



# Kaleidoscope

## Boone County Extension Homemakers Newsletter

A publication of Purdue University Cooperative Extension Service Boone County

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January/ February 2021

Dear Extension Homemakers,

I hope everyone enjoyed the holidays the best you could with the situation we find ourselves dealing with. I know I'm looking forward to a happy and healthy 2021.

In this edition of the Kaleidoscope, there is information about IEHA and Boone County scholarships, educational lesson in March, and additional information from various officers and committees. IEHA Indianapolis Spring District Day is March 8<sup>th</sup>, this will be a virtual meeting; more information will be available soon.

IEHA offers two awards to help with the cost of attending Home & Family Conference; applications are included in this newsletter. The conference will be June 1-3, 2021 at the Embassy Suites in Plainfield, IN. As of now, the conference is scheduled for an in-person event.

Please read through all the information in the newsletter; there may be some changes to the events and/or schedule as we see how things unfold. We will keep everyone up to date by communicating with Club Presidents and sharing the updates on the BCEH Facebook page.



**The council meeting for January 25<sup>th</sup> has been cancelled. The hope is to have the March 22<sup>nd</sup> meeting as scheduled.**

Please feel free to contact me with questions and/or concerns. Please stay healthy and safe!

*Lisa*

Lisa Cangany  
Extension Educator, HHS





## See It Through

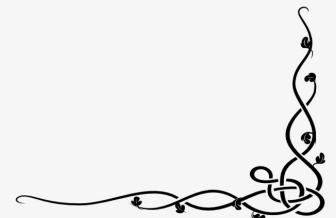
By Edgar Guest

When you're up against a trouble,  
Meet it squarely, face to face;  
Lift your chin and set your shoulders,  
Plant your feet and take a brace.  
When it's vain to try to dodge it,  
Do the best that you can do;  
You may fail, but you may conquer,  
See it through!

Black may be the clouds about you  
And your future may seem grim,  
But don't let your nerve desert you;  
Keep yourself in fighting trim.  
If the worst is bound to happen,  
Spite of all that you can do,  
Running from it will not save you,  
See it through!

Even hope may seem but futile,  
When with troubles you're beset,  
But remember you are facing  
Just what other men have met.  
You may fail, but fall still fighting;  
Don't give up, whate'er you do;  
Eyes front, head high to the finish.  
See it through!

Source: <https://www.familyfriendpoems.com/poem/see-it-through-by-edgar-guest>



## Important Dates

January 25	EH Council Meeting <i>Refreshments- Gleaners</i>	<b>CANCELLED</b> 6:00	
February 4	State Focus Day – Virtual		
March 2	First Tuesday	6:30 - 8:00 pm	DR
March 8	Spring District Meeting – Virtual Host: Morgan County		
March 9	Sewing Day	9:00 – 3:00 pm	Annex
March 18	Educational Lessons 1:00 pm – <i>The Pet Connection</i> 2:00 pm – <i>Food Waste at Home</i>		DR
March 20	Quilt Show – <b>Rescheduled March 18, 2023</b>		
March 22	EH Council Meeting <i>Refreshments</i> <i>Merri Mixers &amp; Home &amp; Garden</i>	6:30 pm 6:00 pm	DR
April 1	International Night	6:00 pm	AUD
April 6	First Tuesday	6:30 - 8:00 pm	DR
April 15	Club dues & Coins for Friendship due to Co Treasurer		
April 24	4-H BBQ	4:00-8:00 pm	
April 26	EH Council Meeting <i>Refreshments</i> <i>Sugar Creek &amp; Perry Homemakers Plus</i>	6:30 pm 6:00 pm	DR



*All dates and activities are subject to cancellations or postponement*

*(by County Commissioners and BC Heath Department use of fairgrounds and/or coronavirus updates)*

## Volunteer Community Support

First of all, I would like to thank everyone who helped sew for our Virtual Sewing Day. Many of you participated and made many wonderful items for Riley Children's Hospital and our Local Charities. I am currently out of town visiting my new granddaughter, so I do not have the number of items that were made available. But I do know that I took 84 tote bags to Riley Children's Hospital!! Amazing job ladies! Plus I took fleece blankets, and pillows and pillow cases to the Women's Shelter and baby bibs, burp cloths and blankets to the Pregnancy Center. I also have many fleece blankets, which are still awaiting placement. Thanks for taking the time to do this for Riley Hospital and the Boone County charities!

