

Project F.R.E.E.

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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