



Human Development & Relationships *Crawford County*

Helping Families and Communities Grow Stronger

Crawford County Human Development & Relationships
helps families at every stage of life.

FOR MORE INFO, VISIT OUR WEBSITE:

<https://crawford.extension.wisc.edu/hdr/>



Extension

UNIVERSITY OF WISCONSIN-MADISON
CRAWFORD COUNTY



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Trauma Informed Caregiving:

Supporting Children Who Have Experienced Trauma

This is an Eight Session Series

When: Wednesdays, July 9-Aug 27, 2025

Time: 9 - 11 a.m.

Where: Online (virtual class)

Click to register:

<https://go.wisc.edu/s7cn6p>



scan to register

Limited space - register early to assure a spot!



A workshop for birth, foster & adoptive parents, grandparents, relative caregivers, child-serving professionals and community members to share information about trauma and the effects on children to strengthen positive relationships between children and adults.

Child trauma can be hard to identify and understand. The symptoms can look like so many other physical and mental health issues. A child who has experienced trauma may develop behaviors making it hard to form positive relationships with others. He or she may also continue the cycle of violence and abuse. When the "root cause" of the issue is not recognized and treated, families and workers can feel worn out.

Fortunately, trauma-informed caregiving and treatment can help children recover from their difficult childhood experiences. It helps them learn new ways of thinking about themselves and the world around them.

In this workshop, you will:

- Learn information about trauma and its effect on children
- Learn how to recognize and understand trauma reminders
- Identify emotional "hot spots" and learn strategies to help manage behaviors
- Gain knowledge and skills to become a trauma-informed advocate

Facilitated by:

Tracy Henegar
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Triple P TEENAGERS

Positive Parenting Program for Parents of Teenagers

This evidence-based program will help you develop a personal parenting plan to assist you with parenting your teenager about smoking or vaping, drinking alcohol, drugs or other!

FRIDAY, JULY 25
at 1:00 to 3:00 pm
via ZOOM



REGISTER
NOW!



<https://go.wisc.edu/833vaf>

KIDS in the GARDEN



FREE

**Summer Garden Program
for kids ages 5 to 14.**

A parent or an adult is required
to stay with children.

Sponsored By:

Crawford County Master Gardeners 
& **City of Prairie du Chien
Parks & Rec Department**

Summer Garden Program location:
Memorial Gardens, St Feriole Island

Wednesdays!

9:30-11:00am or 4:00-5:30pm

**July 16
July 30
August 13**

Wednesday, July 16

9:30-11:00am or 4:00-5:30pm

Turtles, Turtles, Turtles!

Let's explore the wondrous world of freshwater
Turtles and maybe have some special Show & Tell.

StoryWalk® Feature!

Dirt Cheap by Mark Hoffmann will be lead by the
UW Extension Human Development &
Relationships Educator



Family Engagement and Relationships Classes

July & August 2025

All classes are virtual unless noted.



EVERYDAY PARENTING

RAISING WISCONSIN'S CHILDREN

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, talking about scary issues, and child led play.

July 17, August 21 | 1 PM

FOCUS ON FATHERS

Hey dads! Your role matters! Join us for discussions on parenting, family life and how to handle modern challenges. A space for dads to support each other.

July 8, August 12 | 6 PM

VISIT OUR CLASS CALENDAR TO SIGN UP



USE THE QR CODE OR THE LINK BELOW TO SIGN UP!

<https://parenting.extension.wisc.edu/class-calendar>

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required.



Human Development & Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



FAMILY TRANSITIONS

RESILIENT CO-PARENTING

Join us for ongoing support for your co-parenting journey. Topics include healthy coping during transitions and successful stepfamilies.

August 17 | 7 PM

PARENTS FOREVER

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

September 24 or November 12 | 12-4 PM
Register! <https://go.wisc.edu/di8ae8>

STRONG COUPLES

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

Visit: parenting.extension.wisc.edu/strong-couples

FATHERS IN FOCUS

CONFERENCE 2025

A free conference where fathers, mentors, coaches, and allies from across Wisconsin gather to learn, support each other and strengthen their roles in their families and communities.

FRIDAY, OCTOBER 18, 2025

**MADISON AREA TECHNICAL COLLEGE
(Truax Campus)
MADISON, WI**

REGISTER! <http://go.wisc.edu/fathers>



STRONG *People*™

STRONG BODIES



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Summer 2025 Series

Dates: July 8 - September 25, 2025

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/g16p4e>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after July 4th, 2025



2025 BOOSTER + PRACTICE SESSIONS

EFC Booster + Practice Sessions compliment the EFC training series that you, as a helping professional, attended in the past year. These Booster Sessions provide additional information, resources, and practice to use with your clients. Join us for these 1.5 hour zoom sessions to add to your toolbox of strategies!

TIME: 10:30 AM – 12 NOON

REGISTER HERE:

<http://go.wisc.edu/efcboosters>



2025

AUGUST 21 ENGAGING OTHERS IN FINANCIAL CONVERSATIONS

Carol Bralich, Fond du Lac County Financial Educator &

Jeanne Walsh, Chippewa County Financial Educator

Practice starting financial conversations, asking questions to promote financial goals and using listening skills with clients.

NOVEMBER 13 REBUILDING CREDIT

Todd Wenzel, Winnebago County Financial Educator &

Amanda Kostman, Walworth County Financial Educator

Learn strategies to help your clients rebuild their credit.

Helping professionals are ideally suited to engage their clients in financial conversations because of the relationship that is forged during your time together.

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. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.



JUST IN TIME

Parenting●●●●● Newsletter



**SCAN TO
SUBSCRIBE.
OR VIEW AT
JITP.INFO.**

For More Information or Help Subscribing:

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UW-Madison Division of Extension – Crawford
County

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☎ Phone: 608-326-0227

Parenting is a big job and we want to help. We're happy to offer you a free monthly electronic newsletter, **Just in Time Parenting (JITP)**. In it you will find helpful articles about parenting each month.

Each issue includes:

- Easy to use guides on how your child is developing
- Tips on raising a healthy, happy child
- Tools for solving common parenting problems
- Strategies for coping with the challenges of raising children
- Links to podcasts, videos, and other resources
- Commercial free—no toy or product ads
- Research based and written by experts who are parents themselves!

99% of readers view the information in Just in Time Parenting JUST AS or MORE useful than information from other parenting sources.



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The Just in Time Parenting Survey was designed and administered to subscribers in Wisconsin and participation was voluntary.