



JOIN US VIRTUALLY FOR THE MINDFUL TEEN WORKSHOP SERIES

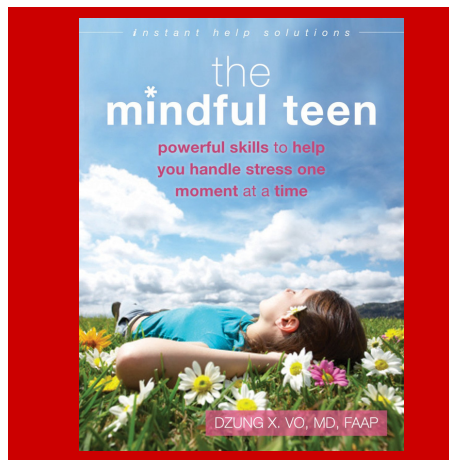
Open to 7-12th graders

**in Boone, Cedar, Clinton,
Delaware, Dubuque, Grundy,
Jackson, Jones, Marshall, Linn,
Story, and Tama counties**

Made possible in partnership with the Iowa 4-H Foundation

Youth will:

- Learn the concept of mindfulness and its connection to stress management, and overall well-being
- Gain an understanding of the benefits of mindfulness
- Learn about, reflect upon, and practice a variety of mindfulness practices
- Identify areas in their own life in which they can apply mindfulness to improve well-being, relationships, and academic or extracurricular performance
- Set long-term self-care and mindfulness goals
- Become aware of community and national resources to seek help if experiencing mental illness such as depression or anxiety and/or thoughts of suicide



**REGISTER
BY DEC.28**

REGISTER HERE

INCLUDES BOOK, JOURNAL,
AND LESSON SUPPLIES
SHIPPED TO YOU!

REGISTRATION IS
LIMITED TO 20 YOUTH
PER SESSION



Workshops will be once a week
for six weeks.

Register for one of the following:

Monday January 11- February
15 at 6:30pm

Thursday January 14- February
18 at 6:00pm

For more information,
contact:

Amanda Rau at
clinton4h@iastate.edu or
(563) 659-5125

"The fees for service will be used to offset
direct expenses and to support the 4-H
Youth Development County Extension
Program."

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.