**Our next Sewing Day is March 9, 2021 from 9:00 a.m.-3:00 p.m. in the Annex.** The way things are going, I suspect it will be a virtual Sewing Day also. But either way, please feel free to sew for Riley and our local charities at any time and you can bring the items to the Extension Office or to the Sewing Day if it is held in person. I will send out a notification as to whether it will be virtual or not.

Keep safe and well,  
Linda Fahrenbach  
Volunteer Community Support Chair



Tote bags for Riley Children's Hospital

## IEHA Week & Make a Difference Day

To celebrate IEHA Week and Make a Difference Day, BCEH partnered with The Caring Center to help sort clothes that were donated to the Center. After a day of sorting, this made it easier for the Caring Center to provide clothes to those in need. Nice way for BCEH to offer a helping hand to the community!

Pictured: Joan Mohr

Judy Boilinger, Judy's granddaughter (future Homemaker)



Pam Jensen,

and Judi Wilson.



## 4-H BBQ



The 4-H BBQ is planned for Saturday, April 24th from 4:00 pm-8:00pm. Depending on the county situation with the virus and the health department recommendations. At this time, the committee is hoping for a dine-in event, with desserts provided by the Homemakers.

If it is necessary to go with a drive-thru event (similar to last September), then possibly no desserts will be needed. It is possible that the menu (vegetables and dessert) will be changed to make it easier for doing car-ryout. If you have any ideas, please share. There is also the possibility that this BBQ will be postponed until the fall (Kiwanis have already moved their Pancake Supper to September 16th Thursday evening.)

## 2021 County Fair



The 2021 County Fair is on the calendar for Saturday, July 17<sup>th</sup> – Friday, July 23<sup>rd</sup>. The Homemakers will again be serving breakfast, lunch, dinner, and snacks (following county health recommendations). As in the past, workers will be needed for the breakfast shift each day, this is a paid position. Volunteers will need to handle the afternoon and the evening shifts, in preparing the sandwiches and dinner meals.

Cashiers will be needed to handle the money transactions. A clean-up person or crew is needed for each night also, this may be a paid position. 4-H Fair Board is meeting in January to begin working on details of the fair, so more information will be shared later.

ANY suggestions you might have on how to make *this year's Fair a fantastic one* will be greatly appreciated. You can send them to Lisa Cangany, a BCEH officer, Judi Wilson, Pandora Woodward or a 4-H officer.

## 4-H 10 Year Member Recognition

4-H 10 Year Member Recognition - This year we will be recognizing the 10 year members from 2020 year and 2021 year. There will be at least 2 display boards which will need to be prepared with the 4-Hers pictures and scholarship information. This project needs to be completed before the pre-fair judging begins, so right at the beginning of July. If you have artistic talent or organizational skills, this would be a good task for you.

Thanks,  
Judi Wilson  
Secretary  
BCEH 4-H Fair Board Representative

## **Educational Lessons March 18, 2021**



### **1:00 pm The Pet Connection**

Did you know that research shows that Pets are very good for our health? Pets can lower our blood pressure, heart rate, stress, help us make fewer visits to the doctor, and provide us with wonderful companionship. Pets impact people of all ages and reduce anxiety in children. Bring a picture of your pet and let's share how we are impacted by this human – pet connection. Lisa Cangany, Boone County

### **2:00 pm Reducing Food Waste at Home**

It is estimated that in the U.S., more than 30% of our edible food goes to waste. This presentation will go over the problem with food waste, the benefits of reducing wasted food in your home, and strategies for your family to keep good food from going to waste. Amber Broughton, Marion County

