



# 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



**Amanda Griswold**

Human Development &  
Relationships Educator  
[amanda.griswold@wisc.edu](mailto:amanda.griswold@wisc.edu)  
608.326.0223

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

You may request materials in an alternative language and/or format to make them more accessible. Contact us at [crawford@extension.wisc.edu](mailto:crawford@extension.wisc.edu) or 608.326.0223. Most services are provided at no cost to you.

# Emotion Regulation in Action

## Science-Based Strategies for Early Childhood

*A workshop created for childcare providers!*



Earn 5 Continuing Education Credits through the WI Registry!

Saturday, April 25, 2026  
9 am - 3 pm

Crawford County  
Administration Building  
225 North Beaumont Road | Prairie du Chien, WI 53821

**\$20 to attend, lunch provided!**



Scan the QR code  
or visit our website  
to reserve your spot!

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

**Help young children manage big feelings**  
Join the UW–Madison Extension & Thriving Wisconsin for a hands-on workshop with science-based strategies and practical tools you can use every day!



**Learn** key building blocks of emotional development



**Build skills** to help children manage their feelings



**Problem-solve** with peers about common challenges



**Discover support** available through your local Child Care Resource & Referral Agency.



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Questions?  
Contact Amanda Griswold  
[amanda.griswold@wisc.edu](mailto:amanda.griswold@wisc.edu)  
608-326-0223

**Child Care Resource  
& Referral Network**

POWERED BY  THRIVING WISCONSIN

# Parenting and Family Support

Free or Low Cost • Virtual • Accessible for Families



## Raise Thriving Kids

### *Looking for practical parenting strategies?*

The University of Wisconsin-Madison Extension offers free and low-cost classes for parents and caregivers across Wisconsin. Learn proven approaches backed by science and choose what works best for your family.

Our classes cover *everyday parenting*, *big family changes*, and more. **Join us today!**

## What To Expect

- ✓ Backed by research
- ✓ Positive and strengths-based
- ✓ Practical ideas you can use every day

## Register Today!

Scan the QR code or visit:

<https://parenting.extension.wisc.edu>

SCAN  
ME!



## Spring Classes (March-May 2026)



### Raising Wisconsin's Children

*Lunch-and-learn series for caregivers.*

Monthly • March 19, April 16, May 21 • 1 PM



### Triple P Positive Parenting Program • Teens

*Boost confidence and cooperation in teens.*

Weekly • Begins March 24 • 9 AM or 6 PM



### Focus on Fathers

*Designed for dads, open to all.*

Monthly • March 10, April 14, May 12 • 1 PM



### Raising a Thinking Child

*Help young children problem-solve.*

Weekly • Begins March 24 • 9 AM or 6 PM



### Parents Forever

*For parents navigating separation or divorce.*

Monthly • Dates and Times Vary



### Resilient Co-Parenting

*For parents raising children together while living apart.*

Monthly • March 5, April 2, May 7 • 7 PM



### Strong Couples

*Build a stronger relationship.*

Visit:

<https://parenting.extension.wisc.edu/strong-couples>

# Parenting and Family Support

Free or Low Cost • Virtual • Accessible for Families

## Class Descriptions

### Everyday Parenting

#### Raising Wisconsin's Children

*Lunch-and-learn series for caregivers.*

- Build skills through household chores
- Align media use with parenting values
- Coach kids through big feelings

**Monthly • March 19, April 16, May 21 • 1 PM**

#### Triple P Positive Parenting • Teens

*Boost confidence and cooperation in teens.*

- Encourage responsible decision-making
- Improve your teen's social skills
- Motivate your teen to cooperate at home

**Weekly • Begins March 24 • 9 AM or 6 PM**

#### Focus on Fathers

*Designed for dads, open to all.*

- Teach kindness and empathy for others
- Build connection through communication
- Practice ways to reduce stress

**Monthly • March 10, April 14, May 12 • 1 PM**

#### Raising a Thinking Child

*Caregivers of 4- to 7-year-olds, this one's for you!*

- Help young children make good decisions
- Encourage healthy communication
- Teach kids to understand feelings

