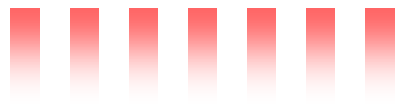


EXTENSION CONNECTION

a newsletter to support your
health, home, and family life

Educational Articles	2-3
Upcoming Programs	4-7
Community Resources	8-17
Educator Contacts	18



Extension
UNIVERSITY OF WISCONSIN-MADISON

**We want to hear
from you!**

**Please click on link or use
QR code to take this
brief survey.**

[Survey Link](#)



Educational Articles:

“Catching” Your Child Being Good

Have you heard the phrase “catch your child being good”? What does that actually mean? What does it look like in the day-to-day life of parenting?

We have a tendency as parents to react or give attention to our children when they are misbehaving or doing something we don't like and we tend to ignore good behavior or when our children are following expectations. We may think, well yes, they should be following expectations. While that may be true, children don't always follow rules or behave the way we expect them to. It's up to us as parents to help guide and teach our children the appropriate way to behave. This is where the idea or “catching” them being good comes in. If we are noticing and giving attention to good behavior, children are more likely to continue that behavior than if it was simply ignored.



So how can we do this? One way is by using positive, descriptive praise when our children are following expectations. Using descriptive praise is a way to let your child know exactly what they have done that you appreciate. Be specific with your praise, for example, “Mia, It makes me so happy when you pick up after yourself with a good attitude, thank you!” By doing this your child is encouraged to continue with the activity that they received positive attention for. This praise works best when it is genuine.

Another way is by simply giving plenty of attention, such as by winking, smiling or just watching. These all convey approval and care. Spend time with your children, comment on your child's play, and activities or observations often, even when you are not playing directly with them. Speak nicely- using a pleasant voice, gentle and reassuring tone – this might seem obvious – but kind words go a long way. Make time to hear the stories of every child in the family, these stories should be things that excite your child. For example, in my house, this may be listening to stories about sports or Minecraft. Even though I don't know much about the specific subject, I can actively listen to my children sharing about something they love.

It's also important to check and see if your expectations are realistic for your child. If you are expecting too much for their age or developmental stage, it may seem like they are always falling short of your expectations. To check if your expectations are realistic, you can ask yourself; What rules or expectations do I have? - Is this rule really necessary? - Is my child old enough to understand this rule? Another way you can check is to talk with other parents with children the same age or your school to see if their expectations are the same. This can help you to see if you are expecting too much or too little. Finally, you can ask if your expectations of yourself are reasonable, expecting too much can cause a lot of unnecessary stress. Children will not always be quiet and perfect and it is important to also let them be children. Give your child and yourself grace as you learn together.

By: Hannah Zellmer, Human Development & Relationships Educator, Marquette County

Childcare Matters

Fourteen years ago, when my spouse and I were considering starting a family, one of my co-workers who had three young children gave me some incredibly valuable advice. She told me to expect (and budget for) childcare costs to exceed what we paid for rent or mortgage. My jaw dropped. *Are you serious?!* This news was shocking at the time, but now I am so grateful I learned – and planned for – that reality.

After staying home with my daughter for seven months, I needed to go back to work. I *wanted* to go back to work. It was time to embark on the journey to find quality child care. It took time, but my spouse and I were lucky. We found a reliable childcare provider we fully trusted.

Our children gained so many benefits from their experiences in high quality childcare. They learned how to get along with other children, manage their feelings, follow routines, and wait for what they wanted. They made friends. They formed trusted relationships with healthy adult role models outside the family, to complement their already-strong family bonds.

One year, I learned one of these well-loved role models was gearing up to leave the center. Sad to lose her in my children's lives, I asked about her decision. She explained that as much as she loves what she does, she had to face the very real downsides – low pay, no insurance, no retirement plan. Two years later, another favorite teacher announced she, too, was leaving. When I asked, her story was similar: she loved her job, but had worked almost 30 years for low pay with almost no benefits, and was approaching retirement without a savings to live on.

As a paying parent who valued these care providers, I had no idea that was their reality.

Why is it? The work they do is so incredibly important – for the healthy development of children in their care, for fostering skills that help children get ready for school. And for the economy – allowing parents and guardians to be able to work. Yet on average childcare providers in Wisconsin make \$13.75 per hour, and only 1 in 5 receive health insurance benefits through their employer (Raising Wisconsin, 2023). It's not just the teaching staff; center directors and family care providers make low wages as well, and profit margins are very tight.

