**Family Living Program Report**

**Luane Meyer, Family Living / October-November 2015**

Programming from the past month:

Several presentations were given to populations at the Black River Correctional Center and the Jackson Correctional Institute. At BRCC, one group presentation focused on **Family Financial** **Fitness** (FFF) strategies and the other was the **Community Resources** (CR) information that Monica and I shared. FFF presentation provided opportunities for participants to complete a **goal setting** exercise, **expenses identification** activities, and deciding **is a want or need??**

CR presentation expanded their awareness of what might be available in their home communities, connections participants have with resources here in the county, or how they connected to a resource prior to incarceration.

I am continuing to work on follow up resources to support individuals in caregiving roles. These activities are connected to the **Powerful Tools for Caregivers** program.

I am currently participating in ongoing wislines of the **Parenting Evaluation** state committee to develop short-term and long-term evaluation of curricula being used with parenting education efforts.

Attended the following meetings of HCE: West District meeting held in Jackson County and the annual awards program to recognize membership honors and Friend of HCE.

Professional Development Opportunities:

Participating in the 8-session program on **Mindfulness** being facilitated by Monica, Lisa, and Alex. As a participant I am benefiting from the personal side as well as seeing ways this program can be incorporated into other family-focused programming.

Participated in a webinar hosted by University of Minnesota: Children in Common-Ensuring Emotional Well-Being When Parenting Apart.

Attended the **Broadband Bootcamp** with Alex to learn more about Broadband and “how the high speed, always-on internet connection is no longer ‘nice to have’ for communities, it’s a must-have for businesses, families, organizations and individuals.”

Administrative Responsibilities:

Attended the county Department Head meeting

Attended the November meeting of Executive & Finance Committee