



Snohomish County

4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION



Snohomish County

CloverGram

December 30, 2022

Woohoo!

Many thanks to all the volunteers who made the 4-H Youth Leadership Conference possible! Next one will be Saturday, December 9, 2023!

Thanks also to Kenny Swope, for putting on another great STEM Challenge extravaganza, a national 4-H event each year!

Stay tuned for the next event in the fall of 2023!

Reminders:

4-H Youth Advisory Council

ALL 4-H MEMBERS are invited to explore their interest in becoming a member of the Snohomish County 4-H Youth Advisory Council. The Youth Advisory Council exists to provide meaningful leadership opportunities for all 4-H members - in all projects and of all ages. Your voice is needed! Come be a part of the discussion.

WHEN: Thursday, January 5th, 6:30 – 7:30 pm, on ZOOM

Register to receive the zoom link here https://wsu.co1.qualtrics.com/jfe/form/SV_eUJjyU6gJELYtOC

Let Your Time Count! Prize Drawing in January!

Please record your volunteer time (“impacts”) in [GivePulse](https://www.givepulse.com) by the end of the month! WSU must pay for L&I for our volunteers, based on your reporting at <https://wsu.givepulse.com/group/425371> If you need guidance, try the short how-to video, “Create an Impact” at the bottom of the page here: <https://extension.wsu.edu/4h/for-volunteers/volunteer-hours-report/> If you have not yet claimed your account, there’s a video for that, too!

Adult Mental Health First Aid

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

January 28th, 2023, Saturday, 9am - 3pm.

Format: Live, in person, at the VIP cabin at Evergreen State Fairgrounds

Register for this class here: https://wsu.co1.qualtrics.com/jfe/form/SV_4HEeKLPcC4XptdA

Question, Persuade, Refer (QPR), Suicide Prevention

When you are concerned that someone you know might be planning to harm themselves, what should you do? This free, 2-hour training will give you the steps to take as a front-line responder. All adults are welcome.

Saturday, Jan. 14, 2022, 10:00 a.m. to noon, at Willis Tucker Park offices

<https://extension.wsu.edu/snohomish/qpr-question-persuade-refer-prevent-suicide/>

