



CONTACT:

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## Free Stress Workshops for Ag Professionals

Numerous factors may cause stress for farmers and ranchers. Many face financial problems, marketing uncertainties, farm transfer issues, production challenges, and more. When temporary stress turns into chronic stress, it can impact health and mental wellness.

Nebraska Extension, in partnership with Michigan State Extension, is offering workshops around the state for individuals who work with farmers and ranchers on a regular basis, such as bank lenders, ag suppliers, healthcare professionals, and anyone involved with the lives of farmers and ranchers. These workshops offer four objectives:

- \* **Build awareness around potentially stressful conditions affecting some farmers and ranchers.**
- \* **Learn stress triggers, identify signs of stress, and review helpful techniques for responding.**
- \* **Learn techniques for identifying, approaching and working with farmers who may not cope with stress effectively.**
- \* **Learn where to find additional help.**

In addition to being helpful for working with farmers and ranchers, the workshop educates participants about stress in their own lives and how it can affect physical health and relationships with family or coworkers.

Below is a list of scheduled programs and contact information:

Wednesday, July 10, 10:00-12:00 (lunch provided) at Dawes County Extension, 250 Main St., Ste 8, **Chadron**  
(Please register by July 9: Contact Tiffany at 308.432.3373 or [tiffany.kirbey@unl.edu](mailto:tiffany.kirbey@unl.edu).)

Thursday, July 11, 10:00-12:00 (lunch provided) at Panhandle Research and Extension Center, 4205 Avenue I, **Scottsbluff**  
(Please register by July 9: Contact Carrie at 308.632.1276 or [csummerford2@unl.edu](mailto:csummerford2@unl.edu).)

Friday, July 19, 9:00-11:00 AM (lunch provided) at Saunders County Extension, Eastern Nebraska Research & Extension Center near Mead, 1071 County Road G, **Ithaca**  
(Please register by July 17: Contact Cheryl Dunbar at 402.624.8003 or [cdunbar@unl.edu](mailto:cdunbar@unl.edu).)

Tuesday, July 23, 9-11 AM, Black Powder Restaurant, 1007 W Hwy 136, **Franklin**  
(Please register by July 21: Contact Tiffany Minnick at 308.470.0858 or [tiffanyminnick01@gmail.com](mailto:tiffanyminnick01@gmail.com).)

Wednesday, August 14, Cozy Corner Café, 441 N Colorado Ave, **Minden**

(Please register by August 12: Contact Tiffany Minnick at 308.470.0858 or [tiffanyminnick01@gmail.com](mailto:tiffanyminnick01@gmail.com).)

Thursday, August 15, 9:00-11:00 AM, UNL Haskell Ag Lab, 57905 866 Rd, **Concord**  
(Please register by Aug. 13: Contact Mary Jarvi at 402.584.3828 or [mary.jarvi@unl.edu](mailto:mary.jarvi@unl.edu).)

Thursday, Sept. 5, 9:00-11:00 AM, Buffalo County Extension, 1400 E 34th St., **Kearney**  
(Please register by Sept. 3: Contact Kerry Elsen at 308.236.1235 or [kerry.elsen@unl.edu](mailto:kerry.elsen@unl.edu).)