**Weekly • Begins March 24 • 9 AM or 6 PM**

### Big Family Changes

#### Parents Forever

*For parents navigating separation or divorce.*

- Center your children's well-being
- Improve communication with your co-parent
- Find simple ways to take care of yourself

**May 27**

**July 29**

**September 16**

**November 17**

**All sessions :**

**Noon to 4pm**

#### Resilient Co-Parenting

*For parents raising children together while living apart.*

- Build a positive relationship with your teen
- Coach kids through strong feelings
- Establish boundaries with your co-parent

**Monthly • 7 PM**

**April 2**

*Helping Children with Strong Emotions*

**May 7**

*Establishing Boundaries with Your Co-Parent*

**June 4**

*Money Talks: Less Stress, More Success*

### Healthy Relationships

#### Strong Couples

*Build a stronger relationship.*

- Learn simple communication strategies
- Problem-solve together
- Six modules and five coaching calls

**For more information, visit:**

<https://parenting.extension.wisc.edu/strong-couples>

**Register Today!**

Scan the QR code or visit:

<https://parenting.extension.wisc.edu>



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UNIVERSITY OF WISCONSIN-MADISON



# Co-Parenting

## No Longer Together, but Parents Forever™

This class provides parents with insights and skills to meet their child's needs and lead happier, less stressful lives through each stage of the transition.

### For Parents in Transition:

- Currently going through a divorce
- Never married
- Separated
- Already divorced

### Registration:

- Register online early, at least 10 days before the schedule class.
- If none of the dates work, please contact our office.
- Scan the QR code or visit the website to register online.
- If known, have your case file number available.
- Class materials cost \$20 if picking up, \$35 if having them mailed.



<https://go.wisc.edu/h84u1d>



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CRAWFORD COUNTY

# 2026 Schedule

Noon to 4:00pm

**May 27**

**July 29**

**September 16**

**November 17**

*\*Dates & times are subject to change!*

### Class offered by:

**Amanda Griswold**

Human Development & Relationships Educator  
608.326.0223

amanda.griswold@wisc.edu  
225 N Beaumont Rd, Suite 240  
Prairie du Chien, WI 53821

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

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2026



# FOCUS ON FATHERS



Looking to build a stronger bond with your child and connect with other parents? Focus on Fathers is a free, online parenting series designed especially for dads and open to everyone. Join anytime! This series offers something valuable for everyone.

**Every 2nd Tuesday**  
**1:00-2:00 PM**  
**Held Via Zoom**

## Upcoming Sessions

- March 10** | Fathers Teach Kindness
- April 14** | Fathers Communicate with Children
- May 12** | Relax and Enjoy Fathering
- June 9** | Fathers Teach Perspective
- July 14** | Fathers Help Children Make Good Choices
- August 11** | Fathers Help Children Handle Emotions
- September 8** | Fathers Teach Children to be Good Citizens



**REGISTER HERE:**



<https://forms.gle/aNUWWDMsHEHRY1zz6>



### QUESTIONS?

Please contact:  
Pattie Carroll 920/386-3790  
[patricia.carroll@wisc.edu](mailto:patricia.carroll@wisc.edu)



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Triple P  
**TEENAGERS**

Positive Parenting Program for Parents of Teenagers

JUNE 5, 2026  
NOON - 2PM  
via ZOOM

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!

**REGISTER NOW!**



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CRAWFORD COUNTY

<https://go.wisc.edu/fi74ud>



# LET'S PLAY AND LEARN

Little Explorers Preschool Play Group

THURSDAYS:

April 2 • Money Smart Week

9-10am

HOFFMAN HALL  
Prairie du Chien, WI



# Planning AHEAD

*Advance directives, Handling financial changes, Estate planning, and Arriving at Decisions for the end of this life*

**Join us for a 7-session virtual program to help participants understand how to prepare for the end of life for themselves or a loved one.**



**Thursdays, April 2–May 14**

**Virtual sessions: 11 a.m.–noon**

**Registration: \$30 (includes materials)**

**Register here: <https://go.wisc.edu/072hpy>**



Scan for more information:



