



THE FOGHORN

Family Living Education



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Farm Family Stress



UW-Extension has resources to help your family cope with the pressures of farm life. Topics include:

- Farm Stress and Resiliency
- Keys When “Married” to Farm Stress
- Helping Farm Men Under Crisis

Please visit our webpage at <https://kewaunee.uwex.edu/mental-health-awareness-and-education/farm-stress/>

Kewaunee County HCE Scholarships Now Open

Barbara Hartjes Memorial Scholarship:

This \$1,000 scholarship is given in memory of one of our members to a high school senior intending to enroll or a full-time student in a Bachelor's Program at any college or university or two-year Associate Degree Program at any technical college. It is open to all careers of residents of Kewaunee County. Applicants can reapply if not a recipient of the scholarship.

Kewaunee County HCE Scholarship:

This \$500 scholarship is available to an HCE member, child of a Kewaunee County HCE member, or a grandchild of an HCE member. The recipient must be currently enrolled or a high school senior intending to enroll as a full-time student in a Bachelor's Program at any college or university or a two-year Associate Degree Program at any technical college. Applicants can re-apply if not a recipient of this scholarship.

Scholarship Opportunities – Applications available at <https://kewaunee.uwex.edu/family-living/hce/>



A Workshop for Parents

Powerful Tools
FOR Caregivers

Of Children with Special Needs

This workshop teaches strategies for taking better care of yourself while you are caring for a child (including adult children) with special health or behavior needs. This six-week long workshop will help you:

- Reduce stress
- Improve self-confidence
- Communicate feelings better
- Increase your ability to make tough decision
- Deal with anger, guilt, and depression
- Locate helpful resources

Class meets for 2 hours once a week, for 6 weeks.

Upcoming Workshop Dates & Location:

Dates: Thursdays, February 7—March 14, 2019
Time: 5:45-7:45 pm
Location: St. John Lutheran Church, 700 Heritage Road, Luxemburg, WI

A light meal and snacks provided.

Child care may be provided, please request when registering.

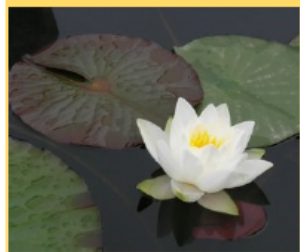
Cost: Suggested \$10 donation to offset cost of the workbook

Deadline to Register: February 1, 2019

Register by calling: Renee Koenig at 920-388-7137 or
Lisa Van Remortel at 1-877-416-7083

Funding may be available to help reimburse the cost of respite care.

Reasonable accommodations will be made for disabilities. Please contact the ADRC at least 5 days before the workshop starts. No refunds after first day of class.



We never stop being parents. Like parenting, caregiving is easier when you're better prepared to face the challenges that arise.

Taking care of your own physical & emotional needs better equips you to care for your child. We are here to help you achieve this balance.



Raising a Thinking Child

If you are a parent of a 4-7 year-old and your child has the following:

- Temper tantrums
- Difficulty making or keeping friends
- Impatience or interrupting
- Not listening



Then the **Raising a Thinking Child** workshop may be just right for you! This evidence-based workshop series will help you guide your child to understand feelings, think about consequences and solve common, everyday problems by communicating with your child through fun games.

Help your child learn *how* to think, not *what* to think.

Contact Renee Koenig at 920-388-7137 or renee.koenig@uwex.edu for details.



Workshops and Trainings

Stress and Brain Health Workshop

February 13, 2019

10:30 a.m. – 12:00 p.m.

Location: Kewaunee County Administration Center, 810 Lincoln Street, Kewaunee, WI

Presented by Renee Koenig, Family Living Educator, UW-Extension

Learn about the effects of stress on your health and how to deal with stress in a healthy way.

Call to pre-register: 920-388-7137

Civility Training

March 19, 2019

10:30 a.m.

Presented by Cathy Pabich

Location: Kewaunee County Administration Center

Call to pre-register 920-388-7137

Upcoming Parenting Classes

Co-Parenting Class -

- February 21 at 12:30-3:30 in Manitowoc

This class is an educational program for parents who are experiencing divorce or separation or parents who have never married and are dealing with issues of paternity, parenting time or child support. Parents are urged to work out family transition decisions without putting their children in the middle or forcing the children to choose one parent over the other. The program looks at how family change affects children, co-parenting, communication and conflict.

The goals of the program are to:

- Eliminate parental conflict in front of children.
- Keep the children out of parents' issues.
- Provide children with access to both parents.
- Put the best interests of the children first.

For more information, contact Renee Koenig, at renee.koenig@uwex.edu.