



Extension

UNIVERSITY OF WISCONSIN-MADISON
KENOSHA COUNTY

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News release

FOR IMMEDIATE RELEASE

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Nia career program to host ‘Rest and Reset’ event

University of Wisconsin-Extension in Kenosha County and the Kenosha Public Library’s Nia: Pathways and Purpose for the Future program is hosting the “Rest and Reset” event to help African American youth in 8th-12th grade relax after finals and start envisioning what’s next for them this year.

At the Kenosha Southwest Neighborhood Library from 4:30-6 p.m. on Jan. 19, therapy puppies will help youth destress after exams, God’s Kitchen will provide delicious dinner for youth to share, and Dr. Monica Cummings of Bradford Unitarian Universalist will host a guided mediation. Extension will lead a vision board creation workshop, supporting youth in mapping out their goals and plans for 2023 and beyond.

This event is free of charge and no sign up in advance is required.

The “Rest and Reset” event is a component of Nia: Pathways and Purpose for the Future, a collaboration between the University of Wisconsin-Madison and the historically Black university North Carolina A&T, to support Black and Brown youth in 8th-12th grade across the two states to find their purpose after high school. Following this event, Nia will continue to host skill-building events with local partner Kenosha Public Library every third Thursday of the month from 4:30 to 6p .m.

The sign up form for Nia can be found at <https://kenosha.extension.wisc.edu/youth/nia-pathways-and-purpose-for-the-future-kenosha-county/>. To learn more about the Nia program or about Extension’s other youth leadership initiatives, please contact Extension Educator Erica Ness at erica.ness@wisc.edu or 262-857-1934.

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