

2023 - SEPTEMBER & OCTOBER PROGRAMMING IN MACOMB COUNTY



MSU EXTENSION – WHAT IS IT?

Simply put, Michigan State University Extension helps people improve their lives. We do this by providing people with the information they need to do their jobs better, raise healthy and safe families, build their communities and empower their children to dream of successful futures.

We do this by hosting in-person and online educational programs and events throughout the year on topics such as health and nutrition, agribusiness, financial education and public policy. MSU Extension brings the vast knowledge resources of Michigan State University directly to individuals, communities and businesses.

And we've been doing it for over 100 years.

TIME – WHO HAS IT?

Who has time to take a class, or two, or three nowadays? Everyone is busy with school, work, family responsibilities and sports activities. Few have the luxury of time anymore.

With this in mind, we have organized this month's program guide based on the length of the courses offered and whether the course is offered in-person or online.

There are quick and easy 30-minute programs, 1-hour classes and longer programs (over 1 hour) as well as series of classes that meet in multiple sessions.

May this organizational outline help you find a class (or two) in this program guide that interests you and fits into your busy schedule.

THE BEAUTY OF THE FALL SEASON

As our long sunny days begin to shorten ever so slightly, we are reminded of what makes living in Michigan so special – our four seasons. With the approaching autumnal solstice, we'll begin to hear the crows cawing a bit more frequently, we'll don a light jacket or sweater here and there, and we'll watch the leaves change into vibrant hues. The lazy days of summer may be waning but there are many fall traditions and customs in Macomb County to keep us active for weeks to come: walks along pumpkin patches, navigating corn mazes, hayrides, drinking hot apple cider and consuming freshly baked donuts. Day trips to Macomb County's farms and cider mills. These activities bring out the child in all of us.

Happy Fall to you all!

**With Support from
Mark A. Hackel, Macomb County Executive
and your Macomb County Commissioners**

The staff of MSU Extension:

District Director – Richard Wooten
Office Manager - Carolyn Doak

Program Assistants:

- 4-H Roberta Busquaert
- Public Policy and Consumer Horticulture Meghan Cassidy
- Home Ownership and Financial Education Mickie Boczkowski and Lisa McColeman

Macomb County In-Person Events

(Pre-registration is required for all MSU Extension events)

Clinton Township

[GEOLOGY OF MACOMB COUNTY SOILS](#)

October 30, 2023, 7:00PM – 8:00PM

VerKuilen Building, Entrance E, Assembly Rooms A & B

21885 Dunham Road, Clinton Township, MI 48036

A lecture about soils in Southeast Michigan and the importance of soil health to the garden.

Course Fee: \$3.00

Macomb Township

[BRIEF PRACTICES IN MINDFULNESS](#)

September 19, 2023, 10:00AM – 11:30AM

Marvin Blank Senior Center, 586-992-2900 ext. 2800

51210 Alma Drive, Macomb, MI 48042

Come learn about and experience a variety of mindfulness practices to use every day – including mindful breathing, grounding, ways to quiet your mind, brief body scan, mindful walking and forest guided meditation and seated meditation. The instructor will help you develop a plan for your own personal practices. Call or go online at [Registration Info | Macomb, MI \(macomb-mi.gov\)](#) to register.

Shelby Township

[BRIEF PRACTICES IN MINDFULNESS](#)

October 8, 2023, 5:30PM – 6:30PM

Burgess-Shadbush Nature Center, 586-731-0300 or 586-323-2478

4101 River Bends Drive, Shelby Township MI 48317

Learn about a variety of mindfulness practices to use every day including mindful breathing, grounding, ways to quiet your mind, brief body scan, mindful walking and forest guided meditation and seated meditation. Develop a plan for your own personal practices. Call 586-731-0300 or 586-323-2478 or go online to register. Registration closes on 10/07/2023.

