

Wisconsin Farm Center NEW Online Support Group



"Take care of yourself as the most important piece of equipment on the farm." -Tom Moos, Peer Leader

Rural Relations is a new topic-based online group for Wisconsin farmers led by Marriage and Family Therapy graduate students and trained peer leaders. It offers a safe space to share resources, encouragement, and advice while reducing stigma around difficult issues. This new group will launch in November 2024. It will offer participants practical guidance and tools to improve farm communications and relationships.

When: Mondays at 8 p.m.

Register: All attendees must pre-register [at this Zoom link](#)

Topics:

- November 18 **Farmer Care Standards**
Care for your brain health on the farm.
- December 16 **Verbal and Non-Verbal Communication**
Explore how our words and body language may impact conversations.
- January 20 **Love Maps**
Understand the importance of shared knowledge in your relationships.
- February 17 **Ambiguous Loss**
Learn to recognize and acknowledge the emotional losses in life.
- March 17 **Connecting Conversations**
Discover how your communication style impacts yourself and others.
- April 21 **Growing Relationships in Business and Family**
Develop strategies to communicate with those closest to you.
- May 19 **Difficult Conversations**
Create boundaries that meet you and your farm's needs.

