Farm families experience both ordinary stressors, such as childcare and financial stability and extraordinary stressors, such as weather uncertainties and commodity prices. When stress piles up, it impacts individuals’ health (physical, mental, emotional, and social), family relationships, relationships with community members and professionals who support farm families, and the community. We will discuss how farm financial stress impacts the long-term physical and emotional health of the individual, family relationships, children, and the multi-generational family farm business as well as the family living budget. We will provide strategies for the individual to cope with chronic stress, to recognize signs of chronic stress in others, and to track family spending to find ways to live more efficiently. Ultimately, we will address family, couple, and child stress to build individual, family, and farm family resiliency and decrease risk during tough times.

March 5, 2020 @8:00AM
TROY COMMUNITY CENTER
1225 Last Chance Road

For special accommodations call Chris Griffin at 785-985-2221 ext. 3 by Feb 24, 2020
USDA is an equal opportunity provider