**For questions, email [planningahead@extension.wisc.edu](mailto:planningahead@extension.wisc.edu)**



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

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# STRONGBODIES

# VIRTUAL PROGRAM

VIA ZOOM  
OR

IN-PERSON VIA ZOOM  
AT CRAWFORD  
COUNTY  
ADMINISTRATION  
BUILDING

JANUARY 6 -  
MARCH 26, 2026

TUESDAYS &  
THURSDAYS  
9:00-10:15

To learn more, visit us at  
<https://health.extension.wisc.edu/strongbodies/>

The evidence-based StrongBodies program has been shown to improve:

- muscle strength
- muscle mass
- bone density

Classes are held twice weekly and include:

- progressive resistance training
- balance training
- flexibility exercises

Register online here: <https://go.wisc.edu/4ir5sh>

QUESTION ABOUT CRAWFORD COUNTY CALL 608-326-0223

CONTACT US:

[strongbodies@extension.wisc.edu](mailto:strongbodies@extension.wisc.edu)



**TUESDAYS**

**MARCH 31-MAY 5**

**VIRTUAL: 11:30 AM-12:30 PM**

**WeCOPE is an interactive 6-week program that meets via Zoom once a week. This class helps adults cope with life stress.**

**WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.**



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BARRON COUNTY

**FOR MORE INFORMATION:  
CONTACT MISSY BABLICK  
MISSY.BABLICK@WISC.EDU  
715-788-6217**

**[HTTPS://GO.WISC.EDU/15KCUE](https://go.wisc.edu/15kcue)**

**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 UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING IN COMPLIANCE WITH STATE AND FEDERAL LAW. YOU MAY REQUEST AN INTERPRETER, MATERIALS IN AN ALTERNATIVE LANGUAGE OR FORMAT, OR OTHER SERVICES TO MAKE THIS PROGRAMMING MORE ACCESSIBLE, BY CONTACTING MISSY BABLICK AT MISSY.BABLICK@WISC.EDU OR 715-788-6217 BY ONE MONTH PRIOR TO THE SET PROGRAMMING DATE. THERE'S NO ADDED COST TO YOU FOR THESE SERVICES.**

# Financial Education Classes

April - June 2026 Virtual Classes



## Rent Smart

In this FREE financial course participants will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants

Apr 14-30 | Tuesdays and Thursdays | 7-8 pm

May 4-22 | Monday and Fridays | 1-2 pm

Jun 9-24 | Tuesdays and Wednesdays | 11 am-12 pm



## Planning AHEAD

This 7-week program will help you make important end-of-life decisions so your loved ones won't have to face them alone. Topics include getting started with planning, handling financial changes, creating advance medical and legal directives, estate planning, exploring choices in end-of-life care, documenting your final wishes, and understanding the grief process.

Apr 2 - May 14 | Thursdays | 11 am-12 pm

Cost: \$30



Visit Our Class Calendar to Sign Up!



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

[finances.extension.wisc.edu  
/events/](https://finances.extension.wisc.edu/events/)

## Encouraging Financial Conversations Foundations Training

Unsure about how to discuss money with your clients? Sign up to attend this FREE six-session course where you'll learn how to help empower others to achieve their financial goals and manage their money

Mar 17, 24, 31 & Apr 7, 14, and 21 | 1-2 pm

May 20, 27 & Jun 3, 10, 17, and 24 | 9-10 am

"The training gave me tools that I could share with people and new ideas that I had never even heard of."

## Money Matters Live

These FREE monthly classes will help you learn what your credit report says about you, pay off debts, and find the financial records you need.

### -Financial Recordkeeping

Apr 7 | 10- 11 am | 6:30-7:30 pm

- Teaches you which documents to save, how long to keep them, and how to store them safely

### -Your Credit Report

May 5 | 10 - 11 am | 6:30-7:30 pm

- Learn about credit and what lenders look for when you apply for a loan
- Shows you how to get your free report and read your credit history clearly so you can build a stronger financial future

### -Getting Out of Debt

Jun 2 | 10- 11 am | 6:30-7:30 pm

- Learn strategies to tackle your debts so you can start working toward your financial goals.



