

## *Family Resource Management Educational Programs*



### **Essential Living Skills**

Essential Living Skills -- Essential Living Skills is an educational series designed to support individuals in managing stress, setting goals, and to achieve success in day-to-day living skills. Each component of the series includes tools, learning opportunities, and encouragement to simplify daily life. Some components in the series are: Job-Ready Skills, Money Management, and Time Management



### **Family Financial StoryWalk®**

Family Financial StoryWalk® is an innovative and delightful way for children — and adults! — to enjoy reading and the outdoors at the same time. Laminated pages from a children's book are attached to stakes, which are installed along an outdoor path. As you stroll down the trail, you're directed to the next page in the story. Along the way, parents and children talk about money management, saving, budgeting, and making decisions.



### **Prepare Kansas**

Prepare Kansas is an annual K-State Research and Extension online challenge designed to help individuals and families be better prepared ahead of disasters which can make recovery easier. The program focuses on a few activities every week during September. Each year the activities focus on an aspect of becoming prepared.

### **Get Financially Prepared**

Get Financially Prepared: Take Steps Ahead of Disaster -- Recent natural disasters have emphasized the importance of emergency preparedness. Natural disasters can strike suddenly. Are you prepared to evacuate quickly with important documents if disaster strikes? Taking time now to make sure your financial documents are up-to-date and accessible can save a lot of time and frustration in the event of a fire, storm, or flood.



## Senior Health Insurance Counseling for Kansas

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans the opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues.

*For more information about Family Resource Management Educational Programs, contact:*

**K-STATE**  
Research and Extension

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