

BUILDING A #STRONGIOWA

Rural Resiliency: Caring for You and Yours

4 Week Webinar Series

March 2, 9, 16, 23, from 7:30 p.m. - 8:45 p.m.
(Tuesday nights)

This webinar series is a discussion starter and healthy mindset promoter for dealing with rural behavioral and brain health, communication skills, and relationship enrichment for self, marriage and families. Dr. Larry Tranel, Pastoral Psychologist and Iowa State University Extension and Outreach Dairy Specialist, is the featured speaker.

Farm families and those who work with them as consultants or neighbors are encouraged to attend. Local churches or ag businesses are encouraged to host a community site, following COVID restrictions, to allow farmers and interested rural associates to come together for group discussion and support.

- March 2—Farm Stress Resiliency and Grief
- March 9—Personality Keys When “Married” to Farm Stress
- March 16—Dealing with the Stresses of Men, Women, and Children
- March 23—Brain and Behavioral Health “Hacks” to Mitigate Distress

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This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. ADV.20.04J July 2020.

WHEN:

March 2 — March 23 (Tuesday nights)
7:30 p.m. — 8:45 p.m.

WHERE:

via ZOOM

RSVP:

<http://www.aep.iastate.edu/stress>

Questions about the program can be directed to Larry Tranel at:

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