2022 webinar series

For individuals, families, educators and agency staff.

Join us for FREE webinars May through August 2022!

University of Minnesota Extension Center for Family Development educators and partners will facilitate the webinars, providing information and resources for families and those who serve families to make informed decisions leading to greater health, resilience, and well-being.

Charlas en español (Talks in Spanish)
Brindamos información y recursos a las familias latinas para ayudarlas a tomar mejores decisiones y para mejorar sus vidas. Le invitamos a registrarse a cualquiera de nuestras charlas gratuitas en línea, que serán dirigidas por nuestros educadores bilingües. Los temas que vamos a tratar son de mucha importancia para su vida diaria.

https://z.umn.edu/CharlasenEspanol

Family friendly earth care
Learn how to take actions for global health and wellness including ways to eat healthier for the planet and hands-on activities for all ages that promote wellness through being in nature.

https://z.umn.edu/earthcare

Finding balance
While life is never certain, the last couple years have stressed our families and communities. Learn about how to find balance and flourish — even during life transitions. For both consumers and professionals.

https://z.umn.edu/findingbalance

Making cents of it all
Learn how to navigate financial choices including homeownership, credit, budgeting and saving, and changing financial needs across the lifespan. We’ll also share culturally appropriate resources to support American Indian and Latino communities. These online webinars are for individuals, families, educators and agency staff.

https://z.umn.edu/cents

No place like home
Whether you rent or own your home, our educators have tips to make your home healthier, affordable and energy efficient. Offered in English and Spanish.

https://z.umn.edu/noplaceilkehome

Recovery and health
Learn how mental well-being, nervous system support, nutrition and physical activity can support those in recovery. Hear from people in recovery about how they approach their health holistically and colleagues from the College of Pharmacy will discuss harm reduction and how to save lives from overdoses.

https://z.umn.edu/recoveryhealth