**Lessons are scheduled for in-person; we will assess the situation the beginning of March and determine if an alternate plan is needed.**

***Please call the office to register for the lessons by  
Monday, March 15, 2021***

***Everyone is welcome!***



### **Boone County Extension Homemakers Facebook Page**

BCEH has a Facebook page. If you would like something posted about your club or information pertaining to BCEH please send information to Katie Klimaszewski at [kt\\_rob\\_ice@yahoo.com](mailto:kt_rob_ice@yahoo.com) or Sarah Jensen at [sarah\\_jensen@sbcglobal.net](mailto:sarah_jensen@sbcglobal.net)

**Thank you Katie and Sarah for managing this page!**





## Boone County Quilters

The Boone County Quilters donate products and make rice pillows and covers for patients undergoing treatment for various cancers thru the nonprofit group “You’re Not Alone”.

The club met in November for a Sew and Stitch day. We had a great time working on our own projects and visiting. Peg Bogan graciously shared supplies and ideas for Make and Takes making our breaks extra special by adding an extra dimension to our day.

Peggy Newcome  
Boone County Quilters Club President



Although I am president of the Sugar Creek Home Extension Club for 2021, my day job as Thorntown librarian lets me come into contact with some interesting tidbits. For example, in the January 8 issue of Newsweek magazine is a paragraph on Brood X:

“A swarm of insects may not seem like the kind of thing you’d look forward to. But Brood X, a massive cloud of cicadas that emerge once every 17 years to mate and lay eggs, are not your typical bug. Expected to come out of hibernation in May for the first time since 2004 by the billions, these cicadas mate so loudly the sound can reach 100 decibels and be heard from a mile away. What’s in it for you? The insects—which do not bite, spread disease or harm crops—die after laying their eggs and help the environment by replenishing the topsoil with nitrogen as they decompose.”

In the same issue a Yale professor of psychology wrote on how to be happier. The short summary is: get social, give thanks, be in the moment, rest and move, and be kind.

Another article recommends that we only make ONE resolution, not multiple, and that when we slip up, and we shall, more than once, pick yourself up and recommit. “We seem to expect perfection, which is maddening,” says John Norcross, a professor of psychology at the University of Scranton. “If you bake muffins perfectly 300 times and mess them up once, would you give up baking them? No, you’d try again.” The article concludes, “Research shows it takes three months before a change in behavior becomes routine. Fingers crossed, by April you’ll be reaping the rewards of your 2021 resolve.”

Take a look at the January 2021 issue of Consumer Reports for your ultimate smart home toolkit—top-rated products from video doorbells and smart speakers to connected sprinklers. “The New Cars You Can Count On” identifies problem-prone models as well as brands you can happily count on.

Since the Sugar Creek Home Extension club cancelled December and January meetings, we are hoping to have our Christmas gift exchange in whatever month will be reasonably safe. Likewise, we still plan to make our Christmas pickles from banana gourds. In Old World Germany a “Christmas Pickle” decoration was left out for Santa to carefully hide deep in the boughs of the Christmas tree. Legend has it that the observant person, who finds it on Christmas Day, is blessed with a year of good fortune...and a special gift from Santa.

May our gift in 2021 be a “new normal” with the Covid-19 virus becoming minimized.





## Boone County Extension Homemakers Scholarships

### High School Scholarship

- Boone County High School senior (public, private or home schooled) entering college majoring in either:
  - Consumer and Family Sciences (list eligible areas).
  - Health Care (nurse, respiratory therapy, etc. Degree should result in employment in health care field upon graduation.)
- Must be a Boone County resident.
- Paid in the amount of \$500 per semester; applications are due to the Purdue Extension Office Boone County by April 1



### Career Advancement Scholarship

- Boone County Extension Homemaker 25 years of age or older. Mailbox Club members are eligible. Must be a member of BCEH by January 1 of the year scholarship awarded.
- Club and county involvement will influence committee decision.
- Show financial need.
- Has been admitted or cleared for admission to state licensed or accredited school.
- Paid in the amount of \$250 per semester; applications are due to the Purdue Extension Office Boone County by April 1

## Indiana Extension Homemakers Scholarships

### Ruth B. Sayre Scholarship

The Country Women's Council (CWC) offers a memorial scholarship of \$500 for the purpose of fostering educational development of women. Applications are due to the state president by March 1.