At the same time, costs to families are burdensome. The average family will pay over \$10,000 a year for a 4-year-old in full-time care, and over \$12,000 a year for an infant. That's because childcare businesses must rely primarily on fees that parents pay to keep their doors open. Once they've accounted for staff salaries; facilities, maintenance and utilities; licensing requirements; and educational materials, there is not much leftover.

Innovative ideas are needed. How can we support the childcare industry and families at the same time? Share your ideas by connecting with Central Sands Childcare Alliance (CSCA). We are on a mission to meet the needs of all families by expanding and supporting quality child care and early childhood education across Adams County.

Contact us at cschildcarealliance@gmail.com. Stay tuned for our website launching soon (cschildcarealliance.com)! Visit our Facebook and Instagram pages [@centralsandschildcarealliance](https://www.facebook.com/centralsandschildcarealliance). If you or someone you know are interested in becoming a childcare provider or starting a child care business, go to childcaring.org.

Upcoming Programs:

Parent Café- Marquette

A fulfilling way for parents/caregivers to talk, to listen, and to support others with stressors, worries, and challenges that many have struggled with alone. Parent Cafés can build friendships and a strong network of families who help each other stay strong. Free dinner and childcare provided.

Who: Anyone raising or caring for a child(ren)

Date & place: Sept 18th- Montello Schools

Oct 16th - Oxford Elementary

Nov. 13th - Westfield Elementary

Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

To Register: <https://www.surveymonkey.com/r/5FKGCNH> or 800-628-8534

Contact: Hannah Zellmer

Planning AHEAD

This free course guides participants through several topics to create end-of-life plans, to ensure their wishes are known and honored, and making things easier for family members. Course is one hour a week for 7 weeks, but starts with a required "tech check" online meeting Sept 19.

Who: anyone in Wisconsin who wants to learn about end-of-life planning

Date: Tuesdays, September 19 - November 7, 2023

Time: 11:00 a.m. - 12:00 p.m.

Where: Online (Zoom)

To Register: <https://go.wisc.edu/i0h3f7> by Monday, September 11

Contact: Sara Richie (sara.richie@wisc.edu), Life Span Program Manager, UW-Madison Extension

Parents Forever Classes (In Person)

A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.

Who: Parents in the process of divorce or family transition.

Date: Sept. 21st or Nov. 16th

Time: 8:30am- 12:30 pm

Where: County Services Building, 480 Underwood Ave. Montello, WI 53949

Cost: \$28. Fee may be reduced or waived for financial hardship.

To Register: <https://forms.gle/aezTNBaxHjYWV4589> or call 608-297-3141

Contact: Hannah Zellmer

Online Parenting Classes

Connect with other parents. Get practical, positive, research-based parenting ideas. Help children grow.

Who: Parents of pre-teens & teens

Date & topic: Sept. 21- The Parents' Guide to the Teenage Brain

Oct. 19- Raising Kind Kids

Nov. 16- Families + Screens

Time: 1:00 pm or 6:00 pm

Where: Online via zoom

To Register: <https://parenting.extension.wisc.edu/online-parenting-classes/>

Contact: Hannah Zellmer

Upcoming Programs:

Mental Health First Aid (for adults helping adults)

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

Who: Adults in rural communities

Date: Thursday, September 7

Time: 9:00 a.m. - 3:30 p.m.

Where: Online

To Register: https://uwmadison.co1.qualtrics.com/jfe/form/SV_e2wA7hKUeATlvoO

Contact: Sheila Michels.

Additional fall and spring classes will be offered. Contact Sheila Michels for more information.

Resilient Co-Parenting

Topic specific classes for parents/caregivers raising children together while living apart.

Dates and Topics: Sept. 7th- Relationship Readiness

October 5th- Self Compassion

November 2nd- Mindful Money Practices

Time: 7:00- 8:00 pm

Where: Online

To Register: go.wisc.edu/d206g4

Contact: Hannah Zellmer

Annual Suicide Prevention Walk, Run & Bicycle Ride

Participants can choose to do a 1.5 mile walk, 5 mile bicycle ride (helmets required) or 8k fun run. The event will include local stories and Adams County suicide data, raffle prizes and silent auction items (must be present to win), snacks and more. No entry fee. All money raised goes directly back into the community to support mental health/suicide prevention activities.

