

NIA PRESENTS:

# Rest & Reset

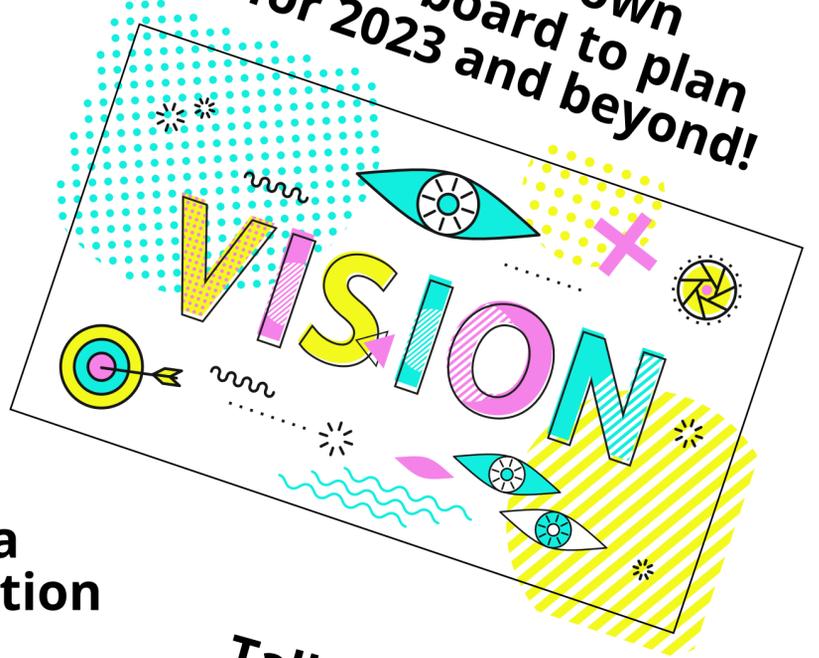
**A post-exam opportunity for African American youth in Kenosha County to relax, reset, and envision your future!**

**Decompress after finals and midterms with therapy dogs!**



8th-12th graders welcome!

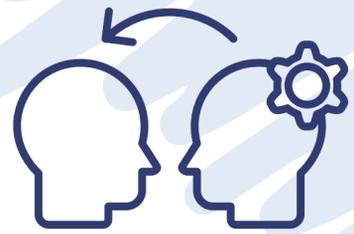
**Create your own vision board to plan for 2023 and beyond!**



**Participate in a guided meditation**



**Talk with mentors about your educational and career goals**



**Enjoy dinner and ice cream!**



God's Kitchen of Kenosha

**Thursday, January 19, 2023, 4:30-6pm**  
**Kenosha Southwest Neighborhood Library**  
**7979 38th Ave, Kenosha, WI 53142**

This event is free of charge. For more information, please contact Extension Kenosha County Youth Educator, Erica Ness (262) 857-1934, [erica.ness@wisc.edu](mailto:erica.ness@wisc.edu). This material and/or activity is not sponsored by KUSD or its personnel.



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# Kenosha

# NIA: PATHWAYS & PURPOSE FOR THE FUTURE

**Nia** is a UW-Madison Division of Extension program designed for **8th-12th grade** youth in the Black community to explore their skills, interests, and options for after high school. Nia provides **training** and **resources** youth need to pursue their **career and higher-educational goals**. While in Nia, youth have the opportunity to work with local mentors and learn about college, professional training, and work options in a fun, hands-on way as they prepare for their futures. "**Nia**" is a Swahili word meaning purpose, and that is what we strive to help young people find!

**Nia** will meet at the Kenosha Southwest Neighborhood Library from 4:30-6pm on the following dates this Spring:

## **Thursday, January 19, 4:30-6pm: Rest & Reset**

Young people gather to relax after a busy week of exams with food and ice cream and the opportunity to play with therapy dogs, meditate, socialize, and create a vision board to plan for 2023 and beyond!

## **Thursday, February 16, 4:30-6pm: Career, College, and Leadership Fair**

An opportunity for young people to connect with professional and leadership opportunities in the community. This includes, local colleges, employers, young professionals, and youth-serving institutions.

### **Other Future Dates:**

March 16

May 18

Summer 2023!!

(No meeting for April 20 following KUSD Spring Break)

**The Nia program is a partnership between UW-Madison Division of Extension and the Kenosha Public Library.**

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