

**Raising Teens and Pre-Teens**

7 Week program

Tuesdays Oct. 13th, 20th, 27th, Nov. 3rd, 10th, 17th and Nov. 24th, 2009

5:30 PM - 8:00 PM

Capsell Building

205 E. Main Street Wautoma, WI

Do you want to strengthen your relationship with your teen or pre-teen age child? This unique program has been created from topics gathered from local parent and youth focus groups. The teens and parents learn complementary lessons during the first hour of the program. For the second hour, parents and youth come together to interact and learn with one another through fun, family activities. A free family meal is served at 5:30 P.M. There is no cost for this program. Pre-registration is required.

**Cooking for One or Two**

October 19, 2009

2:00 PM - 3:00 PM

Marquette Services Center

380 Underwood Ave. Montello, WI

Cooking for just one or two people can be a challenge. This program provides you with ideas for preparing healthy meals that will keep your taste buds happy! There is no cost for this program.

**Slow Cooker Cookery**

November 12, 2009 6:00 PM

Patterson Memorial Library

500 Wisconsin Ave. Wild Rose, WI

Did you know that you can make a dessert in a slow cooker? Slow cookers aren't just for chuck roasts and stews anymore! UW-Extension's "Slow Cooker Cookery" program will teach you how your cooker works, what types of food do best in it, and how it can reduce the time you spend in your kitchen. There is no cost for this program.

**Money Smart Training for Professionals**

December 2, 2009

9:00 AM - 3:00 PM

West Square Building

Room 213

Baraboo, WI

Cost is \$15.00 includes lunch

During this day long program, participants will be introduced to FDIC's free Money Smart financial education program. Other topics taught include: budgeting basics, understanding credit, understanding adult learners, and how personal perceptions and values affect spending.



Living Well on Less

December 10, 2009

6:00 PM

**Patterson Memorial Library
500 Wisconsin Ave. Wild Rose, WI**

Whether you've lost your job, retired recently, or you just want to simplify your life, living on less takes a different approach than what you're probably used to. Join us at this program to hear about tips and tricks for living well with less money. There is no cost for this program.



Positive Discipline for Young Children

December 17, 2009

5:30 PM - 6:30 PM

**CAP Services Building
205 E. Main Street Wautoma, WI**

Are you looking for new or improved ways to get your child to do what you want him to do or to stop doing what you don't want him to do? During this workshop we will discuss the difference between discipline and punishment and the outcomes of each. We will also explore different positive parenting strategies and creative solutions for addressing specific problem behaviors. There is not cost for this program.



Thriving With Your Spirited Child

January 14, 2010

6:00 PM - 7:30 PM

**Patterson Memorial Library
500 Wisconsin Ave. Wild Rose, WI**

Does your child seem more intense, more energetic, more emotional, or more withdrawn than other children? If so, you may have a "spirited" child? This program introduces parents to Temperament Theory and how temperament helps explain why kids act the way they do. Parents will hear ideas for how they can relate better to their "spirited" child. There is no cost for this program.



Free Financial Counseling

Available by appointment

Call 920-787-0414 or

E-mail: jennifer.caravella@ces.uwex.edu

Most people struggle with financial challenges at some time during their life. Divorce, job loss, or a family illness are common events that can be devastating to one's financial stability. Individual, confidential and free financial counseling is available to Waushara County residents by appointment.

Please contact Jennifer Caravella at 920-787-0416 or jennifer.caravella@ces.uwex.edu for more information or if you want to register for any of these program. If you need special accommodations to attend this program, please let us know 5 days in advance.