

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19,26, AND 27 AUGUST 2020

Human Sciences Training Opportunities

**Raising School Ready Readers
Facilitator Training Opportunity!**
August 17th and 18th online 9:00
a.m. to 12:00 p.m., go here to



[REGISTER](#)

You will learn how to provide parents and caregivers with fun ways to engage children 3-6 years of age through play and to create learning activities from everyday experiences. The cost of registration is \$225 with a curriculum, or \$60 if your office has the curriculum already. Please consider joining us for this training to help reach more families across the state of Iowa! If you have questions about this program please reach out to [Joy Rouse](#).

QPR Question.Persuade.Refer.
For Suicide Prevention

Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Special Offering: QPR – Online Due to COVID-19 concerns, QPR training will be offered online. Each 60-minute training will be offered through Zoom every Tuesday as a lunch and learn through October. Once you [REGISTER](#) for the **FREE** class, information about access to a password-protected Zoom room will be emailed to you.

ACT Raising Safe Kids Training

The ACT Raising Safe Kids Program, developed by the APA Violence Prevention Office, teaches positive parenting skills to parents and caregivers of children from birth to age 10. [Register online](#) for this upcoming training in Urbandale, September 17th and 18th. The two day training fee with curriculum is \$215.



Upcoming Events

In order to prioritize safety, we have postponed many face-to-face events. To learn about upcoming events and programs please visit our Human Sciences webpage.

Human Sciences events [online](#)

More event details:
www.extension.iastate.edu/calendar/

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Extension and Outreach

Human Sciences Extension and Outreach

Empowering People. Growing Lives.



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As a Family Life Specialist, **Dawn Dunnegan** works with programs that **strengthen families**. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from **nutrition education**. As Nutrition and Wellness Specialist, **Sara Sprouse**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

Financial education empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.

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