ONLINE PROGRAMMING:

April & May:
- Navigating Money Challenges
- Cabin Fever Conversations
- Stress Less with Mindfulness Online Series

For youth:
- Saturday Morning Science
- Space, Gardening and Music at Home

For youth ages 13-19:
- Capturing Our New Normal: MI Teen Photo Project
- Online Photography Club
- 4-H Show Your Money Smarts Contest
- The World Food Prize
- Michigan Youth Institute

For youth in 11th & 12th grade
- Adulting 101: Weekly Quick Tips

OTHER:
- TBAISD Region Food Service & Distribution Schedules

Health, Wellness & Relationships
Understand the difference between clean, sanitize and disinfect and the best situation to use each method

Eat Healthy Be Active: nutrition and physical activity program for adults


Self-compassion: An often misunderstood part of health and well-being

Science For the Whole Family - from MSU Science Festival!
Citizen science: people just like you collecting information and sharing that information with researchers - can even be done from home!

Many museums and other cultural institutions have created virtual tours - educational experiences you can enjoy from the comfort of your home

STEAM you can do at home! Collection of resources from MSU Science Festival partners and others

Food & Nutrition
- Handling Takeout Safely: simple steps to keep food, and yourself, safe
- Is this food still good? Determine if food in your pantry is still safe
- Food Preservation Online Course: Up-to-date research methods to successfully and safely preserve food: canning, freezing, dehydrating

Youth Wellness & Learning
Teens are not made for isolation, which makes COVID-19 especially hard on them. How to help teens shelter in place

Ask an expert: how to help kids through COVID-19

Community Resources
Are you working from home during the Coronavirus outbreak? If yes, visit the Federal Trade Commission for online security tips

Michigan Good Food Fund: Covid-19 business resources

Tips for working successfully in a time of social distancing

Connect on Facebook for more programs and resources:
- Grand Traverse County MSU Extension
- MSU Extension MI Stronger Family
- MI Health Matters

Updated 4-9-2020