



Vicky Garalina <vgaralina@inspiringfutures.us>

Spring into Action at Inspiring Futures!

1 message

Khadijah <kbrockington@inspiringfutures.us>
Reply-To: Khadijah <kbrockington@inspiringfutures.us>
To: vgarafola@inspiringfutures.us

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Spring Into Action!

We have had such an eventful Spring Season! Inspiring Futures has had some great Collaborations this Season, from In Person Tabling Events, Summer Youth Employment Program(SYEP) Interns, Podcast with Adoptive and Foster Family First New York (AFFCNY), One Simple Wish for Emergency Financial Assistance and Interns through Hunter College and Children's Arts and Sciences Workshops! We are so excited for the Summer and Fall Season!

Thank you for your continued Support and Collaboration as well continue to grow!



Our Founder and Executive Director Vicky Garalina joined the “**After the Kids Move in**” Podcast hosted by AFFCNY’s Own Pat O’Brien, where they discuss Inspiring Futures, Opportunities in Mental Health Support, and the story behind the organization, take a Listen!

The HelpLine
For Foster, Adoptive and Kinship Families
888.354.1342
Free, 24 hours, 7 days a week
AFFCNY

After the Kids Move In
Pat O'Brien
New York
ARTIST PRO

Adoptive and Foster Family Coalition
NEW YORK

a source of support, information and advocacy since 1975

[Click Here to Listen to the
After the Kids Move In
Podcast](#)



Inspiring Futures has Collaborated with One Simple Wish: One Simple Wish Launched in 2008 as an online platform designed to raise awareness and empower everyone to restore hope and happiness to kids and young adults impacted by foster care and crisis throughout the United States, visit

Inspiring Futures Partnered with Children’s, Arts and Sciences Workshops this summer in search of Youth Participating in the Summer Youth Employment Program (SYEP). We are excited to welcome youth who will support as a Program Operation Assistant and Community Engagement Assistant! They are on board for the Summer Season July 2025- August 2025. They will help research, organize community resources, aid in

onesimplewish.org
for more information.

the Workshops for Youth and
add their own expertise during
their time with Inspiring
Futures!

The graphic features a blue background with a grid pattern. In the top left, the logo for DYCD NYC is displayed, with the tagline 'Delivering for you. Every day. Everywhere.' To the right of the logo is a grid of orange dots. A large white dashed circle in the center contains a photograph of several people playing basketball in a gymnasium. The gymnasium walls are green and feature white icons of people in various physical activities. Below the circle, a white rounded rectangle contains the text 'Spring into Health' in green and red, with 'into' in a smaller, blue, cursive font. Below this, the tagline 'A commitment to community.' is written in blue. In the bottom right corner, there are three green chevrons pointing left. In the bottom left corner, there is another grid of orange dots.

We Joined @NYCYouth were they hosted 100+ health fairs across the City during the 2025 Spring into Health

Week. Programs and Activities centered around healthcare, dance classes,

and many more resources and activities. Visit www.nyc.gov/springintohealth for more details. We look forward to seeing you Next Spring!

Intern Reflection:

This past year we have hosted interns who has been invaluable to the growth we've experienced as an Organization. Please read below for our Intern Reflection:

As my internship at Inspiring Futures comes to a close, I am filled with gratitude for the experiences and growth I've gained over the past nine months. This opportunity has allowed me to work alongside dedicated professionals, engage with inspiring clients, and deepen my understanding of the mental health and social work field in ways I never anticipated. Throughout my time here, I have been able to refine the skills I've developed in my academic training through practical application. From supporting an individual's mental health journey to assisting the organization's community outreach, each interaction has strengthened my ability to listen empathically, foster meaningful connections, and explore the nuances/technicalities of the field. The guidance from my supervisor and colleagues has been invaluable, helping me build confidence and broaden my clinical perspective. I am sincerely thankful to Dr. Garalina, the Inspiring Future's team, and the clients who trusted me along their journeys. This experience has affirmed my passion for mental health counseling and inspired me to continue growing as a compassionate and ethical practitioner. I look forward to carrying these lessons into the next chapter of my career and staying connected with the community that shaped me.

- Alfy R. Jimenez, Masters Social Work Intern, May 2025



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Our mailing address is:
461 west 126th street Suite #5W New York, NY 10027

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