

Project F.R.E.E.



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Promoting stable homes and brighter futures for our children

What is Project F.R.E.E. ?

Project F.R.E.E is a campus-community partnership helping parents develop skills to strengthen the quality of their couple and/or co-parenting relationships. We are also supporting parents in building the capacity to build and manage financial resources.

Parenting Together? The responsibilities of parenting add heavy demands on all couples. Negotiating these changes can often become a source of tension. Our ***Elevate*** program provides couples (married or unmarried) with strategies and skills to manage stress and conflict while strengthening your relationship.

Parenting Apart? Parenting together for parents who are apart can be challenging. Our ***Together We Can*** program helps single parents develop strategies and skills to manage stress and conflict, promote a positive co-parenting relationship, and develop future healthy romantic relationships.

Both programs are free! These no-cost, 8 hour programs also include a meal and onsite childcare (space is limited) at each class, as well as \$80 for attending all 4 classes. In addition to elevating your relationships, parents can also participate in research that will help support future programs. Each participant can earn up to \$125.00.

Upcoming Classes

These 4-7 week FREE classes will be offered throughout Walton, Barrow, and Jackson counties on a rotating basis **starting August 2016**. Meals and childcare will be provided. See below for specific dates and locations.

Elevate

Walton County: August 9, 16, 23, 30

Walton County: September 26

Walton County: October 3, 10, 17

Jackson County: October 4, 11, 18, 25

Together We Can

Walton County: August 1, 8, 15, 22 - September 26 - October 3, 10, 17

Learn More

To learn more about participating in these classes, contact Brigette Love, Program Coordinator (Walton, Barrow, Jackson Counties) at bdlove@uga.edu or 770-267-1324

For more information about Project F.R.E.E. visit www.ugaprojectfree.com

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