



Programs available in Allegan, Barry, Kent and Ottawa Counties

Through community-based approaches, Michigan State University Extension delivers high quality, affordable and evidence-based education to serve the needs of youth, adults, families and communities throughout the state of Michigan.

Social Emotional Health

Healthy relationships are important to overall health and well-being of individuals, families and communities. We offer a variety of classes on parenting, co-parenting, stress management and anger management. All our classes are active, fun and filled with hands on activities. Program participants will learn better ways to communicate, the importance of emotional and social health, ways to cope with stress and build closer relationships with others.

Contact: Georgina Guzman at 616-632-7884 or perrygeo@msu.edu

Money Management and Homeownership Education

Values greatly influence choices made with money. We offer classes that help individuals and families manage their financial resources, achieve goals and increase their financial stability. Classes are offered on a variety of topics that include Creating and Managing a Spending Plan, Tips to Build and Protect Your Credit, Student Loans, Retirement and Rental Education. Our Homeownership Education class meets the educational requirement for many Down Payment Assistance Programs (MSHDA).

Contact: Jinnifer Ortquist at 616-632-7874 or ortquisj@msu.edu

Chronic Disease Prevention and Management

Chronic diseases can be difficult to manage. We offer high-quality, affordable education related to the prevention and management of chronic diseases such as diabetes and heart conditions. We also offer programs to prevent falls and support caregivers of adults and children with special needs. Participants report improvements in communication, breathing, depression, pain, stress levels and sleeplessness.

Contact: Georgina Guzman at 616-632-7884 or perrygeo@msu.edu

Healthy Eating, Cooking and Physical Activity

To help people be healthy at every stage of life, programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget – friendly foods, increase their physical activity and stretch their food dollars. Programs are also available to impact health through schools, churches, worksites and childcare centers by assessing and improving policies in these important community environments.

Contact: Stephanie Marino: 616-632-7889 or marinos1@msu.edu