[LAUGHTER IS THE BEST MEDICINE](#)

October 17, 2023, 10:00AM – 11:00AM

Shelby Township Senior Center, 586-739-7540

14975 21 Mile Road, Shelby Twp, MI 48315

Laughter is the Best Medicine explores the social, emotional, mental, and physical benefits of laughter. Registration opens two weeks before the program's start date. Call (586) 739-7540 or go online to register. Refreshment fee.

[BEGIN WITH A BREATH](#)

October 26, 2023, 6:00PM – 7:00PM

Burgess-Shadbush Nature Center, 586-731-0300 or 586-323-2478

4101 River Bends Drive, Shelby Township MI 48317

Introduces participants to the experience and practice of mindfulness, with a goal of reducing stress and using mindfulness skills to feel better. Stress Less with Mindfulness is a program authored by West Virginia Extension. Register by phone or go online at register.shelbytwp.org.

Macomb County In-Person Events (continued)

Sterling Heights

[MAINTAINING HEALTH DURING CHALLENGING TIMES](#)

September 18, 2023, 3:00PM – 4:00PM

Sterling Heights Public Library, 586-446-2640

40255 Dodge Park Road, Sterling Heights, MI 48313

Learn to recognize the ways our health is affected mentally, socially, and physically and finding ways to take action to assure optimal health. Register by phone.

[CHANGING NEGATIVE SELF TALK](#)

October 12, 2023, 5:00PM – 6:00PM

Sterling Heights Public Library, 586-446-2640

40255 Dodge Park Road, Sterling Heights, MI 48313

Learn about the brain's negativity bias and how it affects our response to stress. Learn the benefits of positive self-talk and explore tools for dealing with negative self-talk. To register, phone or go online at [Changing Negative Self-Talk | Sterling Heights Public Library \(mylibrary.digital\)](#).

Registration opens two weeks before the program's start date.

[CARING FOR THE CAREGIVER – CHALDEAN COMMUNITY FOUNDATION](#)

October 13, 2023 12:00PM – 1:00PM

3601 15 Mile Road, West Classroom #1, 586-772-7253

Sterling Heights, MI 48310

During this workshop we explore the many ways informal caregiving affects a caregiver's mental and physical health. Learn the importance of self-care for caregivers. Practice strategies for self-care. This is a free class. To register, call Breaking Barriers Department at (586) 722-7253.

Warren

[8-HOUR SERVS SAFE® MANAGER TRAINING](#)

September 19, 2023, 9:00AM – 5:00PM

Thompson Community Center, Room 109

11370 Hupp Avenue Warren, MI 48089

MSU Extension offers 8-hour ServSafe® training, which is a national certification program. This class is designed for anyone working in the food service industry, including non-profit organizations.

Course Fee: \$75.00. Materials extra.

[KEEP YOUR HOME 2023 \(MIHAF\)](#)

October 30, 2023, 2:00PM – 6:00PM

Thompson Community Center, Room 109

11370 Hupp Avenue Warren, MI 48089

Michigan Homeowner Assistance Fund (MIHAF) is a program with up to \$25,000 in financial assistance to homeowners who have experienced a Covid-19 related financial hardship.

Call 586-469-6430 to register for application assistance. *See flyer for additional details.*

Quick & Easy 30-minute Virtual Programs

WITS Workout

Activities for older adults to challenge their memory, recall, and problem-solving skills in an online group setting.

[THE WORLD OVER](#)

The activity themes in this session focus on world travel. The training component covers stress management.

October 2, 2023
10:00AM – 10:30AM

[TWO HEADS ARE BETTER THAN ONE](#)

The activity themes in this session focus on doubles or pairs. The training component covers socialization.

October 9, 2023
10:00AM – 10:30AM

[COMFORTS OF HOME](#)

The activity themes in this session focus on the comforts of home. The training component covers memory and recall.

October 23, 2023
10:00AM – 10:30AM

[STRONGERMEMORY](#)

StrongerMemory is designed to help older adults alleviate symptoms of mild cognitive impairment and early-stage dementia.