Who: Anyone (under 18 must be registered by a parent/guardian and accompanied by an adult)

Date: Saturday, September 9, 2023

Time: 9:00 a.m.

Where: Friendship Park, 202 N. Main Street, Friendship

To Register: Visit <https://bit.ly/44uWbYn>

Contact: Adams County Public Health, 608-339-4342

Focus On Fathers

A parenting program especially for dads! We will be discussing how dads can help their kids with daily challenges. Join us for as many sessions as you like. You will have the opportunity to learn from other fathers and share what is working for you too.

Dates: Sept. 12, Oct. 10, Nov. 14 (attend any or all)

Time: 8:00- 9:00 pm

Where: Online

To Register: <https://forms.gle/KqzJ3FwDuAUT9x2r7>

Contact: Hannah Zellmer

Upcoming Programs:

Parent Café - Adams

A fulfilling way for parents* to talk, to listen, and to support others with stressors, worries, and challenges that many have struggled with alone. Parent Cafés can build friendships and a strong network of families who help each other stay strong. Free dinner and childcare provided.

* "Parent" refers to anyone raising or caring for a child or children.

Who: Anyone raising or caring for a child(ren)

Date: Wednesdays, September 27, October 25, and November 29 (attend any or all)

Time: 5:30 - 7:30 p.m.

Where: Adams County Community Center, 569 N. Cedar Street, Adams

To Register: Call (800) 628-8534, email info@childcaring.org or scan the QR code in the flier

Contact: Sheila Michels

Youth Mental Health First Aid (for adults supporting youth)

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

Who: Adults in rural areas who interact with youth

Date: Friday, September 29

Time: 9:00 a.m. - 3:30 p.m.

Where: Online

To Register: https://uwmadison.co1.qualtrics.com/jfe/form/SV_3OG4IbFXMIZsA6

Contact: Sheila Michels

Additional fall and spring classes will be offered. Contact Sheila Michels for more information.

WeCOPE

In this interactive program, adults learn and practice 11 skills to help cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive emotions, and improve health. There is no cost to participate, but please register to attend.

Who: Any adult

Date: Mondays, Oct 16 - Nov 20

Time: 1:00 - 2:30 pm

Where: Friendship Connection, 117 S. Main Street, Adams

To Register: Visit go.wisc.edu/28k856 or call 608-339-4237

Contact: Sheila Michels

OR

Date: Twice a month on Wednesdays: Nov 15, Dec 6, Dec 20, Jan 3, Jan 17, Feb 7

Time: 1:00 - 2:30 pm

Where: Adams County Community Center, 569 N. Cedar Street, Adams

To Register: visit go.wisc.edu/2dk1k5, or call 608-339-4237

Contact: Sheila Michels

Upcoming Programs:

Parents Forever Classes (Online)

A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.

Who: Parents in the process of divorce or family transition.

Date: October 17 & 19 (Must attend both sessions)

Time: 5:30- 7:30 pm

Where: Online

Cost: \$28. Fee may be reduced or waived for financial hardship.

To Register: <https://forms.gle/aezTNBaxHjYWV4589> or call 608-297-3141

Contact: Hannah Zellmer

Triple P Teen: Positive Parenting Program

These discussion groups will provide parents of children ages 12-16 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

Who: Parents of pre-teens & teens

Date & topic: November 7th- Raising Responsible Teenagers

November 14th- Raising Competent Teenagers

November 21st- Getting Teenagers to Cooperate

November 28th- Building Teenagers' Survival Skills

Time: 6:00-7:30 pm

Where: Online via zoom

To Register: <https://forms.gle/ZMsWBGypVNjk1rhi7>

Contact: Hannah Zellmer

Community Resources:



ALMOST HALF OF ADAMS COUNTY RESIDENTS CAN'T FIND QUALITY CHILD CARE!



OUR VISION

Every family throughout Adams County will have access to quality childcare and early education to promote successful child development, healthy families, and strong communities.

WHEN WE INCREASE CHILDCARE ACCESSIBILITY, EVERYONE WINS!

Lack of childcare options in the area means parents will usually have to stay home to take care of children, leaving gaps in the workforce that are essential for our community to thrive.

OUR MISSION

Meet the needs of all families by expanding and supporting quality child care and early childhood education across Adams County.

