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Maryland Extension  
Presents:

UNIVERSITY OF  
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EXTENSION



# Farm Stress Management

## ONLINE COURSE

**ENROLL FREE NOW**

### TOPICS INCLUDE

- *Stress Management*
- *Physical Health*
- *Mental Health*
- *Financial Literacy*
- *Legal Resources*



*Equal Access Institution*

This workshop is designed for Agriculture Service Providers to equip them with the skills and knowledge to support farms and farm families in times of distress. The University of Maryland Extension Farm Stress Management Team will train service providers to identify signs of distress, develop skills to communicate with those experiencing stress, and provide local and national resources. Financial and regulatory topics will also be discussed as they often contribute to farm stress.

[umeagfs.teachable.com/p/farm-stress-management](http://umeagfs.teachable.com/p/farm-stress-management)