### IEHA Career Advancement Scholarship

IEHA offers eight \$500.00 scholarships. Applicant must be a homemaker 25 years of age or older, and a resident of Indiana. Scholarships are usually granted for undergraduate degrees, not master degrees. Scholarships will be awarded with regard to financial need. Former scholarship winners are eligible to apply. Applications are due to the state by March 15.

### Steps to Success Scholarship

IEHA offers five \$500.00 scholarships for undergraduate degrees. Applicant must be a resident of Indiana and admitted or be enrolled in an accredited college or university or an accredited vocational or technical program. Applications are due to the state by May 1.

Applications are available at:

Purdue Extension Office Boone County

Website: [www.extension.purdue.edu/boone](http://www.extension.purdue.edu/boone)

IEHA website: <https://ieha-families.org>



## INDIANA EXTENSION HOMEMAKERS ASSOCIATION®

### FIRST TIMER AWARD

Ten (10) awards of \$150.00 are offered by IEHA to attend Home and Family Conference. One (1) Extension Homemaker from each district will be selected. Only those who have never attended the entire conference will be considered.

#### Guidelines for First Timer Award:

- Each county will select one (1) First Timer Award.
- County winner application form must be sent to District Representative by March 8.
- Entries will be judged by the District Representative and, if available, her Extension Educator. Additional judges will be used if deemed necessary by the District Representative.
- District Representative must send the one (1) District winner application form to the State First Timer Chair by **April 1<sup>st</sup>**.
- First Timers will be invited to give a short report at the Fall District workshop.

### Applicant Information:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

*Use the back of this form to write a short essay of 200 words or less on the topic  
"Why I Want to Attend Home and Family Conference."  
Please share your reasons for wanting to attend and how you have benefited from  
being an Extension Homemaker member.*



# “I WANT TO GO AGAIN” AWARD

SPONSORED BY

*IEHA PAST STATE PRESIDENTS*

The award will pay the winner \$150.00 towards registration to Home & Family Conference this year.

### QUALIFICATIONS:

1. Must have previously attended Home & Family Conference.
2. Must be able to attend Home & Family Conference full time.
3. Must be involved in local club and county organization.
4. Have financial need to be able to attend.

### PROCEDURE:

Applicant must complete the application and answer all questions. Attach your responses to this application.

Part 1: How many years have you been a member of IEHA \_\_\_\_\_?

In about 150 words answer questions 2 and 3.

Part 2: I am applying for this award because...

Part 3: Give a brief summary of your current Extension Homemaker involvement.

Part 4: The last time I attend Home & Family Conference was \_\_\_\_\_.

### **DEADLINE FOR APPLICATION: March 15<sup>th</sup>**

DISTRICT \_\_\_\_\_ COUNTY \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
County President or Educator Signature

**SEND TO:** Linda Lowe, 635 Melrose Court, Greenfield, IN 46140

# Isaiah 117

Caring for children awaiting foster placement

BOONE COUNTY IN



## OUR MISSION

PROVIDE PHYSICAL AND EMOTIONAL SUPPORT IN A SAFE AND LOVING HOME FOR CHILDREN AWAITING FOSTER CARE PLACEMENT.

## OUR PURPOSE

When children are removed from their homes out of concern for their welfare, they are usually brought to the Department of Children's Service Office to await placement with a foster family. This wait can be several hours to nearly a full day. These children often have nothing with them and are scared, hungry, and often in dirty clothing.