OUR GOALS

 SUPPORT CURRENT AND FUTURE CHILD CARE PROVIDERS

 PROMOTE THE DEVELOPMENT OF NEW CHILDCARE CENTERS

CONTACT US TO GET INVOLVED!

 cschildcarealliance@gmail.com
cschildcarealliance.com

 @centralsandschildcarealliance

608-339-4505

What is **Bright by Text** ?

Bright by Text is a **free** program for parents & caregivers that sends tips and resources promoting child development, specific to each child's age, right to their cell phone.

92% of parents are more confident as a result of receiving Bright by Text messages.



Bright by Text families have **children** who are on average



ahead of a comparison group in language development.

Feel more prepared & informed with research-based messages about healthy child development, and local messages with resources from United Way of South Wood & Adams Counties.



United Way of South Wood & Adams Counties



Parenting



Marquette County Parent Information Exchange (PIE)

An online way for parents to share and exchange

- Activities and events
- Resources (services, connections, info)
- Parenting tips and ideas

Like, follow, share, and connect at www.facebook.com/marquettcountypie or scan QR code

When parents connect,
families do better!





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

Registration Links Below:

[Friday, August 18th 9:00 am - 3:00 pm](#)

[Friday, September 29th 9:00am - 3:30 pm](#)

Registration Links Below:

[Tuesday, August 22nd 9:00am - 3:30 pm](#)

[Thursday, September 7th 9:00am - 3:30 pm](#)

Spanish Mental Health First Aid:

[Monday, August 28th 9:00am - 3:30 pm](#)

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES

Mental Health First Aid strengthens the safety net for communities, especially our rural communities. In rural communities it is often hard to access and utilize professional help, so getting our communities trained increases the number of people able to recognize fellow community members who are struggling and support them. For many people, having someone who cares and can listen and provide reassurance and information may be all that they need to resolve the problem or ease the challenge."

Michele Pilon
MHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those disparities, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

22.7%*

of people in non-metropolitan counties have experienced a mental health condition.

CHRONIC SHORTAGES*

of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.

Approximately

1.8 MILLION *

adults living in rural areas reported having serious thoughts of suicide in the previous year.

*the original research for the displayed statistic is linked



Adams County Suicide Prevention Annual Walk-Run-Ride Saturday, September 9th, 2023

Details

Start Time: 9:00AM

Location: Friendship Park

1.5 Mile Walk

5 Mile Bike Ride

8K Fun Run

T-shirts

Cost: \$15 Each

Designed by: Maya Kautzer

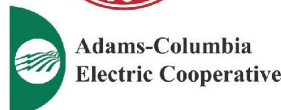
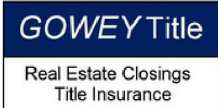
*** Must complete registration
and T-shirt payment by August
18th to get a T-shirt**

Register here: bit.ly/44uWbYn

For more information or questions, call (608) 339-4342



Thank you to our generous sponsors:





Extension
UNIVERSITY OF WISCONSIN-MADISON

Triple P Teen: Positive Parenting Program

For parents of children 12-16 years

Small changes. Big differences.

Triple P provides parents with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

Tuesdays in November! 6:00-7:30 pm over zoom



Nov. 7- Raising Responsible Teenagers

Nov. 14- Raising Competent Teenagers

Nov. 21- Getting Teenagers to Cooperate

Nov. 28 - Building Teenagers' Survival Skills

Join us for
one or all!



Scan QR Code
to register

Questions or need help registering? 608 297 3141 or hannah.zellmer@wisc.edu

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



WeCOPE is an interactive program that helps adults cope with life stress. WeCOPE has been shown to **reduce** stress and depression, **increase** positive emotions, and **improve health**.

Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

Meets in person 6 times, for 90 minutes each time. There is no cost, but please register to attend.

Mondays starting Oct 16

1:00 - 2:30 pm

Friendship Connection

117 S. Main Street, Adams



To Register visit go.wisc.edu/28k856, scan the QR code, or call 608-339-4237

Wednesdays starting November 15

1:00 - 2:30 pm

Community Center

569 N. Cedar Street, Adams



To Register visit go.wisc.edu/2dk1k5, scan the QR code, or call 608-339-4237

For more information contact Sheila Michels ~ 608-339-4237 or email sgmichels@wisc.edu



Extension
UNIVERSITY OF WISCONSIN-MADISON

WeCOPE is offered by Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute.

