University of Missouri Extension provides educational programs on high-priority issues identified by Missourians. Community-based youth and family development is one of the priorities.

In order to meet the needs of individuals and families, the following educational programs are available to help develop skills and strengthen the quality of family life.

**MARRIAGE AND FAMILY EDUCATION**
- Couple Communication
- Healthy Relationships
- PREP (Prevention and Relationship Enhancement Program)
- Stepping Together – Smart Steps For Stepfamilies
- Core Communication
- Stress And Crisis
- Building Strong Families
- Family Communication
- Humor Keeps You Healthy
- Positive Thinking
- Divorcing Families
- Balancing Responsibilities

**PARENTING AND EARLY CHILDHOOD EDUCATION**
- RETHINK: Anger Management
- Positive Parenting
- Basic Parenting
- Discipline Is Not A Dirty Word
- Focus on Kids
- Effects Of Divorce On Children
- Understanding Children’s Behavior
- Coping With Kids Who Drive Me Crazy
- Helping Kids Develop Socially And Emotionally
- Stress Management
- True Colors And Effective Parenting Skills
- Successful Single Parenting
- Positive Guidance And Discipline
- Building Better Child Care

**INTERGENERATIONAL ISSUES AND AGING**
- What Do You Know About Aging?
- Loss and Grief In Later Life
- Aging Awareness
- Building Bridges
- The Positive Power Of Humor
- Coping With Caregiving
- Loneliness
- Intergenerational Relationships
- Successful Aging
- The Meaning Of Aging
- Memory And Aging
- Fall Prevention
- Elderly Suicide Prevention
- Families And Aging
- Aging Parents: Helping When Health Fails
- Living Longer, Healthier And Happier
- Raising Grandchildren
- Retirement
- Preparing For The Middle And Later Years
- Women And Aging
- Dealing With Stress And Crisis
- Aging Well
- Mind Alert
- Relationships In Later Life
- Grandparenting
- Activity/Leisure/Volunteerism
- Creativity
- Emotional Intelligence
- Work
- Living History
- Educating Families About Age-Related Concerns
HEALTH AND WELLNESS

- Stay Strong Stay Healthy
- A Matter Of Balance
- Balance And Strength Exercises
- Tai Chi For Arthritis
- Tai Chi For Health
- Tai Chi For Fall Prevention
- Tai Chi For Osteoporosis
- Chair Tai Chi
- Tai Chi For Beginners
- Health Benefits Of Tai Chi Exercises
- Taking Care Of You

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