Isaiah 117 House provides a comforting home where these children instead can be brought to wait in a place that is safe with friendly and loving volunteers who provide clean clothes, smiles, toys, and snuggly blankets. This space allows children to receive the comfort and care they need while DCS staff are able to do the necessary paperwork and identify a good foster placement.

**Fundraising luncheon, April 22, 2021**

**12:00-1:00 pm**

More information announced soon

## HOW CAN YOU HELP

**Invite**-Let us come tell the story of how Isaiah 117 House is making a real difference

**Pray**-Pray for partnership and generosity as we search for property in Boone County that will serve Hendricks and Montgomery Counties as well

**Get Involved**-For more information about giving and volunteer opportunities contact Ginger Summers 317-615-9798 or [ginger.summers@isaiah117house.com](mailto:ginger.summers@isaiah117house.com)

[www.isaiah117house.com](http://www.isaiah117house.com)

Facebook

[@Isaiah117houseboonecountyin](https://www.facebook.com/Isaiah117houseboonecountyin)

# The Importance of Maintaining Structure and Routine During Stressful Times

By Kendra Cherry

Reviewed by Amy Morin, LCSW

April 21, 2020

## Key Takeaways

- Even if you don't typically thrive on a strict schedule, having a routine can be helpful in times of unpredictability, uncertainty, and stress.
- Implementing a structure to your day can give you a sense of control. It can also improve your focus, organization, and productivity.
- Having a routine is about more than just your day-to-day responsibilities and your work—don't forget to make time for self-care.

Some people love to have a solid daily routine, while others shudder at the thought of having a predictable schedule. During times of great stress, however, maintaining structure and routine can help you feel more organized and in control. Having a routine can be helpful at any time, particularly if you are trying to establish healthy habits, but these routines can be particularly important when aspects of your life feel uncertain. The disruptions caused by the COVID-19 pandemic have dramatically altered many people's normal routines, which makes it that much harder to cope with the stress that people are feeling.

## A Sudden Lack of Structure

Many people are either working from home or faced with the prospect of an unknown period of unemployment. Those working at home may quickly discover that the constant isolation and lack of a normal schedule can be mentally taxing. When people don't have a routine or structure to their day it can cause increased stress and anxiety, as well as overwhelming feelings, lack of concentration, and focus. - Rachel Goldman, PhD

A lack of structure and routine can actually exacerbate feelings of distress and make you pay more attention to the source of your problems. As Goldman, a psychologist and clinical assistant professor at the NYU School of Medicine, explains: "If people don't have structure and are sitting around with less to focus on, then they also probably will find themselves thinking about the stressful situation more, which can also lead to additional stress and anxiety." One way to get out of this cycle that promotes ruminating over the source of your stress is to maintain some structure and routine throughout your day.

## The Benefits of Having a Routine

Research has consistently shown that routines can play an important role in mental health.<sup>1</sup> One study, for example, found that routines could help people better manage stress and anxiety.<sup>2</sup>

Having a regular routine can help you:

- Lower stress levels
- Form good daily habits
- Take better care of your health
- Help you feel more productive
- Help you feel more focused



Getting necessary tasks out of the way can also help you find more time for healthy behaviors like exercise and leave you more time to enjoy fun activities and hobbies. Some things that you can do that will help you maintain a routine when you're stressed:

### **Focus on Things You Can Control**

Managing your own behaviors can help you feel more in control of the situation. Goldman recommends focusing on the things that are within your power to control. A good place to start with creating a new routine is to set wake-up and bedtimes, as well as meal and activity times.

The key is to create a routine that adds structure and a sense of predictability to your day. Of course, your schedule may change somewhat depending on the day of the week, but sticking to a basic structure for when you will wake, eat, work, do activities, and sleep can help you feel less stressed out and more organized.

Structuring your day also ensures that you accomplish those basic tasks that *must* be done, which will leave you with the time to schedule in other things that you want or need to accomplish. You'll feel more organized and productive with a regular routine, which will help you feel more proactive and in control in the face of a stressful situation.

