

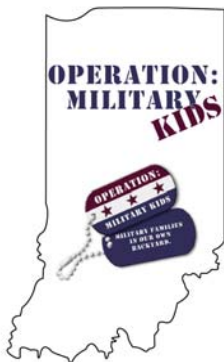


Questions??

Purdue Cooperative Extension Service has an office in every county in Indiana.

County office phone numbers may be listed in your local white pages under "Purdue" or the name of the county. If you have difficulty finding the local number, call 1-888-398-4636 toll free.

Most counties also have a web site that you can find by first going to: <http://www.ces.purdue.edu/> and then clicking on the county where you live.



*"I'd like to take this time to express my thanks for your presentations given at our first annual family day. Your topics were right on and useful and our Family Readiness Group is making plans to take or make use of the services available from the Purdue University and the 4-H clubs of Indianapolis."* ~Indiana FRG Leader

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**Purdue  
Cooperative  
Extension**

**Serving  
youth & adults in  
every County of  
Indiana!**

<http://www.ces.purdue.edu/>

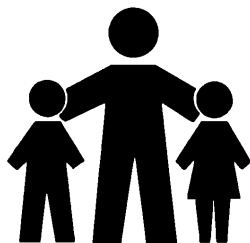


# Check these out . . .

## Adult Programs

Purdue Cooperative Extension offers a wide variety of low-cost/free programs and activities that are available in each county. Some possible adult programs and information include:

- Budgeting/financial planning
- Caring for elderly parents/relatives
- Child development and parenting classes
- Communication and leadership training
- Cooking low cost, nutritional meals
- Indiana Extension Homemaker Association Clubs
- 4-H Volunteer
- Food safety
- Home gardening
- Starting a small business
- Stress management



## Youth Programs

4-H is one of many youth programs in local communities. 4-H stands for Head, Heart, Hands, & Health and is available to all boys and girls in grades K-12. In general, 4-H clubs meet about once a month in various locations throughout the county and are led by parent or other adult volunteers. Each child receives an enrollment form that lists a wide variety of projects that can be selected based on his or her interests.



Choices include such projects as arts and crafts, foods, models, photography, rockets, wood-working and many different animal projects such as cats, dogs, horse & pony, and rabbits. Manuals are provided for each of these projects to teach 4-H members about that particular subject, to help them develop various life skills, and to guide them in preparing a project to exhibit at the county fair.

In addition to projects, 4-H members can also participate in 4-H activities such as 4-H camp, community service projects, Mini 4-H (open to children in grades K-2), Junior Leaders (designed for 4-H members in grades 7-12), and a variety of state workshops like Round Up and Science Workshops.

For more information about Indiana 4-H visit:  
<http://www.fourh.purdue.edu>

## Military Programs

Activities specifically related to Operation: Military Kids (OMK) – an outreach and support initiative for the children of military families - can include both adult and youth volunteers in local programs such as:

Activities for children during adult deployment briefings. Lesson plans and supplies for activities are available.

Speak Out for Military Kids (SOMK) is a volunteer opportunity for military and non-military youth in grades 7-12 who have received training and practice in developing and presenting programs to community groups about how communities can support children of military families.

Mobile Technology Lab (MTL) consists of laptop computers, digital camera, video camcorder, and the Hallmark Card Studio program that family members can use to send messages to military family members. Trained volunteers assist with the use of this lab.

Hero Packs can be assembled by volunteers and filled with games, activities, and thank-you notes of support to the children who receive them. Hero Packs can then be distributed to military children.

County-sponsored events—OMK can provide support to locally organized events designed for children of military families.

Questions about Operation: Military Kids (OMK) in Indiana can be directed to [omk@ydae.purdue.edu](mailto:omk@ydae.purdue.edu) or by visiting the OMK website at: <http://www.operationmilitarykids.org>

