



Cultivating Resiliency for Women in Agriculture

A new interactive online series is setting out to help women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and help connect them with resources and information that can help them weather stress.

Each session will be 45 minutes on the topic for discussion up to 45 minutes Q & A

Sessions will be presented by Shauna Reitmeier and Brenda Mack who both have extensive behavioral health professional experience and hail from farm backgrounds.

Free Sessions - please register using the links provided or for more information go to

<http://umash.umn.edu/cultivating-resiliency/>

All sessions will be recorded and posted on the American Agri-Women website www.americanagriwomen.org/webinars
Participants who register for the sessions will remain anonymous.

Fridays 12 noon CST

Friday, December 14, 2018 Impact of Farming and Ranching Stress for Women 101 Presented by: Shauna Reitmeier & Brenda Mack

Registration link: <https://attendee.gotowebinar.com/register/1561887448665213954>

Friday, January 11, 2019 Self-Care Tips to Help Reduce Stress Presented by: Brenda Mack

Registration link: <https://attendee.gotowebinar.com/register/6468029278081233922>

Friday, January 25, 2019 You Can't Pour from an Empty Cup - How Do You Fill It Up to Support Yourself and Others? Presented by: Shauna Reitmeier

Registration link: <https://attendee.gotowebinar.com/register/4979822697701263107>

Friday, February 8, 2019 Building and Maintaining Relationships in Stressful Times Presented by: Shauna Reitmeier.

Registration link: <https://attendee.gotowebinar.com/register/4914233530579355905>

Friday, March 8, 2019 Increasing Your Joy and Happiness While Living a Farm Life Presented by: Brenda Mack

Registration link: <https://attendee.gotowebinar.com/register/3549806670718728961>

Friday, April 12, 2019 Putting It All Together Presented by: Shauna Reitmeier and Brenda Mack

Registration link <https://attendee.gotowebinar.com/register/656524285598359809>

Brought to you by: American Agri-Women, District 11 Agri-Women, University of Minnesota Extension- Women in Ag Network and the Upper Midwest Agricultural Safety and Health Center (UMASH). Funding is provided by a UMASH grant. Questions? contact Doris Mold, doris@sunriseag.net