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# Money Matters LIVE 2026



## FREE Virtual Financial Education Workshops From UW Extension

- Online through Zoom
- Monthly on the 1st Tuesday
- Up to 1 hour long with time for questions
- Same topic twice daily, 10-11am or 6:30-7:30pm

## DETAILS



Tuesdays on Zoom



10:00-11:00am OR 6:30-7:30pm



[go.wisc.edu/mmlive](https://go.wisc.edu/mmlive)



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~~03 FEBRUARY~~

Tax-Filing Basics

~~03 MARCH~~

Spending Plans & Budgeting

07 APRIL

Financial Recordkeeping

05 MAY

Your Credit Report

02 JUNE

Getting Out of Debt

07 JULY

Saving Basics

04 AUGUST

Fraud & Scam Prevention

01 SEPTEMBER

Money Habits & Behavior

06 OCTOBER

Friends, Family, & Finances

03 NOVEMBER

Smart Money Moves for the Holidays

01 DECEMBER

Financial Goal-Setting



# RENT SMART 2026



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

***Taught by Extension Educators***

Helping to make renting a great experience for you!

## ***Winter/Spring 2026 Online Class Schedule***



- March 1, 14, 21, 28 | 9:00-11:30 AM (Saturday)**
- April 14, 16, 21, 23, 28, 30 | 7:00-8:00 PM (Tue/Thur)**
- May 4, 8, 11, 15, 18, 22 | 1:00-2:00 PM (Mon/Fri)**
- June 9, 10, 16, 17, 23, 24 | 11:00 AM-12:00 PM (Tue/Wed)**

- ✓ Classes are taught online via Zoom Participants
- ✓ must complete all six modules to earn the Rent Smart certificate

***To register, scan the QR code or go to <https://go.wisc.edu/RentSmartRegister>***

### ***What you'll learn:***

- ✓ To manage monthly expenses
- ✓ To find and maintain affordable housing
- ✓ To complete applications and understand tenant screening
- ✓ To build positive relationships with landlords and neighbors
- ✓ The responsibilities and rights of landlords and tenants



***For more information, contact Todd Wenzel, [todd.wenzelewis@wisc.edu](mailto:todd.wenzelewis@wisc.edu) or 920-232-1982***

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Money Smart Wisconsin Week  
April 6-12, 2026  
Crawford County

# LIBRARIES STORY TIMES

## Library Story Times: Children's Big Read

Join us during Money Smart Wisconsin Week 2026 for engaging story times at local libraries in Gays Mills, Soldiers Grove, Prairie du Chien, and Hoffman Hall Play Group. Featuring the "Money As You Grow" book series, kids will learn financial concepts in a fun way.



### SOLDIERS GROVE LIBRARY

TUESDAY  
MARCH 31  
10:30 AM

### GAYS MILLS LIBRARY

WEDNESDAY  
APRIL 1  
10:00 AM

### HOFFMAN HALL PLAY GROUP

THURSDAY  
APRIL 2  
9:00 AM

### PRAIRIE DU CHIEN LIBRARY

FRIDAY  
APRIL 3  
10:00 AM



Bring your little ones to enjoy delightful stories and start their journey towards financial literacy. Each session includes interactive activities to reinforce the lessons learned.

Don't miss this chance to combine the joy of reading and play with valuable financial education. We look forward to seeing you and your children at the libraries and Hoffman Hall!



## MONEY AS YOU GROW READING CHALLENGE AT LIBRARIES IN APRIL



Here's how to join the "Money As You Grow Reading Challenge":

1. Check Out a Kit: Visit your local library in Gays Mills, Soldiers Grove, or Prairie du Chien.
2. Read Together: Enjoy the book with your parent or caregiver.
3. Complete the Activity: Finish the fun activity in the kit.

Throughout **April**, read "**Money As You Grow**" books to earn tickets for exciting prizes:

- Any book: 1 ticket
- Financial book: 2 tickets
- "Money As You Grow" book: 3 tickets

Use your tickets to enter for the prize of your choice.

Drawing will be on or after April 30<sup>th</sup>.

Please have all your books returned by end of day on April 29<sup>th</sup>.

**Happy reading!**

## Guess the Number of Items in the Jar!

Visit your local library and take a guess how many fuzzy poms are inside the jar.

The closest guess wins a gift card!

FOR ALL AGES  
DRAWING END OF MONTH

For more information about Money Smart Wisconsin Week in Crawford County and statewide, please visit: <https://crawford.extension.wisc.edu/money-smart-wisconsin>  
We also have adult educational sessions throughout the week. Check out our website for more details!

