



Human Sciences Newsletter: Regions 19, 26 & 27

August 2023

Upcoming Events

8/1/2023– Question. Persuade. Refer
Online ([Registration](#))

8/1/2023– Preserve the Taste of
Summer– Salsa Making
Donnellson ([Registration](#))

8/2/2023– Passport to Early Childhood
Education for Program Administrators
Online ([Registration](#))

8/2/2023– Money Smart: Prioritizing Bills,
Credit, and Debt
Ottumwa ([Registration](#))

8/3/2023– Safe Food for a Healthy
Future– Child Care Provider Training
Online ([Registration](#))

8/4/2023– ACT Raising Safe Kids
Online ([Registration](#))

8/8/2023– Money Smart: Prioritizing Bills,
Credit, and Debt
Washington ([Registration](#))

8/15/2023– Growing Up Wild
Fairfield ([Registration](#))

8/18/2023– Powerful Tools for
Caregivers– Master Training
Online ([Registration](#))

8/23/2023– Youth Mental Health First Aid
Online ([Registration](#))

8/23/2023– Powerful Tools for
Caregivers– Adults
Fairfield ([Registration](#))

8/29/2023– Mental Health First Aid
Fairfield ([Registration](#))

8/29/2023– ServSafe
Ottumwa ([Registration](#))

To see a complete list of upcoming events
and programs visit [https://
www.extension.iastate.edu/humansciences/](https://www.extension.iastate.edu/humansciences/)

Program Spotlight: Powerful Tools for Caregivers

Feeling stretched in your role as a caregiver?

Caregiving can be stressful—physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important.

Through the Powerful Tools for Caregivers class you will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.

This class is intended for family caregivers of adults with chronic conditions or family caregivers of children with special health or behavioral needs.

Upcoming Powerful Tools for Caregivers classes:

Fairfield, IA

8/23/23-9/27/23 11:30-1:00pm [Registration](#)

Ottumwa, IA

10/04/23-11/08/23 12:30-2:00pm [Registration](#)

Washington, IA

10/05/23-11/09/23 10:00-11:30am [Registration](#)

For more information about Powerful Tools for Caregivers, visit
<https://www.powerfultoolsforcaregivers.org/>.

Upcoming Program: ACT Raising Safe Kids

Have you ever wondered if you are on the right path when parenting your children?

If you would like to strengthen your parenting skills with children birth to age 8, join other parents and caregivers in the ACT Raising Safe Kids workshops to learn about positive parenting practices that help create stable, safe, healthy, and nurturing environments and relationships.

Research shows that exposure to abuse and neglect in a child's formative years can have long-term emotional and behavioral effects on children. The ACT Raising Safe Kids program can help parents and caregivers raise children in safe, stable, healthy environments.

There will be an online offering of these workshops starting 9/25/23 that occurs once a week for nine weeks from 6:30-8:30pm.

For more information about ACT Raising Safe Kids, visit <https://www.extension.iastate.edu/humansciences/act>.



Financial Concerns? Stress Counseling? Iowa Concern is here to help!

Sometimes life gives you a lot to handle, but you don't have to handle everything on your own. [Iowa Concern](#) is a free service connecting lowans with information to help them navigate through a variety of life circumstances.

With a toll-free phone number, live chat capabilities and a website, Iowa Concern services are available 24 hours a day, seven days per week at no charge. Iowa Concern provides access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. The service is provided through Iowa State University Extension and Outreach.

To reach Iowa Concern, call 800-447-1985; language interpretation services are available. Or, visit the website, <https://www.extension.iastate.edu/iowaconcern/>, to live chat with a stress counselor one-on-one in a secure environment. Or email an expert regarding legal, finance, stress, or crisis and disaster issues.

All personal information given to Iowa Concern, whether on the hotline or through e-mail or live chat, is kept confidential.

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