

UPCOMING 4-H VOLUNTEER TRAININGS



NC STATE

EXTENSION

MARCH 9 - 4-H AMBASSADOR PROGRAM (6:00 - 7:00 PM)

Register here by March 5th:

<https://go.ncsu.edu/ambassadortraining>

The NC 4-H Ambassador Program is being revamped. Come to this session to learn more about the 4-H Ambassador program and how to get your 4-H'ers involved!



APRIL 13 - 4-H PHOTOGRAPHY CONTEST (6:00 - 7:00 PM)

Register here by April 9th:

<https://go.ncsu.edu/photographycontest>

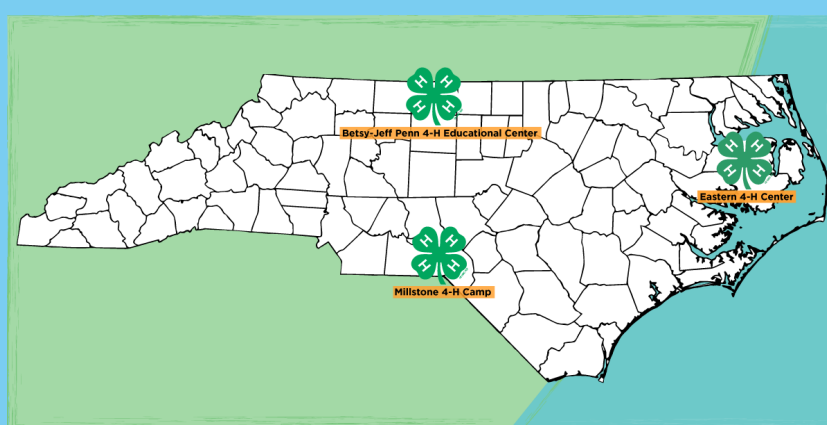
The 4-H photography contest wants to see your best shots! Come learn about the 4-H photography contest and how to help your 4-H'ers participate in this eye catching opportunity.

MAY 11- 4-H CAMPS (6:00 - 7:00 PM)

Register here by May 7th:

<https://go.ncsu.edu/4-hcamps>

4-H camp is a tradition for many 4-H'ers! This interactive session will cover the benefits of camp, what camp during summer of 2021 is going to look like and share ways for you to help 4-H'ers create 4-H camp memories!



JUNE 8 - GROWING RESILIENT 4-H'ERS (6:00 - 7:00 PM)

Register here by June 4th:

<https://go.ncsu.edu/growing>

Adverse childhood experiences (ACEs) are traumatic events that occur in childhood. However, ACEs can be prevented. In this interactive, conversational workshop, you will learn about ACEs, the science of resilience, and tools to reset your own nervous system, which will allow you to help the youth you serve to do the same.



QUESTIONS? CONTACT YOUR 4-H AGENT OR DR. SARAH KOTZIAN
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