

Human Sciences Extension and Outreach REGION 10/11 NEWSLETTER

Healthy Relationships Provide Positive Impacts to All

We know that children growing up in a home where there is a healthy, stable couple relationship have fewer behavioral and emotional problems and perform better in school. That is why healthy couple relationships are so important.

Healthy Relationship Education Training is a one-day program designed for professionals who work with couples and families to increase access to relationship education as a strategy to meet the safety, permanency, and well-being needs of children. This program uses a research-based curriculum that is being implemented nationally by professionals to encourage the development of healthy couple relationships.

The all-day class consists of 8 interactive modules, which are based on the National Extension Relationship and Marriage Education Model (NERMEM). Family Life Specialists, Cindy Thompson and Danielle Day are offering this workshop to professionals in eastern Iowa on Thursday, February 13th (8:30am-4:30pm) at the Heartland Events Center in Independence. Iowa State University Extension and Outreach offers 6.00 contact hours for those professionals who complete the full course. Iowa social workers, LMFT's and LMHC's can contact their licensing boards to determine course approval for continuing education contact hours.

Regions 10-11 Human Sciences Specialists

Nutrition and Wellness: [Kelsey Salow](#)

Buy. Eat. Live Healthy:

Family Life: [Danielle Day](#)

Family Finance: [Phyllis Zalenski](#)

Upcoming Events

Raising School Ready Readers

February 4, 11, 18, 25,
March 3 - Vinton

KCRG-TV9 Nutrition and Wellness Segment (2nd Tuesday)

February 11 at 6:15 am

Spend Smart. Eat Smart.

February 12 - Cedar Rapids

Healthy Relationships Education Training

February 13 - Independence

SafeFood Handler

February 17 - Cedar Rapids

OUCH! That Stereotype Hurts

February 17- Cedar Rapids

Financial Workshops, School Professional Development Day

February 17- Monticello

ServSafe

February 26 - Cedar Rapids
March 3 - Dubuque

Healthy and Homemade

March 4, 11, 18 - Manchester

Strengthening Families Program: For Parents and Youth 10-14

February 20, 27,
March 5, 12, 19, 26 - Monticello

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.