



Monthly Newsletter

May 2026

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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
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:

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
angela.cardarelli2@ocfs.ny.gov

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

Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov



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
kendra.drake@ocfs.ny.gov

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

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

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

Region 5 (Long Island)—Angela Cardarelli
angela.cardarelli2@ocfs.ny.gov

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

Region 6 - Shainek Edmundson
Shainek.Edmundson3@ocfs.ny.gov

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-racking 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/>