What is University of Missouri Extension?
It is the outreach arm of the University of Missouri. MU Extension has free or low-cost information and programs on many topics.

How can the University of Missouri Extension help me?
As a Missourian, you can sign up for programs that help:

- **Families**
  You can find help about parenting, health, nutrition, divorce, aging, money matters, housing and more.

- **Youth**
  Extension offers 4-H youth development programs that give both youth and their caregivers support through fun events like 4-H club meetings, after-school programs, camps and computer labs. The activities are fun and interesting for youth.

- **Job Skills**
  Job resumes and interviews can be hard. Extension can help build basic skills needed for getting and moving up in a job.

- **Our Land, Air and Water**
  Information is available on just about anything dealing with the earth on which we live, including how it produces food for us and how we can protect it.

If you want some help finding what you need, call your local extension office. There is one in nearly every Missouri county!

If you have access to a computer, go to: [http://extension.missouri.edu](http://extension.missouri.edu)
For information about programs for children of offenders, go to: [http://extension.missouri.edu/fcrp/lifeevaluation/](http://extension.missouri.edu/fcrp/lifeevaluation/).