



# MSU Extension Online Resources for Our Northeast Michigan Community

**MSU Extension Remote Learning & Resources Website - [Click Here!](#)**

## Health, Wellness & Family

[Online Extension Extras Parenting Hour](#) is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the joys, challenges and concerns of parenting.

[Stress Less with Mindfulness](#) is a series for adults and seniors that introduces mindfulness concepts and practices to reduce stress and related symptoms.

[Diabetes PATH](#) is a 6-week, self-management online workshop designed for people living with diabetes, as well as for their family members, friends, and caregivers.

## Cultural Learning

[MSU's Community Language School](#) offers online foreign language programs for children, pre-teens, teens and adults. The fun, virtual learning environment introduces students to different languages and cultures with a focus on developing oral communication skills.

[Exploring Deaf Culture](#) is a two-part series providing an in-depth tour of Deaf people and culture, offering an opportunity to better understand how valuable Deafness is to the existence of humankind.

## ONLINE PROGRAMMING

*To learn more about any of these programs, click on the link for more information*

5/3, 5, 6 & 6/14, 16, 17- [Wild Nature Crafting 4-H SPIN Club](#)

5/3- 5/6 [Relax: Alternatives to Anger](#)

5/3- 5/24 (Mondays) [Plant Quest: Smart Plants for Midwest Gardeners](#)

5/4- [Michigan Cottage Food Law](#)

5/4- 6/29 (Tuesdays & Thursdays) [Tai Chi for Arthritis and Fall Prevention](#)

5/5- 6/9 (Wednesdays) [Powerful Tools for Caregivers](#)

5/5- [Changing Negative Self Talk Lunch and Learn](#)

5/5- 6/2 (Wednesdays) [Guiding Principles for Highly Successful Parenting](#)

5/6- [Home Food Preservation: Tools of the Trade](#)

5/6- [Gardening Basics: Preventing Problems](#)

5/8- 9/11 (Second Saturdays) [HomeGrown Gardening Series](#)

5/10- 5/14 [Stress Less with Mindfulness](#)

5/10- [Retirement Myths and Facts](#)

5/11- [Make a Spending Plan Work for You](#)

5/11- 6/15 (Tuesdays) [4-H Bring Outside \(SP\)IN](#)

5/12- [Caring for the Caregiver](#)

5/13- [Protecting Your Identity and Avoiding Scammers](#)

5/14- [Michigan Substance Use Prevention Education and Recovery \(MiSUPER\): National Prevention Week Webinar](#)

5/20- 6/17 (Thursdays) [Cooking Matters at Home](#)

5/20- 6/24 (Thursdays) [Spring Food Preservation Classes](#)

5/24- 8/16 (monthly) [Michigan Beekeeping Webinar Series](#)

5/25- 6/29 (Tuesdays) [Wellness Initiative for Senior Education \(WISE\)](#)

**Connect on Facebook for more programs and resources:**

[MSU Extension District 4](#)

[Gardening in Michigan](#)

[MSU Extension MI Stronger Family](#)

[MI Money Health](#)

[Commodity Cooking Challenge](#)

[Michigan 4-H](#)

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