The UW-Madison Division of Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status.

Join us and begin

planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics listed on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life planning.

Who is the program for?

This program is for people who:

- Want to create end-of-life plans to make things easier for family members and to ensure their wishes are honored
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Tuesdays, September 19th - November 7th, 2023, virtually via Zoom from 11am to noon.

****September 19th is a required tech check****

Please register at: <https://go.wisc.edu/i0h3f7> by Monday, September 11th. Connection information will be sent to registered participants. Space is limited.

Contact us for more information

For more information, contact Life Span Program Manager, Sara Richie by email at sara.richie@wisc.edu.

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON



Marquette County Parent Café

Parent cafés are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Parent Cafés help build strong families using The Five Protective Factors.

Monday, September 18th

Forest Lane Community School
222 Forest Lane, Montello
Theme: Who's driving the bus?

Monday, October 16th

Oxford Elementary School
222 S Franklin Ave, Oxford
**Theme: Don't be afraid of the dark-
The unknown of parenting**

Monday, November 13th

Westfield Elementary School
329 Hawk Lane, Westfield
Theme: Poppin' with positivity

Thanks to a Primary Prevention Grant through the Child Abuse and Neglect Prevention Board, we will be offering concrete supports each time you attend a cafe.

**Free dinner 5:30-6:00pm
Café 6:00-7:30pm**

Limited child care available

We will confirm availability of child care based on the requests we receive.

Registration is required so we can plan appropriately for dinner and child care.

Register by scanning the QR code:



For questions or to register by phone, please call Childcaring at 800-628-8534



An EEO/AA employer, Extension University of Wisconsin-Madison provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.



A father's role is critical to a child's healthy development. This connection builds a strong foundation in language, critical thinking, physical skills, social and emotional learning, and so much more!

focus on fathers

Join us and other fathers and father-figures for a Zoom series to explore parenting tips and learn ways to strengthen your relationship with your child. Attendance at all sessions is not required. Join us for one, several, or all sessions!

Tuesdays from 8-9pm

2023

- September 12th
- October 10th
- November 14th
- December 12th



2024

- January 9th
- February 13th
- March 12th
- April 9th

Registration is Required:

<https://forms.gle/nBxN4eYFC6Cd2qgR6>



Questions? Please contact:

Patricia Carroll
920-386-3790
Patricia.Carroll@wisc.edu



Extension
UNIVERSITY OF WISCONSIN-MADISON



Parent Café

5:30-6:00pm Dinner
6:00-7:30pm Café

Adams County Community Center

569 N Cedar St, Adams, WI

Wednesday, September 27th
Wednesday, October 25th
Wednesday, November 29th

**Free Dinner and Child Care
provided each night**



Register by scanning the QR code, or contact Childcarling at Info@childcarling.org or 800-628-8534

Each night will feature a different theme based on the Five Protective Factors so you may attend any sessions that fit your schedule.

The Five Protective Factors include:

- Being strong and flexible
- Parents need friends
- Being a great parent is part natural and part learned
- We all need help sometimes
- Parents need to help their children communicate

What happens at a Parent Café?

Families gather to enjoy dinner together. After dinner, the children transition to a separate area and enjoy developmentally appropriate activities. Parents gather together to begin the Parent Café. Parents discuss various questions in small groups facilitated by a Parent Host.

Parent Cafés:

- Are unique - every parent's voice is heard.
- Are a fulfilling way for parents to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone.
- Support parents in building friendships and a strong network of families who help each other stay strong!



**Open to anyone who cares
for or about children!**

Parent Café brought to you by:





Our Contact Info

Hannah Zellmer, B.S.

Human Development & Relationships Educator
Extension Marquette County
480 Underwood Ave. Rm. 136
Montello, WI 53949
Phone: (608) 297-3139
Email: hannah.zellmer@wisc.edu

Website: <https://marquette.extension.wisc.edu/family-living/>

Facebook: <https://www.facebook.com/marquette.uwex.edu/>



Sheila Michels, M.S.Ed.

Health & Well-Being Educator
Extension Adams County
569 N. Cedar Street, Suite 3
Adams, WI 53910
Phone: (608) 339-4237
Email: sgmichels@wisc.edu

Website: <https://adams.extension.wisc.edu/>

Facebook: <https://www.facebook.com/Adams-County-UW-Extension-173758896044912>



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.