




**Renee Koenig, Human Development and Relationships Educator**  
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## Strong Couples

Being in a relationship is not always easy, even if you are married for many years or just starting out. Love takes learning. Whether you need help or just want to strengthen your relationship, finding trustworthy support can be difficult. UW-Madison Extension provides an educational program for couples. The 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 friendship.
- Five brief video calls with a trained coach.

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

# RESILIENT CO-PARENTING


A series of topic-specific classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

- January 2 – Families Fighting Fair**  
 Learn how to manage conflicts with your co-parent in a way that benefits your children. This session covers positive conflict management, compromise, reframing, and active listening.
- February 6 – Successful Stepfamilies**  
 Blended families have unique parenting challenges. Discover ways to ease the transition for your children and address these challenges effectively.
- March 6 – Co-Parenting Teens**  
 Teenagers need ongoing support to grow into happy, healthy adults. Learn cooperative co-parenting techniques to help your teen build positive family relationships, a healthy lifestyle, and community connections.
- April 3 – Help Children with Strong Emotions**  
 Children feel a range of emotions during separation or divorce. Find out how to support them through these strong emotions, reduce their stress, and build their emotional intelligence.
- May 1 – Parenting from a Distance**  
 Parenting from a distance can be tough. Learn how to stay connected with your children when you live apart and make the most of your time together.
- June 5 – Healthy Coping during times of Transition**  
 Co-parenting stress can be overwhelming. Discover strategies from the WeCOPE curriculum to reduce stress, increase positive feelings, and improve health behaviors.


**7:00-8:00 pm over Zoom**  
**1st Thursday of each month**  
**in 2025!**

Scan code or use link to register!  
[go.wisc.edu/21t6cz](https://go.wisc.edu/21t6cz)



## RAISING WISCONSIN'S CHILDREN

### Conference 2025



This free, online event is perfect for parents, teachers, and all those who care for Wisconsin's children. Learn hands-on tips from leading experts for raising healthy, resilient kids. This year, we're focusing on unlocking the power of social and emotional skills in children and teens!

You can attend as many conference sessions as you want. All sessions will have closed captions. Participate in a Q&A session with speakers after each presentation. Register to attend and view conference recordings through February.

**SCHEDULE**

**8:30 AM**

- Early Experiences Elevate Everything: Early Brain and Child Development and The Future Of Society**  
Dipesh Navsaria, MPH, MSLIS, MD

**9:45 AM**

- Mindfulness and Compassion for Well-Being**  
Larissa Duncan, PhD

**11:00 AM**

- Navigating Challenging Behaviors in Early Childhood with Grace and Respect**  
Laura Froyen, PhD

**1:00 PM**

- Five Critical Conversations Necessary to Support Children's Transition to Kindergarten**  
Michelle Sands, PhD


**2:15 PM**

- A Parent's Guide to Treating Childhood Anxiety and OCD**  
Stephen Whiteside, PhD, LP

**3:30 PM**

- Raising Resilient Teenagers: Breaking the Intergenerational Cycle of Family Adversity**  
Amanda Morris, PhD


**JANUARY 28, 2025**  
 8:15 AM - 4:30 PM, CST  
**Free & Virtual on Zoom**



Scan QR code or go to <https://go.wisc.edu/raisingwi> for details and to register.

Wisconsin Registry credits for childcare professionals available for some sessions. Scan QR code to register.

When you register, you will receive an email with a link that gives you access to the conference using Zoom. Check your junk mail if you don't receive this email.



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



# FOCUS ON FATHERS



Every 2nd Tuesday  
6:00-7:00 PM  
Held Via Zoom

Upcoming Sessions

- Jan 14**-Fathers Help Children Stand Up for Themselves
- Feb 11**-Fathers Teach Values
- March 11**-Fathers Teach Kindness
- April 8**-Fathers Communicate with Children
- May 13**-Relax and Enjoy Fathering
- June 10**-Fathers Teach Perspective
- July 8**-Fathers Help Children Make Good Choices
- August 12**-Fathers Help Children Handle Emotions
- September 9**-Fathers Teach Children to be good Citizens



**QUESTIONS?**  
 Please contact:  
 Missy Bablick 715-788-6217  
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**REGISTER HERE:**



<https://go.wisc.edu/3z9kwx>

## Aging-Friendly Mastery Makers Videos

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. View the videos here:

<https://kewaunee.extension.wisc.edu/families-finances-wellness/mastery-makers/>

