



# MSU Extension Online Resources for Our Northern Michigan Community

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

## ONLINE PROGRAMMING:

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

[Sanitizing & Disinfecting After Severe Weather Events](#)

[Basic Home Hydroponics](#)

[Make a Spending Plan Work](#)

[Tai Chi for Fall Prevention](#)

[Diabetes Self-Management](#)

[January 12-16, 1:00pm](#)

[January 13-17, 5:30pm](#)

[Parent Talk Series](#)

[RELAX: Alternatives to Anger](#)

[Volunteer Success, Safety](#)

[For Youth](#)

[Holiday Scavenger Hunt](#)

[Online Babysitting Training](#)

[Wild & Crazy Careers](#)

[4-H STEP \(Supportive Teens Empowering Peers\)](#)

[Art & Activism SPIN Club](#)

[Adulting 101 New Series!](#)

[Applying for Student Loans](#)

[Great Money Games Challenge](#)

**Communicating Through Conflict Online Program**

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## Health, Wellness & Relationships

[Daily exercise](#) becomes more realistic with some simple planning

The holiday season is a great time to give to your [local food pantry](#)

[Fitting exercise](#) into your holidays

Holidays may be a challenge for [senior family members](#)

Physical therapy and exercise can [help you manage pain](#)

Make 2021 the year to [incorporate more physical activity](#) into your life

## Food & Nutrition

**MSU Extension Food Safety Hotline: 1-877-643-9882** [bit.ly/2ICA3qH](https://bit.ly/2ICA3qH)

Quick and easy meals - [in the slow cooker](#)

Lighten up your favorite recipes and boost nutrition ... [with yogurt!](#)

Plant science at the dinner table: [Carrots](#)

Are [frozen and canned](#) fruits and vegetables healthy?

Healthy holiday [treat alternatives](#) for kid's

## Youth Wellness & Learning

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

[Virtual Ag-Citing Experience videos](#): see where your food comes from

[Foaming Snowman](#) and [Cookie Science](#): fun (and learning) activities!

What do the [shapes of snowflakes](#) have to do with chemistry?

[Monitor the Milestones](#): free resources to help track child development

[Positive discipline](#) – perception and perspective

## Community Resources

Make holiday gifts special [for the gardener in your life!](#)

[Collecting and storing](#) breast milk can be easy and convenient

[Home Hydroponics](#): implementing a small scale hydroponics system

## Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 12-17-2020

# 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](https://canr.msu.edu/conflict). For large group audiences or customized program offering for your organization, contact Lindsey Gardner at [lgardner@msu.edu](mailto:lgardner@msu.edu).