

# Strengthening Wisconsin Families with Mindfulness

## Statewide UW-Madison Division of Extension Live-Online Program



Mindfulness-Enhanced  
Strengthening Families Program 10-14



*Mindfulness in this program nurtures the ability to be fully present in the moment without judgement of what you are observing or experiencing. This helps to decrease stress and improve communication in relationships.*

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**Contact an Extension Educator Nearest to You for more Information or Help!**  
(Any county residents may participate.)

### UW Extension Educator County Contacts:

**Jackson:** Karla Gearing; Health and Well-Being Educator  
(715) 284-4257  
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**Langlade and Oneida:** Carrie Kubacki; Positive Youth Development and Health & Well-Being Educator  
(715) 533-2007  
carrie.kubacki@wisc.edu

**Lincoln:** Debbie Moellendorf; Positive Youth Development and Health and Well-Being Educator  
(715)-539-1077  
deborah.moellendorf@wisc.edu

**Washburn:** Danette Hopke; Youth & Family Educator  
(715)635-4446  
danette.hopke@wisc.edu

**Who:** Youth Ages 10-14 and their Parents/Caregivers  
**What:** No Cost 7-Week Program  
**When:** Thursdays:  
October 8 – November 19<sup>th</sup>  
**Where:** Live-Online with Zoom  
**Schedule:**  
4:00-5:15pm Youth Session  
5:15-6:00pm Family Dinner  
(*offline*)  
6:00-7:15pm Parent Session  
7:15-8:15pm Family Session

To register follow the link, use the QR code with your phone, or call an educator.  
[Strengthening Families Program 10-14](#)



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