October 25, 2023
3:00PM – 3:30PM

[OUT WITH THE OLD IN WITH THE NEW](#)

The activity themes in this session focus on things old and new. The training component covers short-term memory.

October 30, 2023
10:00AM – 10:30AM

Food Safety Q&A

MSU Extension offers a variety of educational resources and programs in food safety.

[TAILGATING SAFETY](#)

September 18, 2023
1:00PM – 1:30PM

[USING FOOD THERMOMETERS](#)

October 2, 2023
1:00PM – 1:30PM

[PIE FILLING](#)

October 9, 2023
1:00PM – 1:30PM

[FOOD SAFETY RISKS OF UNPASTEURIZED CIDER](#)

October 16, 2023
1:00PM – 1:30PM

[BROTHS AND STOCKS](#)

October 23, 2023
1:00PM – 1:30PM

[FRUIT BUTTERS](#)

October 30, 2023
1:00PM – 1:30PM

Join our food safety educators as they dive into food safety topics each week and answer your questions.

1-hour Online Programs

Mindfulness

Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

[MINDFUL MONDAYS: BEGIN WITH A BREATH](#)

Learn about the benefits of mindfulness.

September 18, 2023
11:30AM – 12:30PM

[MINDFUL LUNCH & LEARN - BUILDING RESILIENCE TO AVOID BURNOUT](#)

Helping people learn ways to use mindfulness to manage everyday stress. Learn to recognize symptoms of burnout, discuss occupational burnout and build resiliency to avoid burnout.

[September 20, 2023](#)
Noon – 1:00PM or

[October 16, 2023](#)
11:30AM – 12:30PM

[MINDFUL MONDAYS: BE KIND TO YOUR MIND](#)

During the Be Kind to Your Mind workshop we will learn the importance of self-compassion for your thinking and how to "de-fuse" harsh thinking.

October 2, 2023
11:30AM – 12:30PM

[MINDFULNESS IN THE WORKPLACE](#)

Learn about how organizations benefit from a mindful work environment.

October 4, 2023
Noon – 1:00PM

[MINDFUL MONDAYS: BRIEF PRACTICES IN MINDFULNESS](#)

The goal of this workshop is to give participants a workshop with a variety of mindfulness practices to use every day.

October 9, 2023
11:30AM – 12:30PM

[MINDFUL LUNCH & LEARN - IMPORTANCE OF ADULT SIBLING RELATIONSHIPS & THEIR CAREGIVING JOURNEY](#)

Sibling relationships change as the years go by, one of the things that tends to bring siblings back together in later life is the need to care for aging parents.

October 18, 2023
Noon – 1:00PM

4-H Volunteers

Volunteer with Michigan 4-H and help grow true leaders in your community by empowering young people with skills to lead for a lifetime.

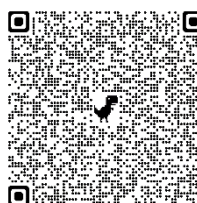
[MICHIGAN 4-H VOLUNTEER WEBINAR SERIES: HELPING YOUTH FIND THEIR SPARK](#)

Find out ways to help youth find their spark in their 4-H experience.

October 23, 2023
12:00PM – 1:00PM or
7:00PM – 8:00PM

Scan the QR Code to get the latest updates on MSU Extension programs including:

- New programs now open for registration.
- Additional program calendars.
- In-depth course descriptions.



1-hour Online Programs (continued)

Money, Finances, Retirement

Best practices to help people at any stage in their financial lives.

[EVERY PENNY COUNTS: SAVINGS STRATEGIES](#)

Where to find the money to save and ten strategies to make savings happen.

September 19, 2023
Noon – 1:00PM

[RETIREMENT MYTHS AND FACTS](#)

Thinking about what your future will look like? Reduce confusion about retirement and separate fact from fiction.

September 20, 2023
Noon – 1:00PM

[APPLYING FOR STUDENT LOANS](#)

This workshop will explore the financial options to pay for college.

