applying to school, paying for education, and scholarship opportunities.

<https://youthinprogress.org/resources/college-continuing-education-and-scholarships/>

Summer Break Ideas

Need some fun ideas to stay active over the summer break? Check out this Summer Break resource.

<https://youthinprogress.org/resources/topics/summer-break/>

College vs. Vocational Training

Here's a new resource that offers advice on making a decision between pursuing college or vocational training after graduation.

<https://youthinprogress.org/resources/topics/college-vs-vocational-training/>

THURSDAY, AUGUST 1

SUNY Buffalo State University
Buffalo, NY

**SAVE THE
DATE!**



1

REGION
**2024
ANNUAL
YOUTH EVENT**

The Path to Your Future... Navigating the In-Between



The New York State Office of Children and Family Services and the Professional Development Program are pleased to announce the 2024 Annual Youth Event. Youth are invited to advocate for a better future and explore their paths to adulthood in a safe and engaging environment with the experience of former foster youth and support of adult partners.

Contact: **Kim Grose**
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For the latest info, visit:
YouthInProgress.org



**Office of Children
and Family Services**



PROFESSIONAL DEVELOPMENT PROGRAM
ROCKEFELLER COLLEGE UNIVERSITY AT ALBANY State University of New York