



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

[Tips to Manage Your Finances](#)

[Opioid Misuse in Rural Areas](#)

[Can Your Explain Your Tax Bill?](#)

[Is Your Vehicle Emergency Ready? Tips for Traveling](#)

[Virtual Program Success, Safety](#)

[Basic Home Hydroponics](#)

[Homeownership Education](#)

[For Parents of Young Children](#)
12/15: Co-parenting

[Healthy Holidays](#)

For Youth

[Agents of Kindness](#)

[Food & Science:](#)
Candy Cane Ornaments

[Astronomy: The Fermi Paradox](#)

[Online Babysitting Training](#)

[Wild & Crazy Careers](#)

[Let's Make Eggnog Scones!](#)

[Art & Activism SPIN Club](#)

[Adulting 101 New Series!](#)

**Communicating Through
Conflict Online Program**

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Health, Wellness & Relationships

Looking for physical activity, recipe videos? [MI Health Matters YouTube](#)

When you have chronic pain, [asking for help](#) is a sign of strength

Help [prevent a fall this winter](#) by staying physically active

[Journaling](#): evidence-based strategy for reducing the effects of anxiety

[Holiday Stress](#) - Tips to navigate this time of year

Caregiving during the holiday season: [Allowing for changes](#)

Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 bit.ly/2ICA3qH

[Sweet potatoes](#) - healthy source of fiber, potassium, vitamins A and C

Try some [oven baked sweet potato fries!](#)

[My Way to Wellness](#): online, self-paced nutrition course

[Freezing cranberries](#) is easy!

[Healthy holiday baking](#): cookies, cakes and pie crust flours

Easy ways to [add fruits & vegetables](#) to your meals

Youth Wellness & Learning

[Educational resources](#) for parents, teachers and homeschool families

Why we should encourage youth to participate in [arts and crafts projects](#)

Fun Gardening Activity: [Simple Straw Aeration Hydroponic System](#)

[Latkes](#): a holiday food that can teach kids about traditions and culture

[Reduce frustration and tears](#) with your child this holiday season

Community Resources

Connecting military veterans with [mental health resources](#)

[Overwintering container plants](#): year-round growing in northern gardens

[Preventing opioid misuse](#): Potential risks and what you can do

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

Communicating through Conflict



Learn conflict management skills that may be helpful to use when interacting with family members, coworkers, and neighbors while social distancing during COVID-19.

MSU Extension's free online *Communicating through Conflict During Covid* course offers Michigan businesses, municipalities and community groups the opportunity to provide conflict resolution training to their employees and members.

In August 2020, the Centers for Disease Control and Prevention (CDC) released [guidance](#) for employers to provide training for employees on conflict resolution and put steps in place to prevent workplace violence when enforcing social distancing policies around COVID-19. This guidance came after numerous reports across the country of resistance to new policies and even violent situations in retail, services, and other customer-based businesses.

In response, educators at Michigan State University Extension created a short, self-paced module to help businesses and organizations across the state of Michigan train their employees on this particular topic. Now employers can enroll their staff in "[Communicating through Conflict during COVID](#)" online and in just 30 minutes, they will learn practical skills to help them deescalate and manage conflict relating to COVID-19, social distancing, and mask-wearing requirements. The module includes real-life scenarios in not only office and retail settings, but on social media as well.

MSU Extension also offers a longer certificate course in "[Communicating through Conflict](#)" for those who would like to learn this skillset applied to other personal and professional settings. This two-module certificate course is available for \$50 for individuals and course graduates will also receive access to the free COVID-19 course upon completion.

If you are interested in either of these online course programs, please visit our website at canr.msu.edu/conflict. For large group audiences or customized program offering for your organization, contact Lindsey Gardner at lgardner@msu.edu.