You can also scan the QR code for quick access:



# Money Smart Wisconsin Week

## April 6-12, 2026

### Crawford County

Enhance your financial skills at venues across Crawford County. All sessions are one hour unless noted. Attend an event for a chance to win a gift card!

### KIDS, SCREENS, & SAFETY: WHAT EVERY PARENT SHOULD KNOW



**MONDAY, APRIL 6<sup>TH</sup>, 5 PM**  
125 SOUTH WACOUTA AVENUE, PRAIRIE DU CHIEN  
PRAIRIE DU CHIEN MEMORIAL LIBRARY

HOSTED BY: DATCP, PRAIRIE DU CHIEN POLICE DEPARTMENT, AND UW-EXTENSION

### CREATE A SPENDING PLAN: SHIFTING AWAY FROM THE TRADITIONAL BUDGET MINDSET

**TUESDAY, APRIL 7<sup>TH</sup>, 10:30 AM**  
1007 EAST WISCONSIN STREET, PRAIRIE DU CHIEN  
RIVERCREST VILLAGE

HOSTED BY: COULEECAP INC.



### UNDERSTANDING FINANCIAL TRAUMA

**TUESDAY, APRIL 7<sup>TH</sup>, 1 PM (LUNCH SESSION)**  
225 NORTH BEAUMONT ROAD, PRAIRIE DU CHIEN  
CRAWFORD COUNTY ADMIN BUILDING

HOSTED BY: COULEECAP INC.



### CREDIT & DEBT MANAGEMENT

**TUESDAY, APRIL 7<sup>TH</sup>, 5 PM**  
225 NORTH BEAUMONT ROAD, PRAIRIE DU CHIEN  
CRAWFORD COUNTY ADMIN BUILDING

HOSTED BY: COULEECAP INC.



### RETIREMENT BASICS

**TUESDAY, APRIL 7<sup>TH</sup>, 5 PM**  
211 SOUTH MAIN STREET, PRAIRIE DU CHIEN  
PDC CHAMBER OF COMMERCE COMMUNITY ROOM

HOSTED BY: PEOPLES STATE BANK



### FINANCIAL SCAMS & AI DEMONSTRATION



**WEDNESDAY, APRIL 8<sup>TH</sup>, 12 PM**  
16381 WI HIGHWAY 131, GAYS MILLS  
COMMUNITY COMMERCE CENTER

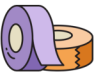
**THURSDAY, APRIL 9<sup>TH</sup>, 12:15 PM**  
1600 S WACOUTA AVE, PRAIRIE DU CHIEN  
HOFFMAN HALL

HOSTED BY: ROYAL BANK

### DUCT TAPE WALLET & MONEY FUN!

**THURSDAY, APRIL 9<sup>TH</sup>, 4:30 PM**  
125 SOUTH WACOUTA AVENUE, PRAIRIE DU CHIEN  
PRAIRIE DU CHIEN MEMORIAL LIBRARY

HOSTED BY: CRAWFORD COUNTY 4-H



### COMMUNITY SEED SWAP

**THURSDAY, APRIL 9<sup>TH</sup>, 1-6 PM**  
102 PASSIVE SUN DR, SOLDIERS GROVE  
SOLDIERS GROVE PUBLIC LIBRARY

HOSTED BY: SOLDIERS GROVE PUBLIC LIBRARY, CRAWFORD COUNTY MASTER GARDENERS, UW-EXTENSION



### FREE SHRED EVENT

**SATURDAY, APRIL 25<sup>TH</sup>, 9-11 AM**  
301 E BLACKHAWK AVE, PRAIRIE DU CHIEN  
PEOPLES STATE BANK - DOWNTOWN

HOSTED BY: PEOPLES STATE BANK



For more details & to register, visit:  
[crawford.extension.wisc.edu/](https://www.facebook.com/crawford.wisc.edu/)  
[money-smart-wisconsin](https://www.facebook.com/crawford.wisc.edu/)  
or scan the QR code.

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[HTTPS://WWW.FACEBOOK.COM/CRAWFORD.WISC.EDU/](https://www.facebook.com/crawford.wisc.edu/)

