Virtual Learning Opportunities

Child Care Providers

**Cent$ible: Getting What You Want**  
October 8, 6:30pm - or - October 10, 9:00am

**Actions Speak Louder than Words**  
October 22, 6:30pm - or - October 24, 9:00am

**Preschoolers and Pennies**  
November 5, 6:30pm - or - November 7, 9:00am

**Safe Food for a Healthy Future**  
November 19, 6:30pm - or - November 21, 9:00am

To sign up for any of these classes  
visit https://www.extension.iastate.edu/news/online-training-child-care-providers-offered-fall-2020

Ag and Natural Resources

**Holiday Plants**  
October 1 6:00 - 7:00 p.m.  
Nothing says the holidays like plants! We will be talking about poinsettias, Thanksgiving/Christmas cactus, and even Christmas trees.

**Making the Landscape work for Wildlife**  
October 15 6:00-7:00 p.m.  
Join Dr. Adam Janke to learn more about supporting wildlife in your landscape.

**All About Shrubs**  
October 29 6:00-7:00 p.m.  
Shrubs are easily overlooked in the landscape. In this class we will talk about shrubs that pop!

For more information  
search West Pott calendar at https://www.extension.iastate.edu/calendar/default.asp  
or visit their FB page at  https://www.facebook.com/westpottawattamiecountyextensionandoutreach/events

Iowa Beef Center  
recorded educational videos— check out controlling cow costs or any other content  
http://www.iowabeefcenter.org/videos.html

Virtual Organic Field Day Video Available Online  
https://www.extension.iastate.edu/news/virtual-organic-field-day-video-available-online
Mental Health First Aid

- Thursday, Sept. 24 at 1:00 p.m.
- Thursday, Oct. 1 at 4:00 p.m.
- Thursday, Oct. 15 at 10:30 a.m.
- Thursday, Nov. 5 at 10:30 a.m.
- Thursday, Nov. 19 at 10:30 a.m.
- Thursday, Dec. 10 at 10:30 a.m.

Each virtual program will last for four and a half hours. Unique URLs to access the Zoom link will be sent to registered participants prior to the program. The cost is $35. However, agribusiness professionals, producers, commodity group members, bankers, veterinarians and vet techs can register at no cost for any of these programs by using the code AGPRO when registering. To register, go to https://www.extension.iastate.edu/humansciences/MHFA. Prior to attending the instructor led virtual course, participants will be required to complete a two-hour, online self-study class.

I Feel ‘Blue’: Resources for Life in a Pandemic

Thursday, 10/01/2020 12:00 PM - 01:00 PM

The COVID-19 pandemic has provoked much sadness. In this short program, individuals will review the signs of sadness and depression, learn and practice techniques to cope, and have the opportunity for questions and discussion.

https://www.extension.iastate.edu/humansciences/event_details/16430

ELEVATE: Taking Your Relationship to the Next Level

Wednesday, 10/07/2020

Do you want to enrich the quality of your relationships? Whether you are part of a couple preparing for marriage, in a blended family, or expecting a child, this workshop is for you. Together you will learn and practice seven skills essential to maintain a healthy and stable relationship.

https://www.extension.iastate.edu/humansciences/event_details/16643

If you would like more information on these or any other topics, please reach out to us at Page County Extension and Outreach. You can email us at xpage@iastate.edu or call us at 712-542-5171