

Family and Consumer Sciences

Classes for Community Volunteers



Global Volunteer Month is observed every April to celebrate the impact of people who volunteer and engage in civic actions that changes the world. (www.pointoflight.org). All year long, OSU Extension, Family and Consumer Sciences offers classes across the lifespan to help people develop essential knowledge and skills to:

- Lead better lives
- Be work and career ready
- Build strong families
- Make meaningful contributions to our communities (www.aafcs.org)

If you are in Lucas County and provide support and training to volunteers, these educational programs may be of interest for you to host for your audience.

Compassion Satisfaction designed specifically for caregivers and volunteers

Dimensions of Wellness using a wellness wheel to explore health and wellness at all ages

Mindful Wellness can offer a one-time introduction lesson or a series of mindfulness classes on a variety of mindfulness concepts

Gardening with Young Children making garden time fun, easy, and educational

The Paradox of Living in the Moment and Planning for the Future planning for success

MyPlate and Food Choices especially for those volunteering with food donations and distributions

Encouraging Youth to Live Active especially for those volunteering with youth in afterschool or summer camp programming

PAX Tools Community Workshop a collection of trauma-informed, evidence-based behavioral strategies to promote the development of self-regulation of children. (this is approximately 3 hours long)

For more information, please contact:

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