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Join us and begin planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics listed on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life planning.

Who is the program for?

This program is for people who:

- Want to create end-of-life plans to make things easier for family members and to ensure their wishes are honored
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Tuesdays, September 19th - November 7th, 2023, virtually via Zoom from 11am to noon.

****September 19th is a required tech check****

Please register at: <https://go.wisc.edu/i0h3f7> by Monday, September 11th. Connection information will be sent to registered participants. Space is limited.

Contact us for more information

For more information, contact Life Span Program Manager, Sara Richie by email at sara.richie@wisc.edu.

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

We are offering a statewide virtual Planning AHEAD series starting on September 19th. This virtual series will be held via zoom Tuesdays from 11am - noon, September 19th through November 7th.

Visit <https://aging.extension.wisc.edu/> for more information on Life Span programming in Wisconsin.

Resilient Co-Parenting classes



About the Classes

The Resilient Co-Parenting classes are for parents or caregivers who are raising their children together while living apart. These classes are a source of ongoing support for co-parents as they continue their journey. Anyone can join!

Class topics include:

- Having difficult conversations
- Helping children with strong emotions
- Coping with stress during big changes

How Do I Join a Class?

All class are free. Join us the first Thursday of each month at 7 PM. Classes are virtual on Zoom. **Register here:** <https://parenting.extension.wisc.edu/co-parenting/>

Youth Mental Health First Aid

Mental Health First Aid is a program that teaches participants how to identify, understand and respond to signs of mental illness and substance use disorders. The program gives participants the skills and confidence to provide initial support to those who are experiencing a crisis in their community.

You can register by visiting the link below.

We invite you to contact us at YouthHealth@extension.wisc.edu if you'd like to request a training for you and your community.

Youth Mental Health First Aid -
September 22nd, 2023 - 9:00am - 3:00pm Virtual

<https://t.e2ma.net/click/q6vnvi/ykgne6l/a29uh8>

Strong Feelings

Strong Feelings is a 6-part series designed to help adults understand and respond to children's strong feelings using emotion coaching. Supporting children's emotions helps them feel better, manage their behavior, and feel closer to caring adults. Each video reviews a different aspect of emotion coaching. We've also provided additional resources to learn more about children's strong feelings and to talk about emotions with children.

Want to share the *Strong Feelings* emotion coaching resources? Visit <https://parenting.extension.wisc.edu/strong-feelings/> for resources to help.

The Strong Couples Program

Having a strong relationship with your romantic partner can be hard. And when you need help, finding trustworthy support can be difficult. The Strong Couples Program can help.

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach.

The Strong Couples Program is free! You can start any time.



This program is for couples together six months or longer in all life stages. This educational program is NOT counseling. The program teaches couples to use tools that improve their relationship.

Register: <https://parenting.extension.wisc.edu/strong-couples/>



Aging-Friendly Kewaunee County

We want to hear from you!

Please join us and help make Kewaunee County an Aging-Friendly place to live. Our group meets monthly. We discuss ideas and plan strategies to help our neighbors stay healthy and active in our county.

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

