



Healthy Families Initiative Class Descriptions

| Name of the Class | Description | Audience |
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| How to Avoid Falling for a Jerk or Jerkette (also known as the PICK program) | Premarital, Interpersonal, Choices, and Knowledge (PICK): Focuses on singles' romantic relationships. The program teaches students how to pace the development of a relationship in a healthy way and covers five areas in a partner's life that can accurately predict what he or she will be like in a long-term relationship. | Singles from adolescence to young adults (16-24) |
| PREP | Prevention and Relationship Enhancement Program (PREP): A "best of the best" relationship training class, PREP creates excellent marriage mentors and trainers. Scientifically based and empirically tested, the approach is based on over 30 years of research in the field of relationship health. | Married and dating couples |
| Strengthening Families | The Strengthening Families Program (SFP): An internationally recognized parenting and family-strengthening program for high-risk and general population families. Improves parenting skills, family relationships, social competencies, and school performance. | Parents and children from ages 10-14 |
| Boot Camp for New Dads | Boot Camp for New Dads: Teaches new fathers how to love their children well and cultivate positive behaviors. Also helps prevent negative behaviors such as child abuse. | New Dads (any age) |
| 24/7 Dad | 24/7 Dad: Teaches men the characteristics they need to be good fathers, 24 hours a day, seven days a week. It supports the growth of fathers and children as caring, compassionate people who treat themselves, others, and the environment with dignity and respect. | Dads (any age) |

For more information, please call 877.814.0535 or contact:
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or to register go to hfgeorgia.org