### **Follow a Routine That Supports Your Health**

There are some things that you can make a part of your daily routine to help manage stress levels. These include:

- Staying active and getting regular daily exercise
- Making sure that you are well-rested
- Eating healthy meals on a regular schedule
- Setting realistic goals
- Trying to stay positive
- Preparing for challenges but not ruminating on things you can't control
- Staying in touch with friends and family members
- Setting aside time for activities that you enjoy

Of course, the situation you personally are coping with can also affect how easy or hard it is to stick to a daily routine. Stay-at-home orders due to COVID-19 have left many people with blank schedules, which can be a daunting prospect for many people. It's important to find things to fill your time so you don't end up engaging in unhelpful or unhealthy behaviors.

### **Make Your List**

One helpful activity is to make a list of the things that you normally do during the day. Include everything from work to meal preparation to household chores. Once you have an idea of the basic tasks you need to accomplish, you can start creating a general outline for what you might need to accomplish each day to stay on track.

Stress can make it hard to concentrate, so outlining these daily activities can help you better focus on what's important. While it's important to get the essentials done, be sure to find things that you can look forward to, whether it's watching a favorite television show or calling up a friend. Making these little rewards a part of your routine can help you stay upbeat and focused when you are working on a task that you might not enjoy as much.

### **Find What Works for You**

Is it better to have a structured daily schedule or just a general to-do list for the day? Some people might thrive with a highly structured daily schedule that outlines activities in specific blocks of time, while others might do

well with a loose list of things they need to get done in the day. How do you decide which approach is right for you? Consider your motivations as well as what you need to get done. “If it is something that is of high importance and needs to get done on a specific day, then scheduling it into your routine and carving out that time may be necessary to make sure it gets accomplished,” Goldman recommends.

In other words, deliberately schedule a specific time to take care of those high priority tasks. Knowing that you have that time set aside for those tasks will leave you free to focus on using the rest of your time effectively. Goldman also suggests that it may be helpful to schedule things that you may not be motivated to do. When we don’t feel motivated to do things, it is very easy to procrastinate doing them and they will continue to get pushed for the next day and the next day.

Knowing that you need to do those tasks at a certain time on a certain day will help keep you on track and hopefully overcome the urge to just keep putting them off.

### **Remember It Takes Time and Practice**

Just like trying to create a new habit, starting and sticking to a new routine takes some time and effort. You know yourself best, so if something doesn't seem to be working, try tweaking your schedule to make it work for your needs. Goldman recommends paying attention to how you feel throughout the day in order to determine what times of day you are the most productive. "If you feel like each day you feel unmotivated and lethargic at a certain time, then that is a sign that you may need a mental break at that time," she says. When you find yourself in those moments, think about what you might need to feel better and get motivated. That might mean that you need to take a break, go for a walk, have a snack, or spend some time working on a hobby.

Structure your day to make the most of the natural ebb and flow of your energy levels. You'll get more done and ensure that you're getting what you need in terms of rest and relaxation.

“Plans don’t always go as planned though, so remember to be kind to yourself,” says Goldman. “This is not the time to put extra pressure and expectations on yourself. It's not easy to create new routines, or add structure to a day, when our lives feel completely disrupted and turned upside down, so it may take some time to get used to this "new" routine and be able to feel accomplished.”

### **What This Means For You**

While having a routine is important, give yourself some flexibility and don’t beat yourself up if you have trouble sticking to your own schedule. Everyone copes with stress differently. Having a routine can help you maintain a sense of normalcy and focus through tough times, but don’t stress yourself out more if you sometimes deviate from your plans.





# ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

## Why Annie's Project?

This six-week course is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field.

There's plenty of time for questions, sharing, reacting, and connecting with your presenters and fellow participants.

It's a relaxed, fun and dynamic way to learn, grow and meet other farm women.



