



## Human Sciences Newsletter: Regions 19, 26 & 27

March 2023

### Upcoming Events

3/8/23 - Preserve the Taste of Summer  
101, Fairfield [Registration](#)

3/9/23- ServSafe Food Handler Training  
Coralville

3/9/2023 – Question. Persuade. Refer.  
West Burlington [Registration](#)

3/14/23– ServSafe, Iowa City  
[Registration](#)

3/16/23– Youth Mental Health First Aid  
Wapello [Registration](#)

3/16/23 – Gardening with Children /  
Childcare Provider Training, Mount  
Pleasant [Registration](#)

3/29/23– OUCH! That Stereotype Hurts,  
West Burlington [Registration](#)

4/3/23– What About Me? My Wellbeing  
Series, Fort Madison [Registration](#)

4/4/23– ServSafe, Donnellson  
[Registration](#)

4/5/23 What About Me? My Wellbeing  
Series, Fairfield [Registration](#)

4/5/23– OUCH! That Stereotype Hurts,  
Fort Madison [Registration](#)

4/13/23 – A Journey Through  
Parkinson's (Online) [Registration](#)

4/27/23 Question. Persuade. Refer.  
Fort Madison [Registration](#)

5/1/23 What About Me? My Wellbeing  
Series, Wapello [Registration](#)

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

### ISU Extension and Outreach Wants to Hear from Iowans through Online Survey

Through this survey, Iowans can tell us about the technology they prefer to use, the topics they want to learn more about and the issues they think will be important to the people in their communities over the next two years.

The survey is available online, [www.extension.iastate.edu/survey](http://www.extension.iastate.edu/survey), and will remain open through March 31. Iowans may contact their [ISU Extension and Outreach county office](#) for more information.

“The more Iowans we can survey, the better we can engage all Iowans in research, education and extension experiences to address current and emerging real-life challenges,” John Lawrence, Vice President for Extension and Outreach says. Consider taking this survey today and invite family members, colleagues and friends to do so too.



### Youth Mental Health First Aid in Wapello March 16th.



[Register Now!](#) There are a few spots left to attend the Youth Mental Health First Aid in Wapello for **FREE**. By using promo code “AGPRO” you can register for **FREE**.

Do you work with youth? Are you a volunteer with youth? Do you have a youth in your life? Young adults can experience mental health and addiction challenges. This course introduces common mental health challenges for youth and reviews typical adolescent development. You will learn a 5-step action plan for how to help young people in both crisis and non-crisis situations. **Lunch is provided with this training.**

## Iowa Concern Hotline

Utilize these hotlines this spring for storm information and disaster recovery, gardening information and more. Human Sciences Extension and Outreach has a number of hotlines that are ready to serve Iowans. Available with helpful and **FREE** information for individuals with questions on childcare, food access, budgeting, Covid 19, parenting, consumer questions, horticulture and gardening questions of those with critical questions on mental health or with legal concerns.



[Iowa Concern](#) has access to an attorney for legal education, stress counselors, and information and referral services for a wide variety of topics. Iowa Concern Resources can be reached at 1-800-447-1985 by call or text. Language interpretation services are available. Information on legal, finance, crisis, natural disaster and personal health issues can be assisted.

**Iowa Concern** is a program of Iowa State University Extension and Outreach. The program began in 1985. Today, **Iowa Concern** serves both rural and urban Iowans. Iowa Concern services are **available 24 hours a day, 7 days a week and is a FREE Resource to Iowans.**

## AnswerLine

[AnswerLine](#) provides information and resources for Iowans with home and family questions. You can reach specialists at the **AnswerLine** Monday through Friday, 9 a.m.—noon and 1-4 p.m. at **1-800-262-3804**. Individuals that are deaf or hard of hearing may access the Relay Iowa phone linkage at 515-296-5883 (toll charges may apply)

Specialists have been answering consumer questions for more than 40 years about questions on: child development, food preparation, food safety, nutrition, food preservation, household equipment, cleaning and more.

### ANSWERLINE

QUESTIONS?  
CALL 1-800-262-3804



## Program Highlight: What About Me? My Wellbeing



**Are you noticing several opportunities to attend a What About Me? My Wellbeing Series in Southeast Iowa? Sign up now for your chance to learn about your wellbeing before the program is sun set.**

Sign up to attend this lunch and learn series for **free** in several locations. This program is designed to enhance adult individual wellbeing and quality of life. It is an excellent opportunity for individuals, organizations or for employers to

recommend and support for employees.

The one hour training will provide a **FREE** lunch and topics covered will be:

- Time for Me - Understanding wellbeing
- Social/Emotional wellbeing - Building strong relationships
- Financial wellbeing - Managing your money
- Physical wellbeing - Enjoying good health and energy

[Register](#) yourself or your group for the series near you today. Space is limited.

## Human Sciences Team for Regions 19, 26 and 27



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