

PROVIDING COUPLES WITH HEALTHY RELATIONSHIP SKILLS IS IMPORTANT

The research is clear. There is an amazing connection between relationship quality, positive parenting practices and healthy child outcomes. This truly reinforces the notion that a strong adult couple relationship is the foundation for a healthy family.

CONTACT HOURS

SOCIAL WORKERS: Social workers participating in this course will receive 6.00 professional education contact hours. A certificate of completion will be awarded at the end of the program to social workers who complete the program evaluation. Please save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

COUNSELORS and MARRIAGE AND FAMILY THERAPISTS: LMHCs and LMFTs participating in this course will receive 6.00 professional education contact hours. A certificate of completion will be awarded at the end of the program to those who complete the program evaluation. Please save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

FACILITATORS



Kristi Cooper, M.S.
Human Sciences Specialist
Family Life
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319-377-9839

Kristi Cooper's passion for strengthening healthy family relationships shines through 36 years of co-authoring several healthy relationship education curricula and training programs for youth and adults in educational, agency and religious settings.



Dionne Daedlow
Cedar County Family and
Youth Educator
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563-886-6157

Dionne develops community partnerships to provide programming to Cedar county families and young children 0 – 5 years of age. She also identifies needs in the community and works with partners to provide programming and services as needed. Dionne meets these needs while also fulfilling the role of the Community Partnerships for Protecting Children (CPPC) coordinator.

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The fees for service will be used to off-set direct expenses and to support the Human Sciences County Extension Program. Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to Office of Equal Opportunity, 3350 Beardshear Hall, Ames, Iowa 50011, (515) 294-7612.

HEALTHY RELATIONSHIP EDUCATION

for professionals working with couples, families, and children

Wednesday, March 7th

8:30 am to 4:00 pm

Registration begins at 8:00 am
Cedar County Extension Office
107 Cedar St
Tipton, IA 52772



*professional education
contact hours offered*

IOWA STATE UNIVERSITY
Extension and Outreach

Topics Included:

Care for Self: Being physically and mentally healthy

The factors that cultivate individual wellness and health that support the stability of the couple relationship will be reviewed. Participants will examine informational tools that address how physical, psychological and sexual health of individual partners impact relationship quality.

Choose: Making intentional relationship choices

Participants will examine informational tools and learn about the types of choices individuals and couples can make to lay a strong foundation for a safe, stable, and satisfying relationship — or not.

Know: Get to know your partner well

Participants will review tools and information to assist couples to learn about themselves and each other to maintain a stable and healthy relationship.

Care: Show affection and respect

Participants will study informational tools and examine the ways couples can show kindness, understanding, respect and caring for each other to create and maintain stable and healthy relationships.

Share: Develop and maintain your friendship

Developing and maintaining a close friendship is a part of a healthy relationship. Participants will review how couples can provide understanding and opportunities to foster a shared sense of couple identity.

Manage: Deal with differences in healthy ways

Differences and conflict are normal. Participants will be provided tools to teach emotional regulation, stress reduction, positive communication and healthy conflict management skills to assist couples to deal with differences and conflict.

Connect: Engage a positive social network

Participants will examine informational tools and learn skills to assist couples to engage in social connections to receive the benefits of social support and community ties.

Registration Form - Healthy Relationship Education

March 7th, 2018, Cedar County Extension Office, Tipton, IA

Name _____

Phone: _____

Email: _____

City: _____

Address: _____

Cost: Free for those serving Cedar County, \$100.00 for those outside of Cedar County

To Register: Email Daedlow@iastate.edu

Checks should be made payable to Cedar County Extension and mailed in with registration form to Dionne Daedlow, Cedar County Extension, 107 Cedar St, Tipton, IA 52772

Cost includes curriculum manual, tools, and lunch.