



Classes for Community Volunteers

Family and Consumer Sciences (FCS), Lucas County

Global Volunteer Month is observed every April to celebrate the impact of people who volunteer and engage in civic actions that change 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)

COMPASSION SATISFACTION

Designed specifically for caregivers and volunteers

DIMENSIONS OF WELLNESS

Using a wellness wheel to explore health and wellness at all ages

GARDENING WITH YOUNG CHILDREN

Making garden time fun, easy, and educational

THE PARADOX OF LIVING IN THE MOMENT AND PLANNING FOR FUTURE SUCCESS

ENCOURAGING YOUTH TO LIVE ACTIVELY

Especially for those volunteering with youth in afterschool or summer camp programming

PAX TOOLS FOR 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: Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences powers-barker.1@osu.edu (email best way to contact) or call 419-574-0983 and leave detailed message.

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