September 21, 2023
Noon – 1:00PM

[MORTGAGE FORECLOSURE BASICS](#)

This webinar will describe the options to keep, sell or let foreclosure happen.

September 25, 2023
Noon – 1:00PM

Business, Agribusiness

MSU Extension works to increase people's success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

[MICHIGAN COTTAGE FOOD LAW Q&A](#)

Ask a Michigan Department of Agriculture and Rural Development Inspector your Michigan Cottage Food Questions

September 18, 2023
2:00PM – 3:00PM

[SAVVY TIPS FOR STARTING A SMALL BUSINESS](#)

The class provides financial tools to entrepreneurs and potential small business owners who are considering starting a new business.

September 20, 2023
4:00PM – 5:00PM

[FIELD CROPS VIRTUAL BREAKFAST: FALL WEED CONTROL](#)

A free, weekly series for farmers and agribusinesses on field crop topics. This session discusses fall weed control.

September 21, 2023
7:00AM – 8:00AM

[COMPUTER VISION IN PRECISION LIVESTOCK FARMING](#)

Learn and discuss computer vision – a non-invasive, low-cost technology that holds great promise for further advancing precision livestock farming.

October 17, 2023
10:00AM – 11:00AM

[FARM POLICY AND RISK MANAGEMENT - FRUIT](#)

Review the basics of insurance programs and how their use can benefit farm producers. Understand different policies, the ways each provides protection and the advantages offered by each.

October 17, 2023
6:30PM – 7:30PM



**Remember to
pre-register for your classes!**

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1-hour Online Programs (continued)

Mental Health and Physical Wellbeing

MSU Extension offers a variety of educational resources and programs in mental health and physical wellbeing.

[ABCS OF ACES](#)

Adverse Childhood Experiences, or ACEs, are significant childhood traumas that can impact health and wellbeing throughout the lifespan.

September 19, 2023
6:00PM – 7:00PM

[VIRTUAL FALLS PREVENTION SESSION ZERO: TAI CHI FOR ARTHRITIS AND FALL PREVENTION AND A MATTER OF BALANCE](#)

Many older adults experience concerns about falling and restrict their activities. Learn about falls prevention programs: Tai Chi for Arthritis and Fall Prevention and A Matter of Balance.

September 20, 2023
10:00AM – 11:00AM

[BUILDING RESILIENCE TO AVOID BURNOUT](#)

During this workshop we will learn to recognize symptoms of burnout. Discuss occupational burnout and how to build resiliency to avoid burnout.

[September 20, 2023](#)

Noon – 1:00PM or

[October 16, 2023](#)

11:30AM – 12:30PM

[MINDFUL LUNCH & LEARN - BE KIND TO YOUR MIND](#)

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

October 25, 2023

Noon – 1:00PM

[RELAX: ALTERNATIVES TO ANGER FOR PARENTS & CAREGIVERS](#)

This interactive workshop for parents and those who provide care for young children is designed to help adults increase their knowledge about anger and strong emotion in young children and the developmental stages of social emotional self-control.

October 30, 2023

11:30AM – 12:30PM

Food Safety

MSU Extension offers a variety of educational resources and programs in food safety.

[PRESERVING MI HARVEST-PRESERVING CORN, IT'S "A-MAIZEING"](#)

Corn is a summer produce staple. This session will discuss various ways to preserve corn.

September 21, 2023
1:00PM – 2:00PM or

6:00PM – 7:00PM

Public Policy Online Programs

ANNUAL CASE LAW AND LEGISLATIVE UPDATE 2023

September 19, 2023, 12:30PM – 1:45PM

This program will highlight major land use court cases of the past twelve months and explain the significance to your planning and zoning frameworks and decision making.

2023 MASTER CITIZEN PLANNER LIVE WEBINAR SERIES

This webinar series is designed to offer continuing education for Master Citizen Planners in a convenient online opportunity and is open to all planning and zoning officials.

