



MSU Extension Online Resources for Our Northern Michigan Community

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

ONLINE PROGRAMMING:

[Be Food Safe and Ready for Emergencies](#)

[Mindful Lunch & Learn Series:](#)
4/21: Forgiving & Letting Go

[Food Preservation Series](#)
4/22: Preserving Fish
4/29: Using Mushrooms Safely

[Parenting Hour Online](#)

[Backyard Fruit 101](#)

[Michigan Cottage Food Law](#)

[BEES for Professionals](#)

[Food Safety Q&A](#)
4/19: FDA & USDA
4/26: Kitchen Herb Garden

[Pantry Food Safety](#)

For Youth

[Investigating Food w/ Science](#)

[Month of the Military Child](#)
[GooseChase Challenge](#)

[Public Speaking 101](#)

[Giving a Speech](#)

[Wild Nature Crafting](#)

[Exploring with Scientists](#)

**Early Childhood
Programming
see Page 2**

Health, Wellness & Relationships

[Self-compassion](#): An often misunderstood part of health and well-being
[Programs and resources](#) for families to care for their mental health, including "Bury Seeds, Not Stress" webinar series

[Investment scams](#): Protect yourself

Food & Nutrition

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

Make taco night even better with corn tortillas made at home ([video](#))
Recipes, physical activity and wellness [videos](#) - updated regularly!
[200+ recipe ideas](#) for pantry staple ingredients
Local ASPARAGUS will be available soon!

Learn how and where to trim the tough woody ends ([video](#))

Try a new recipe: [Asparagus & Quinoa Salad](#) or [Pasta with Asparagus](#)

Learn more about [using, storing and preserving](#) this perennial favorite

Youth Wellness & Learning

[College Prep](#): Getting ready to pay for college

[STEAM ideas](#) without technology: several ways to incorporate science, technology, engineering, art or math (STEAM) into your family's day
MI DNR Natural and Historical Education [Resources for Home](#)

Community Resources

[Michigan paddlers](#) learn how to prevent the spread of invasive species

No matter where you live, [stormwater](#) is everyone's problem

Plant identification? [There's an app for that](#) - actually several!

[Michigan Beekeeping Webinars](#): submit questions, join the conversation

[Be careful what you flush!](#) Flushing wipes and other items used for disinfection can damage wastewater treatment systems

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Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

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

Updated 4-15-2021



MSU Extension Early Childhood Programming

Virtual Opportunities in May

Extension Extra's Parenting Hour: This free online series of parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. [Registration and information](#)

Guiding Principles for Highly Successful Families: This five week series is for parents of toddlers to teens and will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. [Registration and information](#)

Building Early Emotional Skills (BEES) for Parents: This four week series is for parents of children ages 0-3 and will help parents learn about their young child's social emotional development including managing biting, tantrums, and supporting your child's emotions. [Registration and information](#)

Parent Talk System: This 6 week series is for parents of toddlers to teens and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. [Registration and information](#)

Family FAQs: This one hour program on the first Thursday and third Thursday of the month features MSU Extension child and family development experts answering your pressing parenting questions. [First Thursdays](#) [Third Thursdays](#)

[Click here to submit your parenting questions](#) in advance or submit questions via Zoom or Facebook Live chat. Social media graphics are attached.

Early Childhood Professional Development Classes: These free online classes provide professional development training hours for early childhood professionals. Credit in MiRegistry system is available.

Essential Skills for Learning and Life: 5/28/21, from 1-2:30 PM

Registration: https://msu.zoom.us/webinar/register/WN_zhK2nmjZQaK83sKY_s9AmQ

The Importance of Outdoor Play: 5/20/21, from 7-8:30 PM

Registration: https://msu.zoom.us/webinar/register/WN_p9bk1i5JQwaXrfJaH9Y4Eg