ONLINE PROGRAMMING:

Local Lawn & Garden Q&A
Every Wednesday, 11am-1pm
(see page 2 for details)

Safe Food = Healthy Kids
Several online class dates/times

Summer Online Food Preservation Series

Chronic Pain Self-Management

Smart Gardening Series

Citizen Planner Online Program

Mindfulness for Children

Food Safety Q&A
Emergency Preparedness

Parenting Series
Wednesdays in July

Mindful Educators

For Youth:
Zipping Around the Zoos

Cue the Monarchs

USA Road Trip!

Fun & Learning on Thursdays

For High School Youth:
Ready for Your Future Bootcamp

Adulting 101: Relationships, Money, Cooking, Credit & More

Health, Wellness & Relationships

Resources for managing conflict during the Novel Coronavirus

Bury Seeds, Not Stress Farm Stress Series: Men and Mental Health

THRIVE Network Programs: mental health programs in Michigan

Caregiver Stress Test helps you avoid burnout

Seniors - have fun, increase strength with an at-home Zumba workout!

Food & Nutrition

What are lentils? Learn about these quick-cooking, nutritious legumes!

Easy Sesame Chicken - video & recipe

Veg Out At Your Next Picnic!

How to Grow Food! Videos, tip sheets, how-to’s, gardening resources

What’s In Season from Michigan Fresh: find where to get the in-season fruits and vegetables that you love!

Youth Wellness & Learning

Calendar of online learning for youth (and resources for parents) here

Plant science at the dinner table: All About Strawberries!

Fun, tasty and healthy recipes: Bugs on a Log and Peach Cooler

7 in 10 teens struggle with mental health issues - see the full survey results and join the conversation

21% of American teens without reliable broadband are being left behind

Community Resources

Pollinator Prime Time: 10 minute pollinator conservation presentations every day during National Pollinator Week, starting June 22

Michigan Insects In The Garden:
   Week 1 - Milkweeds: not just for monarchs
   Week 2: Green bees

Connect online for more programs and resources

MSU Extension Online Events Schedule

Grand Traverse County MSU Extension Website & FaceBook Page

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Updated 6-18-2020
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!