



Green County United Prevention Professionals for Youth (GUPPY) Meeting Minutes

Friday, November 13, 2020

1:00 PM

Virtual Zoom meeting

Learning to Breathe (Hannah McMunn -- UW-Extension)

- Evidenced-based mindfulness curriculum
- Ages 10 through young adults
- Can be taught in a small group or classroom setting
- Hannah is available to lead groups using this curriculum (usually delivered in person, but currently being delivered virtually)
- See handouts that Hannah emailed for more information

Intentional Networking

- **UW-Extension:**
 - 4-H program enrollment deadline is December 1st.
- **SARP:**
 - SARP is re-forming an anti-human trafficking task force -- email Krista if you are interested in being part of this.
- **FAITH Addiction Awareness**
 - Please reach out to Mary if there is something that FAITH can help sponsor related to mental health/addiction in schools.

