

## What Couples Receive:

- Eight, 90-minute sessions of fun!
- Learn the seven core skills and qualities for relationship success.
- Opportunity to connect with and learn from other couples.
- Your relationship is elevated to the next level!

## Choose a Format That Works for You:

- In-person workshops are available in select counties across Georgia
- Virtual workshop options allow participation from the comfort of your own home
- Both options include 12 hours of guided activities, lively discussions, and lots of time to connect with your partner
- BOTH partners must participate

## It “Pays” to Elevate your Relationship:

- The more classes you both attend, the more you receive.
- Up to \$160 e-gift card per couple for completing all 8 sessions.
- Up to \$95 in e-gift cards for each partner who participates in the research.
- That's \$350 total per couple!

*“I have gained some insight into better ways I can communicate with my partner and show her in better ways how much I value our relationship.”*

*- Elevate Participant*



*The Elevate program is being provided to couples across Georgia thanks to a federal grant received by the Fostering Relationship and Economic Enrichment Project (Project F.R.E.E.).*

Project F.R.E.E. is a collaboration between the University of Georgia Extension System and community partners across Georgia. Our aim is to create communities where children are safe and thrive. To do this, our campus-community partnership initiative is mobilizing a network of organizations who connect, learn and collaborate to integrate healthy marriage and relationship education into existing community-based services across Georgia.

**Learn more and apply at  
[ElevateCouplesGeorgia.com](http://ElevateCouplesGeorgia.com)**

**Have Questions?**

**Contact Project F.R.E.E. staff at 706-542-9004  
or Contact the Elevate Provider serving your area.**



**UNIVERSITY OF GEORGIA  
EXTENSION**

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families (ACF), Grant #90ZB0010. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

# Elevate

Taking Your Relationship to the Next Level



**Join other couples in  
discovering new ways to  
strengthen your relationship!**

**[ElevateCouplesGeorgia.com](http://ElevateCouplesGeorgia.com)**

## Did you know?

There are key qualities to a healthy and long-lasting couple relationship. Developing and maintaining a relationship that lasts takes time and effort. The skills needed to make a relationship work can be learned!

**Elevate** is a **no cost** relationship education program for all couples in committed relationships.

*This is not therapy!*

During our **12-hour program**, you and your partner will engage in fun activities with other couples and learn skills you can use to:

- Be more intentional and focused in your relationship
- Better manage stress in your life
- Strengthen your connection with each other
- Develop a greater appreciation for one another
- Spend more quality time together
- Deal with differences in healthy ways
- Build support for your relationship and family
- **Elevate** the quality of your relationship

**Apply for a workshop and join the hundreds of other Georgia couples we have already helped to achieve their relationship goals!**



## Wherever you are in your relationship, let us help you get to the next level!

- **Experiencing Stress?** There are many types of stress that can impact you, your partner, and your couple relationship. Are you or your partner experiencing work related stress? Financial Stress? Parenting Stress? Relationship stress? It is often difficult to be aware of each other's lives when ongoing stress is wearing you down. Stress affects how we feel and how we respond to each other. It is not easy to be the best partner or parent when weighed down by stress.
- **Military Connected Couple?** Are you or your partner a member of the military? Veterans? Civilians employed on a military installation? Military connected families aren't immune to the challenges that all couples face. Experiencing the additional and unique challenges of military life can also complicate your relationships.
- **Foster or Kinship Caregiver?** Bringing a child in foster care into your home is a major transitional life event. Providing foster care is a rewarding experience, but it can also be frustrating. Meeting that child's needs, while also meeting your own family needs, can be stressful. Many foster and kinship caregivers experience a multitude of stressors. These challenges can take a toll on your relationship.
- **Want a "Tune-up?"** Investing time and effort to grow as a couple is key to making a relationship last. Are you just looking for a fun way to elevate your couple relationship? Every relationship can benefit from a "tune-up."

**Elevate provides skills for any couple, married or unmarried, that is interested in improving communication, decreasing stress, and building their relationship to be the best it can be!**



**ElevateCouplesGeorgia.com**

## Financially Stressed?

Economic instability is a source of stress for many couples. Our **Discovering Money Solutions** program teaches skills to build and manage financial resources effectively. This can help families make progress toward lasting economic stability and reduce couple conflict in the home.



Couples who complete **Elevate** also have an opportunity to participate in our free **DMS** program!

*"In Elevate, they talk about taking time for date nights and here we learn how to save money to take a date night!"*

*- Elevate & DMS participant*