

Mental, Emotional, & Social Health

Program Training



Join us to learn how new 4-H curricula can help the young people you serve build positive relationships, practice self-control, and care for their own mental health.



Participants will receive:

- Training in Mindful Mechanics & Your Thoughts Matter curricula
- Facilitator guides & youth workbooks
- Class kits of materials
- Lunch!!!

Jan 31, 2023
8:30am-1:30pm

In-Person Training

U of I Extension, Peoria office
4810 N Sheridan Rd.
Peoria, IL 61614

Additional dates possible upon request.

This training is free and open to all out of school time professionals.

Registration is required by Jan 15, 2023 at:

go.illinois.edu/YouthWellness

University of Illinois Extension
Fulton-Mason-Peoria-Tazewell Unit

Emily Schoenfelder | eschoe@illinois.edu
Judy Schmidt | schmid7@illinois.edu



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