



Nebraska Extension in Seward County developed strong partnerships to provide programming to its residents. 126 professional development credits were awarded at no cost to early childhood professionals.

CHIME “has made me look at life differently,” remarked a program participant. Sponsored by the ESU6 and Seward County’s Communities for Kids, this 8-week mindfulness program offered stress reduction strategies for early childhood professionals. Each participant enjoyed a sponsored meal, necessary educational materials, and earned 16 professional development credit hours at no cost, a value of approximately \$1,500. The profound impact of the program is evident in participants’ feedback: “Increased self-awareness that enables me to respond to others in a healthier way” and “Better than therapy.”

Programs At-A-Glance

- 235 youth participated in 4-H Career Exploration programs in Seward County.
- Discover Careers: 79 8th graders participated. Connecting the Dots: 156 9th graders completed.

2,237

Total Youth participation in 4-H Programs in 2023

136

Private applicators attended pesticide trainings in Seward County

\$2,315.75

value added to the community by 6 Master Gardeners in Seward County

STRENGTHEN NEBRASKA AGRICULTURE & FOOD SYSTEMS

INSPIRE NEBRASKANS & THEIR COMMUNITIES

ENHANCE THE HEALTH & WELLBEING OF ALL NEBRASKANS

