

# Marin 4-H!

### **August Newsletter**



- Did you participate in the 2024–2025 program year but haven't picked up your Marin 4-H t-shirt? Contact Kayla at kgulick@ucanr.edu to schedule a time to get yours!
- Be sure to explore the 4-H Resource Center and don't forget to bookmark it! Its filled with helpful tools to support members, volunteers and families in through out the year.
- Project Catalog 2025-2026 will launch in late August! Stay tuned on our website and newsletter for the latest updates.

# Save The Date!







### **Volunteer Courses**

2025-26 Annual Volunteer Courses Now Available

The 2025–26 Annual Volunteer Courses for New and Returning Volunteers are now live in both English and Spanish. You can find them on the <u>California 4-H Learning Center</u>, along with enrollment keys. These courses will remain available through June 21, 2026. Please bookmark the page.



### New UCCE Director

Please help welcome our new director for UCCE Marin-Napa-Sonoma counties- Lauren Cartwright!

Lauren is a devoted wife, mother of two, and an active member of her community. With deep family roots in California, she enjoys spending time outdoors, camping with friends, and sampling the region's renowned local wines. Lauren holds a Bachelors of Arts in Economic, Political, and Social Development, as well as a Masters in Business Administration. We are excited to welcome Lauren to the team and look forward to the energy and experience she brings!

# CA State 4-H Announcements

#### **Youth Mental Health First Aid Certification**

Click on the image to register for this training! Highly recommended webinar to help with youth mental health wellbeing.



#### **Identify** Understand

Respond

Learn how to identify and respond to mental health and substance use challenges among teens ages 12–18.



October 14th, 2025 &
October 15th, 2025
5:30 to 8:30 pm
REGISTER by
October 7th\*

November 18<sup>th</sup>, 2025 & November 19<sup>th</sup>, 2025 5 to 8 pm

Soth sessions required for certification

REGISTER by
November 11th\*



#### **How to Register?**

REGISTER 1 week before your desired training date bit.ly/FallYMHFA2025

Learn how to apply the Mental
Health First Aid Action Plan

Assess for risk of suicide of harm

**Listen** nonjudgmentally

Give information

incourage appropriate professional help

**Encourage** self-help and other support strategies

### Ignite by 4-H

Click on the image to register for this event! Great opportunity where teens find their spark and build career and life readiness skills that prepare them to become *Beyond Ready* for the future.

For more information about the event **click here!** 



# We Want Your Feedback: 4-H Presentation Manual Survey Now Open!

Have ideas for improving the 4-H Presentation Manual? Now's your chance to share them! The current version of the manual was last revised in January 2021, and a statewide task force is gathering input from county 4-H staff, key volunteers, like county presentation day coordinators, and 4-H youth to guide the next round of updates. We're not starting from scratch, but we are looking to tinker, clarify, and improve based on your real-world experience.

Please take a few minutes to complete the 4-H Presentation Manual Feedback Survey by October 17, 2025. Your input will help shape a new version of the manual, expected to be released in July 2026.

#### https://bit.ly/4-HPresentations

Thank you for helping us strengthen one of 4-H's most valuable learning experiences!

Questions about the survey?

### Don't have any gear or swag?



### New to 4-H and looking for 4-H hats and scarfs?

<u>Click here</u> to explore Leslie Carman 4-H supplies, Inc.

Note: 4-H uniform is simply a white button up shirt (short sleeve or long sleeve) not sold at

Leslie Carman or Shop 4-H.



Check out our Website for more information!

Follow us on Facebook and Instagram!

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