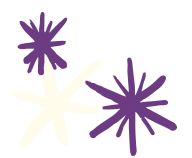


J RNAL



WHAT CAN MY 4-H CLUB DO TO ADDRESS MENTAL HEALTH?

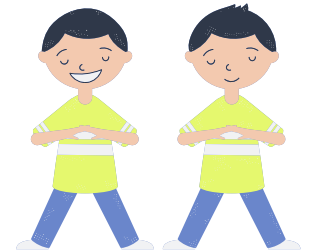


DO AN ICEBREAKER TO LEARN MORE ABOUT CLUB MEMBERS

breathe



START OUR MEETING WITH BREATHING EXERCISES



INVITE A GUEST SPEAKER



MAKE THANK YOU CARDS FOR HEALTH CARE AND OTHER ESSENTIAL WORKERS









POSITIVE VIBES