## Annie's Project – Level I VIRTUAL Offering

### February 23, 2021

- Introduction
- Real Colors – Personality Assessment

### March 2, 2021

- Farm Business Planning
- Succession Planning

### March 9, 2021

- Grain Marketing
- Farm Stress
- Crop Insurance

### March 16, 2021

- Computer Software Recordkeeping
- Ag Lender's Perspective

### March 23, 2021

- Farm Finance
- Local Resources

### March 30, 2021

- Farm & Family Insurance
- UAV & Ag Tech
- Web Soil Survey



Empowering farm women to be better business partners through networks and by managing and organizing critical information.

*"I took the class to gain a better understanding about agribusiness and how financial decisions impact our farm operation.*

*I have a better understanding of balance sheets and the futures market... this class has improved communication with my spouse on concerns he works with on a daily basis." – Linda*



**Only \$65.00 for all six virtual sessions!**

**Register at**

**<https://tinyurl.com/PUAP21>**

**by February 9<sup>th</sup>**

**Choose from 2 virtual offerings!**

**Tuesday Mornings from 9:00am – 12:00pm EST**

**OR**

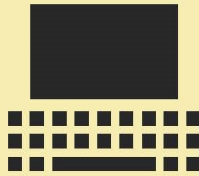
**Tuesday Afternoons from 1:00 – 4:00pm EST**

For more information contact Jenna Nees at 765-653-8411 or email at [smith535@purdue.edu](mailto:smith535@purdue.edu) or Bryan Overstreet at 219-866-5741 or email at [boverstr@purdue.edu](mailto:boverstr@purdue.edu)

Purdue University is an equal opportunity/equal access/affirmative action institution.

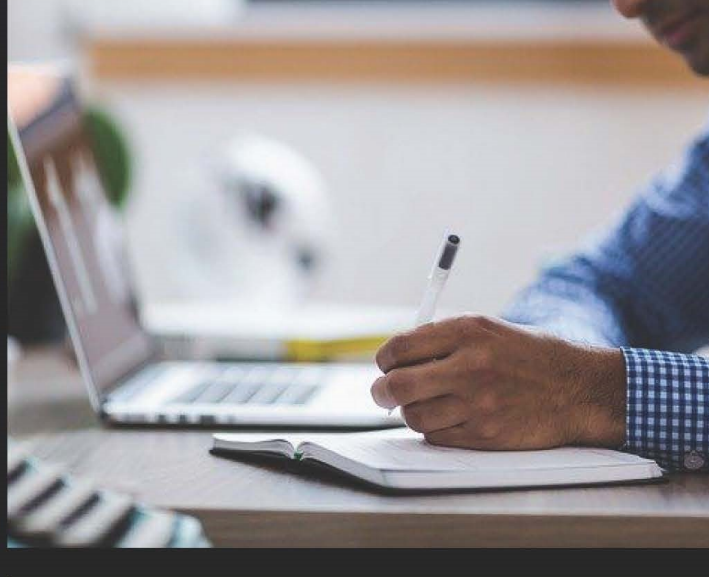


# MENTAL HEALTH FIRST AID IS NOW AVAILABLE VIRTUALLY!



## WHY MENTAL HEALTH FIRST AID?

- Mental health affects everyone.
- Like CPR, it's good to know what to do when someone is in crisis.
- You can raise awareness and reduce stigma.



## DETAILS



### Two Course Types Available:

- Adult
- Youth (teaches adults to help youth)



### Each Course Includes:

- Self-paced online learning
- Instructor-led training over Zoom



\$20 per person\*

Advance Sign-up **REQUIRED**



Some CEUs available

## LEARN MORE AND SIGN UP

[www.extension.purdue.edu/mhfa](http://www.extension.purdue.edu/mhfa)

## QUESTIONS?

Contact  
Purdue Extension: [mhfa@purdue.edu](mailto:mhfa@purdue.edu)

\*Supported by the Substance Abuse and Mental Health Services Administration (grant number 1 H79 T1081898-01 or T1083276), as grant funds are available. Purdue University is an equal access/equal opportunity institution.

