

CULTIVATING RESILIENCY *for Women in Agriculture*



Cultivating Resiliency Upcoming Live Online Sessions Webinars and **Coffee Chats** June 2020 Sessions to date

Webinars are recorded Coffee Chats are not.

You may access recordings at:

<https://americanagriwomen.org/webinars/> or
<http://umash.umn.edu/cultivating-resiliency/>

Sessions hosted by Doris Mold,

Presidents' Council - American Agri-Women

contact her at doris.mold@americanagriwomen.org with questions.

The Cultivating Resiliency Program is a collaboration between American Agri-Women, District 11 Agri-Women, University of Minnesota Extension Women in Ag Network and the Upper Midwest Agricultural Safety and Health Center.

Webinar

June 12, 2020 12:00 PM CDT

Honoring Grief When Making Devastating Agriculture Decisions During COVID-19

Register at:

<https://attendee.gotowebinar.com/register/2094854831629808400>

After registering, you will receive a confirmation email containing information about joining the webinar.

During this session, participants will gain information and resources on the impacts of grief and loss. In the time of COVID-19 when farmers and agriculture communities have had to make devastating decisions with livestock, dairy supplies, and sustainability of the farming way of life, it can be traumatic and have a lasting effect. Hear from farmer experiences and learn tools and strategies to honor your grief and loss and ways to live through that impact.

About our Honoring Grief When Making Devastating Agriculture Decisions During COVID-19 presenters



Shauna Reitmeier, MSW, LGSW will share the latest best practices and research on grief and healing from grief. Shauna has over 20 years of experience in the behavioral healthcare and cognitive disabilities fields. She currently serves as the Chief Executive Officer of the Northwestern Mental Health Center, which serves a comprehensive array of behavioral healthcare services to adults, children, and families across six (6) rural and frontier counties of Northwest Minnesota. Shauna grew up on a farm and is well-connected with rural communities.



Megan Roberts is a University of Minnesota Extension educator. Her Extension work primarily focuses on farm transition, farm resiliency, and women in ag. Her most recent research explored farmer emotional and financial wellbeing. Megan is proud to live and work on a hog and crop farm in southern MN.

Coffee Chats

June 3, 2020 12:00 PM CDT

Cultivating Resiliency Virtual Coffee Chat - mixed-gender session

Register at:

<https://attendee.gotowebinar.com/register/5825996962467436046>

Times are challenging! Grab your cup of coffee and join us for an opportunity to listen and share in our Cultivating Resiliency online "Coffee Chat" group. This is an opportunity to share what is on your mind related to agricultural stress in a safe place. Participants are allowed to be anonymous and may type in their questions or verbalize them, or just listen. The session is limited to a maximum of 20 registrants and will last one hour. The session will not be recorded and participants may choose to remain anonymous. About our facilitator: Brenda Mack is a behavioral health and human services consultant, trainer and presenter, and an Assistant Professor in the Social Work Department at Bemidji State University (BSU). Brenda is a Licensed Independent Clinical Social Worker through the Minnesota Board of Social Work. Brenda grew up on a farm and currently lives on a farm with her farming family.

June 17, 2020 7:00 PM CDT

Cultivating Resiliency Virtual Coffee Chat - mixed-gender session

Register at:

<https://attendee.gotowebinar.com/register/7253298295250952462>

Times are challenging! Grab your cup of coffee and join us for an opportunity to listen and share in our Cultivating Resiliency online "Coffee Chat" group. This is an opportunity to share what is on your mind related to agricultural stress in a safe place. Participants are allowed to be anonymous and may type in their questions or verbalize them, or just listen. The session is limited to a maximum of 20 registrants and will last one hour. The session will not be recorded and participants may choose to remain anonymous. About our facilitator: Brenda Mack is a behavioral health and human services consultant, trainer and presenter, and an Assistant Professor in the Social Work Department at Bemidji State University (BSU). Brenda is a Licensed Independent Clinical Social Worker through the Minnesota Board of Social Work. Brenda grew up on a farm and currently lives on a farm with her farming family.

