

## Child Rearing

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**Building Strong Families**-13 2-hour modules available on a variety of topics related to family relationships and household management

**Strong Parents Stable Children**- 4-hour workshop on Protective Factors

**Parenting a Second Time Around (PASTA)**- 8 2-hour session series for individuals raising the children of relatives

**Focus on Kids**- 2.5-hour class on successful co-parenting



## Well-Being

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**Chronic Disease or Pain Self-Management**- 6 2-hour sessions on leading a healthy life with chronic conditions



**Psychological First Aid**- 8-hour training for supporting others after a natural disaster or mass casualty event

**Stress First Aid**- 4.5-hour training for recognizing signs of severe stress in themselves and colleagues

**Youth/Adult Mental Health First Aid**- 8-hour training that certifies individuals for three years in action steps for assisting a youth or adult who is having a mental health challenge

**RESPOND: Building Community Resilience\***- 1-hour session on responding to someone who is in need of support during a mental health challenge

**Understanding Grief and Loss\***- 2-hour session on how to cope and support others through times of loss

**Changes and Transitions During Stressful Situations\***- 1-hour session navigating changes in the workplace during stressful times including understanding the experiences of others.

**Burnout, Emotional Intelligence, & Empathy during Stressful Situations\***- 1-hour session on the benefits of emotional intelligence in the workplace

**Taking Care of You\***- 8 1-hour session series or 1-2 hour overview session about finding balance and joy in life



\*Form our Stress A Little Less Professional Development Package available altogether for a discounted rate!

## Aging Well

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**Boost Your Brain and Memory**— 8 1-hour session series on the different aspects of health and their impact on the brain

**WITS Workout**— 8 1-hour session series utilizing intellectual activities “brain games” to improve brain health

**Alzheimer’s Association Programs**— Numerous 1-hour sessions on a variety of topics including brain health and providing care for individuals with dementia



**Who Gets Grandma’s Yellow Pie Plate**— 2-hour presentation on passing on personal possessions as opposed to titled property

**Starting The Conversation**— 2 hour presentation on having productive conversations with aging parents about their wellbeing

**A Matter of Balance**— 8 2-hour session series on reducing the fear of falling by improving balance and making safe choices

## Healthy Relationships and Violence Prevention

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**One Love Foundation Programs**— A variety of 1 hour of facilitated discussions for youth regarding intimate partner violence and healthy relationships



**Seven Principles for Making Marriage Work**— 8 1.5- hour session series on strengthening the couple relationship (whether married or in a committed relationship)

**Green Dot Bystander Intervention**— 1-hour overview session or 6 hour training on how everyone can take actionable steps to make their communities safer

## Safety and Substance Misuse Prevention

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**Generation Rx**— 1– hour sessions regarding prescription safety for older adults or youth

**Catch My Breath**— 1-hour Juul and E-cigarette education



## Early Care and Education

We offer FREE child care training clock hours on a variety of topics!

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Kyleigh Sullivan  
[sullivankd@missouri.edu](mailto:sullivankd@missouri.edu)  
201 W. Wall St. Harrisonville,  
MO 64701  
660-619-1355

Twitter: [@SullivanKyleigh](https://twitter.com/SullivanKyleigh)

Facebook: [MU Extension Kyleigh HDFS Specialist](#)