## 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

#### **Food Preservation Series**

5/6: Tools of the Trade 5/20: Freezing/Blanching Produce & Herbs

**Monday Fruit IPM Webinars** 

**RELAX: Alternatives to Anger** 

MI Beekeeping Q&A's

#### Food Safety Q&A

5/3: Gardens and Food Safety 5/10: 4 Principles of Food Safety

<u>Plant Quest - Smart Plants for</u> <u>Midwest Gardeners</u>

#### For Youth

**Nature Crafts: Bring Outside In** 

#### **Investigating Food w/ Science**

5/5: Rainbow in a Jar 5/19: Chemistry of Ice Cream

**Public Speaking 101** 

Giving a Speech

**Exploring w/ Scientists** 

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#### Health, Wellness & Relationships

Resources and education to help you <u>be more financially healthy</u>

<u>Managing social media stress</u> with mindfulness

Spring is a great season to add more physical activity to your routine

#### **Food & Nutrition**

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

<u>Spray Butter:</u> learn about a healthier option you can make at home <u>Baking powder and baking soda</u> just need a little care to do a lot of work BBQ weather is around the corner—be prepared to <u>be food safe!</u>

#### Youth Wellness & Learning

Adulting 101: series for high school youth to prepare for life on your own Help teens make educated decisions about <a href="https://doi.org/10.2016/j.com/higher-education">higher education</a>
Wonderful Wetlands: Learn about the environment and play with mud!

Fine motor skills and hand-eye coordination are important for writing Why can't they just get along? Tips for handling <a href="mailto:sibling-rivalry">sibling-rivalry</a>
Pollinators: Inside their fascinating world

#### **Community Resources**

<u>Simple Garden Plans:</u> designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II Have an <u>invasive species</u> in your yard? Connect to find a solution Online <u>"Gardening in Michigan"</u> resources and learning opportunities

#### Connect online for more programs and resources

MSU Extension Online Events Schedule

Grand Traverse County MSU Extension Website & FaceBook Page

Updated 4-29-2021



## **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. <u>Registration and information</u>

**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. <u>Registration and information</u>

**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. <u>First Thursdays</u> <u>Third Thursdays</u>

<u>Click here to submit your parenting questions</u> 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



# Community Language School Summer 2021 Online Classes

Session 1: Weeks of June 7<sup>th</sup> – July 5<sup>th</sup> Session 2: Weeks of July 19<sup>th</sup> – August 16<sup>th</sup>



#### Available Classes:

Family Classes (ages 3-6): 45 minutes per week, registration fee \$40 Kids Classes (ages 6-9): 45 minutes per week, registration fee \$40 Preteens/Teens Classes (ages 10-14): 1 hour per week, registration fee \$40 Adult Classes (ages 18+): 1.5 hours per week, registration fee \$60

Our online programs are designed to provide a fun, virtual learning environment which will introduce learners to different languages and cultures with a focus on developing oral communication skills. Our live classes (via Zoom), taught by qualified teachers, will meet once a week in each session.

Languages offered: Arabic, ESL, Chinese, French, German, Italian, Japanese, and Spanish

Session 1 Registration Deadline - May 24<sup>th</sup>, 2021 Session 2 Registration Deadline - July 5<sup>th</sup>, 2021

### TO REGISTER CLICK THIS LINK

Visit our website for more information: https://celta.msu.edu/language-school/



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