



# Monthly Newsletter

## May 2026

### IN THIS ISSUE

Webex Trainings .....	2
Classroom Trainings .....	3
YIP Meetings .....	4
Resources.....	5

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# Webex Trainings

## **Adolescent Sexuality: Promoting Sexual Health & Responsibility**

Monday, May 4  
1:00 p.m. – 4:00 p.m.

Wednesday, May 20  
10:00 a.m. – 1:00 p.m.

## **Adult Connections & Family First Prevention Services Act (FFPSA)**

Thursday, May 14  
2:00 p.m. – 3:00 p.m.

## **An Introduction to Regulating Emotions**

Friday, May 8  
10:00 a.m. – 11:00 a.m.

Tuesday, May 19  
12:00 p.m. – 1:00 p.m.

## **An Introduction to Trauma Informed Healing Centered Engagement**

Monday, May 11  
1:00 p.m. – 2:00 p.m.

Wednesday, May 27  
5:00 p.m. – 6:00 p.m.

Thursday, May 28  
10:00 a.m. – 11:00 a.m.

## **Boundaries: Setting Limits & Sharing Safely**

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

## **Bullying: Spot It, Stop It**

Wednesday, May 13  
10:30 a.m. – 1:30 p.m.

Thursday, May 21  
9:30 a.m. – 12:30 p.m.

Friday, May 29  
9:00 a.m. – 12:00 p.m.

## **Essential Communication Skills for Working with Youth**

Tuesday, May 5  
10:00 a.m. – 12:30 p.m.

Monday, May 18  
1:00 p.m. – 3:30 p.m.

## **Identifying and Supporting Survivors of Commercial Sexual Exploitations of Children (CSEC)**

**Part 1**  
Thursday, May 7  
9:00 a.m. – 4:00 p.m.

**Part 2**  
Thursday, May 14  
9:00 a.m. – 1:30 p.m.

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

Friday, May 15  
9:00 a.m. – 11:30 a.m.

Thursday, May 28  
1:00 p.m. – 3:30 p.m.

## **Motivating & Engaging Youth**

Wednesday, May 13  
1:30 p.m. – 5:00 p.m.

Thursday, May 21  
5:30 p.m. – 9:00 p.m.

Wednesday, May 27  
10:00 a.m. – 1:30 p.m.

## **Networking & Mapping Resources**

Thursday, May 7  
1:30 p.m. – 2:30 p.m.

## **Permanency Options for Youth**

Wednesday, May 6  
1:00 p.m. – 3:30 p.m.

Monday, May 18  
10:00 a.m. – 12:30 p.m.

## **Preparing Youth for Employment**

Tuesday, May 12  
1:00 p.m. – 3:30 p.m.

## **Preparing Youth for the College Experience**

Wednesday, May 6  
10:30 a.m. – 1:30 p.m.

## **Promoting Resilience: Fostering Youth Empowerment**

Monday, May 4  
10:00 a.m. – 1:30 p.m.

Tuesday, May 19  
9:00 a.m. – 12:30 p.m.

## **Relational Strategies to Build Trust & Connection**

Tuesday, May 5  
1:00 p.m. – 2:00 p.m.

Wednesday, May 20  
12:00 p.m. – 1:00 p.m.

## **Street Smarts: Safety Skills for Youth**

Friday, May 1  
9:00 a.m. – 10:30 a.m.

Wednesday, May 27  
1:00 p.m. – 2:30 p.m.

## **Transition Plan: Helping Youth Plan for Their Future**

Monday, May 11  
10:00 a.m. – 1:30 p.m.

Thursday, May 21  
1:00 p.m. – 4:30 p.m.

To register: Visit **Human Services Learning Center** <https://www.hslcnys.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

### Preparing Youth for the College Experience

Thursday, May 7

10:00 a.m. – 1:30 p.m.  
Cheektowaga, NY

### Boundaries: Setting Limits & Sharing Safely

Thursday, May 14

10:00 a.m. – 1:30 p.m.  
Cheektowaga, NY

### Promoting Resilience: Fostering Youth Empowerment

Thursday, May 21

11:00 a.m. – 2:30 p.m.  
Jamestown, NY

## Region 2

### Adolescent Sexuality: Promoting Sexual Health & Sexual Responsibility

Tuesday, May 12

10:00 a.m. – 1:30 p.m.  
Rochester, NY

### Transition Plan: Helping Youth Plan for Their Future

Tuesday, May 19

9:30 a.m. – 1:30 p.m.  
Canadaigua, NY

## Region 3

### Preparing Youth for the College Experience

Tuesday, May 5

9:30 a.m. – 1:00 p.m.  
Syracuse, NY

### Building & Supporting Safety Skills for Youth

Monday, May 18

10:00 a.m. – 4:00 p.m.  
Endicott, NY

## Region 4

### Building & Supporting Safety Skills for Youth

Thursday, May 7

9:00 a.m. – 3:00 p.m.  
Rensselaer, NY

## Region 5 (Westchester)

### Motivating & Engaging Youth

Tuesday, May 26

10:00 a.m. – 3:00 p.m.  
Valhalla, NY

### Motivating & Engaging Youth

Thursday, May 28

10:00 a.m. – 3:00 p.m.  
New Hampton, NY

To register, email:

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**Region 5 (Westchester)**—  
Thomas Califra  
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**Region 6** - Shainek Edmundson  
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# YIP Meetings

## Your Legal Rights: Navigating the System

- Understanding the Foster Youth Bill of Rights
- Advocating for yourself in court
- Breaking down the legal process
- How to be a part of your case planning process

To register, email:

**Statewide**—Kendra Drake  
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**Region 1**—Kim Grose  
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**Region 6** - Shainek Edmundson  
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## Statewide

Wednesday, May 20

4:00 p.m. – 5:30 p.m. (Webex)

## Region 1 (Buffalo)

Tuesday, May 26

3:30 p.m. – 5:00 p.m.

Randolph, NY

Thursday, May 28

4:30 p.m. – 6:00 p.m.

Buffalo, NY

## Region 4 (Albany)

Wednesday, May 20

3:30 p.m. – 5:00 p.m.

Albany, NY



# 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!

## **2026 Youth Internship Application**

The 2026 Youth In Progress internship is a fantastic opportunity for youth in care to learn new skills and support Regional Youth Voice activities.

<https://youthinprogress.org/news/apply-for-the-2026-youth-internship/>

## **Understanding Your Upcoming Court Date**

Court dates can be a nerve-wracking experience for anyone, but for youth in the foster care system, they can be even more daunting.

<https://youthinprogress.org/resources/topics/understanding-your-upcoming-court-date/>

## **New York State Bill of Rights for Youth in Care**

Know your rights if you are in foster care.

<https://ocfs.ny.gov/programs/fostercare/bill-of-rights.php>

## **Need to Know Series: All About Family Court**

Youth living in foster care have their cases heard in Family Court, a court which deals with issues of families, children, and youth. Many people have questions about Family Court, what to expect there, how to present oneself effectively and what the terms used there mean.

<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-all-about-family-court/>