

# Building YOUR Base

## 26<sup>th</sup> Circuit Camden County

**An educational program offered by MU Extension  
in partnership with Camden County Treatment Court**

This research-based program teaches individuals to find their strengths, improve relationships and increase positive communication.

Sessions include: family strengths, communicating, managing stress, balancing responsibilities, setting goals, and healthy habits.

Class Location:

MO Dept of Probation & Parole  
409 Hwy 54 Camdenton, MO

Registration required:

Call MU Extension in Camdenton  
573-346-2644

*Instructor: Amy Bartels, Human Development & Family Science Specialist, MU Extension*

Date/Time	Topic
January 16 (Thursday)	Goals: Purpose. Plan. Persistence
3:00 – 4:30 pm	This lesson presents a number of thought-provoking questions to help recognize strengths and purpose. Do more of what you do well. To stay engaged with interests, set goals to step up your energy and interests..
February 20 (Thursday)	Trust: The Glue of Relationships
3:00 – 4:30 pm	Define what trust is (and isn't) in personal relationships □ Discover current trust levels □ Explore trust as actions and behaviors
March 24 (Tuesday)	Happiness Habits
3:00 – 4:30 pm	Most of us have the goal of being happier. Is it reasonable to think that we could (and should) be happier at work? Yes!
April 16 (Thursday) 3:00 – 4:30 pm	Conquering Clutter It is not always easy to decide what papers are important and what aren't.



an equal opportunity/ADA institution

For more information: 573-346-2644 For ADA accommodations, contact: bartelsa@missouri.edu