- September 21, 2023 6:30PM – 7:30PM Local Hazard Mitigation Planning: Saving Lives One Plan at a Time
- October 19, 2023 6:30PM – 7:30PM Mending Communities through Reuse of Land and Storytelling

Online Youth & Young Adult Programs

ADULTING 101

Michigan State University Extension's Adulting 101 programs help teenagers and young adults demystify the obscure reality of being an “adult” through engaging educational sessions. FREE sessions are offered monthly.

- September 18, 2023 5:00PM – 6:00PM Your Words can make a Difference
- October 18, 2023 6:00PM – 7:00PM Wealth Building
- November 8, 2023 6:00PM – 7:00PM Workplace Professionalism

A BALANCING ACT: SCHOOL, WORK, AND SOCIAL LIFE

September 28, 2023, 5:00PM – 6:00PM

This free class will help youth and young adults learn important skills to balance school, work, and social life by building skills related to organization and prioritization.

Contact Us

msue@macombgov.org

Clinton Township

VerKuilen Building, Entrance E
21885 Dunham Road, Suite 12
Clinton Township, MI 48036
586-469-6440

Warren

Max Thompson Family Resource Center
11370 Hupp Street
Warren, MI 48089
586-469-7614

Extended Length Programs (1-hour+ Online)

[EXTENSION EXTRAS PARENTING HOUR: THE RESILIENCE TOOLBOX](#)

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the challenges, joys, and concerns of parenting.

September 19, 2023
8:00PM – 9:30PM

[PANTRY FOOD SAFETY - IT'S YOUR JOB](#)

MSU Extension educators present food safety topics for volunteers and staff working in food pantries and food banks.

[September 20, 2023](#)
9:00AM – Noon

[October 17, 2023](#)
9:00AM – Noon

[HOMEOWNERSHIP EDUCATION WEBINAR \(MSHDA\)](#)

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process.

September 20, 2023
1:00PM – 5:00PM

[MICHIGAN COTTAGE FOOD LAW](#)

Food safety practices related to producing cottage foods and how to start a cottage food business.

[September 20, 2023](#)
2:00PM – 4:00PM or

[October 11, 2023](#)
6:00PM – 8:00PM

[SAFE FOOD = HEALTHY KIDS ONLINE CLASS](#)

An interactive food safety workshop for childcare providers.

October 3, 2023
6:00PM – 9:00PM

[DIABETES PERSONAL ACTION TOWARD HEALTH \(PATH\) - ONLINE DIABETES SELF-MANAGEMENT PROGRAM](#)

The Stanford Chronic Disease Self-Management Program (Diabetes PATH in Michigan) was developed and tested by Stanford University to help people learn techniques and strategies for the day-to-day management of diabetes.

October 11, 2023
1:00PM – 3:00PM

[FISCALLY READY COMMUNITIES NUTS AND BOLTS: FEES, FINES, PURCHASING, AND RECEIPTING](#)

MSU Extension and the Michigan Department of Treasury will share why fees, fines, purchasing, and receipting are important for fiscal health.

October 11, 2023
1:30PM – 3:00PM

[MENTAL HEALTH FIRST AID](#)

The Virtual Mental Health First Aid certification course is for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crisis.

October 17, 2023
8:30AM – 4:30PM or

October 24, 2023
8:30AM – 4:30PM

Extended Length Programs (1-hour+ Online) continued

COOKING FOR CROWDS

Food safety information for volunteer food handlers like those in churches, school clubs, 4-H clubs and civic organizations. You will receive a food safety participation certificate upon completion of the workshop.

October 18, 2023
6:00PM – 9:00PM

POWERFUL TOOLS FOR CAREGIVERS

An evidence-based program designed to equip caregivers with a range of self-care tools to help them reduce personal stress and communicate effectively with family members and healthcare providers.

