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Notice a family member, friend or neighbor who is “not themselves” lately? Feel unsure of how to check in with them?

COMET™ provides participants with a guide on how to do the following:

- Start a conversation that could be potentially emotional
- Be present and supportive but not “fix it”
- Exit the conversation gracefully by offering resources, follow-up or next steps

Rural communities and farm families value supporting each other in times of need and that should extend to those who are in a vulnerable emotional state. What better way to show you care than to provide a listening ear?

COMET™ empowers friends and neighbors to be more prepared to support others’ mental health needs – especially before a crisis occurs.



Training location:
Virtual, through the Zoom Platform

Training time:
Tuesday, April 16, 2024; 12:30 – 2:30 pm

Brought to you by:
UW Extension and Farm Well Wisconsin

Registration information:
<https://bit.ly/COMETApril2024>



How to help kids be ready to stay home alone

Is your child ready to stay home alone? Use these videos and activities to get kids ready to stay home alone.

<https://fyi.extension.wisc.edu/homealone/>



Focus on Fathers

Connect with other fathers while learning to boost your child’s social and emotional skills.


We offer 1-hour online sessions most months of the year.

Our sessions include:

- Building strong relationships through communication
- Strategies to teach children about feelings
- Helping children stand up for themselves and more!

Focus on Fathers is based on the [CASEL framework](#) of social and emotional learning. You can learn more about social and emotional learning in childhood via our [Raising Caring Kids articles](#).

How Do I Sign Up?
Please register in advance. [Sign Up Here. https://parenting.extension.wisc.edu/classes-for-fathers/](https://parenting.extension.wisc.edu/classes-for-fathers/)



Strong Couples Program
Rediscover your passion

Being in a relationship is not always easy—love takes learning. Whether you need help or just want to strengthen your relationship, finding trustworthy support can be difficult. UW-Madison Division of Extension is partnering with the University of Illinois Extension to provide an educational program for couples here in Wisconsin. This Strong Couples program uses proven tools that increase relationships and individual well-being.


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.
- Free!

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

Financial Education

UW-Madison Division of Extension’s Financial Education program helps families and individuals across the state achieve financial well being – keeping pace with day-to-day expenses, reaching financial goals, planning for life’s unexpected events and securing their financial future. Learn more at <https://finances.extension.wisc.edu/>



Resilient Co-Parenting


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

Visit <https://parenting.extension.wisc.edu/files/2023/12/2024-RCP-first-half-flyer.pdf> for more dates.

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://go.wisc.edu/90u83c>



How to parent in 5 minutes or less.
Want a quick way to learn more about your kid? Browse our collection of short videos for tips on how to parent and how to better understand kids.

https://www.youtube.com/playlistlist=PLWYkTfJ_LDJbXxv5xDo1QA5WudpXpi1wn



Kewaunee County
Aging-Friendly
MASTERY MAKER

Mastery Makers

The Aging-Friendly Kewaunee County coalition has been meeting to address the needs of our older population. One of our key objectives is to reduce loneliness and its negative impact on health by promoting volunteer work and social activities. We created short videos that highlight the Mastery Makers who are over age 60 and making a positive influence in our county. <https://kewaunee.extension.wisc.edu/families-finances-wellness/mastery-makers/>