October 24, 2023
10:00AM – 11:30AM

CRITICAL CONVERSATIONS IN MICHIGAN TOURISM . . .SEASONAL WORKFORCE HOUSING

This 90-minute webinar will explore trends and policy tools for communities to consider related to workforce housing.

October 26, 2023
6:30PM – 8:00PM



Did you know ?

In 2022, 1,144 Macomb County residents participated in SNAP-Ed programs, such as Eat Healthy Be Active, Cooking Matters, Senior Project FRESH, and Show Me Nutrition.

In 2022, 531 residents participated in financial homeownership education programs such as Surviving and Thriving on a Fixed Income, Savvy Tips for Starting a Small Business, Retirement Myths and Facts, Protecting your Identity, Property Tax Foreclosure Basics, Informed Renter, and more.

In partnership with the Macomb County Treasurer's Office, 121 residents facing tax foreclosure received free financial coaching and budgeting education.

In 2022, more than 1,000 Macomb County residents participated in gardening programs including: Extension Master Gardener College, Cabin Fever conversations, Smart Gardening with Vegetables 101, and workshops on pruning, container gardening, planting deer resistant bulbs and landscapes, and more.

In 2022, 2,977 residents participated in Macomb County health and nutrition programs.

Series Programs (multiple meetups)

<p><u>SLEEP EDUCATION FOR EVERYONE PROGRAM</u> SLEEP is a virtual workshop designed for those looking for more sleep or better quality of sleep.</p>	<p><u>October 3, 2023, – November 7, 2023</u> 1:30PM – 2:00PM</p>
<p><u>TAI CHI FOR ARTHRITIS PART 1 (Beginner class)</u> Join Us in a Beginners Class in Tai Chi for Arthritis Part 1</p>	<p>September 11, 2023 – November 8, 2023 Mondays & Wednesdays 9:00AM – 10:00AM</p>
<p><u>STRESS LESS WITH MINDFULNESS COFFEE HOUR SERIES</u> This series introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Explore some basics such as breathing, moving, eating, walking, thought surfing, taming your busy mind, and laughing.</p>	<p><u>September 18, 2023 – September 23, 2023</u> 8:00AM – 9:00AM</p> <p><u>October 4, 2023 – November 1, 2023</u> 10:30AM – 11:30 AM</p> <p><u>October 5, 2023 – October 26, 2023</u> 8:30AM – 9:30AM</p>
<p><u>VIRTUAL MENTAL HEALTH FIRST AID</u> The Virtual Mental Health First Aid certification course is for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crisis.</p>	<p><u>September 20, 2023 – September 21, 2023</u> 8:30AM – 12:30PM</p> <p><u>October 11, 2023 – October 12, 2023</u> 12:30PM – 4:30PM</p>
<p><u>HACCP CERTIFICATE TRAINING</u> This food industry workshop is a certificate training course accredited by the International Hazard Analysis and Critical Control Point (HACCP). \$450.00 Course Fee</p>	<p>October 3, 2023, – October 5, 2023 8:00AM – 5:00PM</p>
<p><u>RELAX: ALTERNATIVES TO ANGER SERIES</u> How individuals handle their anger and stress affects the people around them. Learn ways to improve how you manage anger and stress.</p>	<p><u>October 3, 2023 – October 24, 2023</u> 8:00AM – 9:00AM</p> <p><u>October 30, 2023 – November 2, 2023</u> 8:00AM – 9:00AM</p>
<p><u>A MATTER OF BALANCE OCTOBER 10 to DECEMBER 5</u> This program teaches practical ways to manage falls.</p>	<p>October 10, 2023 – December 5, 2023 9:30AM – 11:30AM</p>
<p><u>CHRONIC PAIN (a PATH series)</u> Personal Actions Toward Health is a series of 7 sessions designed to help participants manage chronic conditions.</p>	<p>October 11, 2023 – November 22, 2023 Weekly on Wednesdays 9:30AM – 11:30AM</p>
<p><u>SAFE FOOD = HEALTHY KIDS ONLINE CLASS</u> Safe Food = Healthy Kids is an interactive food safety workshop for childcare providers.</p>	<p>October 16, 2023 – October 17, 2023 1:00PM – 2:30PM</p>

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.



KEEP YOUR HOME 2023

Join Us! Application Assistance:

*October 30th - 2 pm to 6 pm
Thompson Community Center
11370 Hupp Ave
Warren, MI 48089

*December 1st - 1 pm to 5 pm
Verkuilen Building
21885 Dunham Rd
Clinton Township, MI 48036

Pre-registration is appreciated.

Call 586-469-6430 to register.

Lawrence Rocca
Macomb County Treasurer



Michigan Homeowner Assistance Fund (MIHAF)

A program with up to \$25,000 in financial assistance to homeowners who have experienced a Covid-19 related hardship.

- Property Taxes
- Mortgages
- Utilities
- Condo/HOA Fees
- Land Contract Payments
- Homeowner's Insurance

Please bring these items for ALL Adults in the household:

- **Proof of Identification** (Driver's License, Passport or picture Government ID)
- **Social Security Number** (card or tax form)
- **Proof of Income** (a month of recent pay stubs, Social Security Award Letter, income statement)
- **Proof of Delinquency** (past due bills/statements)



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MSU Extension Presents: Online - Extension Extras Parenting Hour The Resilience Toolbox

DATE :
September 19, 2023

TIME:
8:00pm to 9:30pm

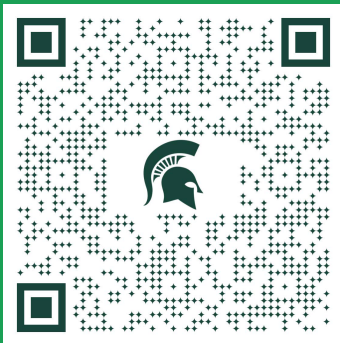
FREE

Download Zoom:

<https://zoom.us/download>

Register at:

https://msu.zoom.us/webinar/register/WN_J46cnBPnQLWjDeTk2gs59g



For more information or accommodations* contact:

Courtney Aldrich
aldric82@msu.edu
(517) 993-8649



DESCRIPTION:

September 19: The Resilience Toolbox

Prolonged or intense stress can have lasting negative impacts in the development of young children. Children with resilience are better able to manage this stress and work towards healthy and successful outcomes. Stocking up your resilience toolbox empowers you to help children learn to manage the stressors in their lives and give them the skills, tools and know-how to deal with whatever life throws at them. Learn about resilience and its importance, understand how stress affects children, learn protective factors to support resiliency, and identify specific strategies to build resilience in children. Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the challenges, joys, and concerns of parenting.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_J46cnBPnQLWjDeTk2gs59g

Choose September 19 to register for The Resilience Toolbox.

After registering, you will receive a confirmation email containing information about joining the meeting.

*** Accommodations should be requested no later than 2 weeks before class**

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Geologic History of Macomb County and Its Role in Gardening



Soil health is essential to all plants and trees, and the right soil conditions and nutrients allow gardens to thrive. Join MSU Extension for a 1 hour in-person lecture on the geology of Macomb County and its influence on our gardening successes and challenges.

Registration is open.

Cost: \$3, payable by credit card online

Register at <https://events.anr.msu.edu/soils/>

About the Instructor

Jim Selegan, Ph.D. is an engineer with the U.S. Army Corps of Engineers in Detroit and lab director of their Sediment Lab. He also has faculty appointments at Wayne State University in the Geology and Environmental Science Department and the Civil and Environmental Engineering Department. He was a graduate of the 2006 Macomb County Master Gardeners program (advanced MG in 2009) and owner of Pasquale's Nursery in Clinton Twp.

October 30, 2023
7 - 8 p.m.

MSU Extension - Macomb office
VerKuilen Building, Entrance E
21885 Dunham Road
Assembly Rooms A & B
Clinton Twp, MI 48036

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