

# GROW TOGETHER & FALL DEEPER IN LOVE



COACHING INDIVIDUALS AND COUPLES TO STRENGTHEN EXISTING OR FUTURE RELATIONSHIPS



SCAN FOR MORE INFO



For more information  
(626) 993-3000 | [foothillfamily.org](http://foothillfamily.org)  
Program available in English & Spanish

## What is PAIRS

PAIRS is a no-cost relationship education program designed to support couples and individuals who desire to improve their present or future relationships by honing or learning new skills.

## Why PAIRS

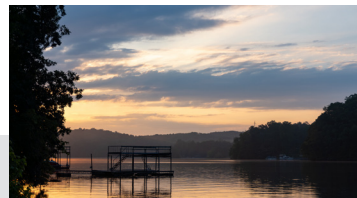
Gain essential relationship skills such as conflict resolution, communication, understanding risky communication patterns, and healthy approaches to build more stable and safer relationships.

## FREE program

Learn the keys to build a road map to a long lasting, loving, and healthy relationship for yourself and your family. Don't miss this opportunity to enroll and learn from others.

All participants who complete the relationship education component are eligible to **receive a \$50 gift card per couple or \$30 per individual** and to enroll in free financial literacy and parenting classes. Case managers are available for support, coaching, and linkage to community resources throughout the participant's enrollment in the program.

**Virtual classes available both morning and evenings on weekdays and Saturdays.**



- Improve **intimacy** and **relationship satisfaction**
- **Have more fun** in your relationship
- **Learn** to defuse situations before they **escalate**
- **Spend time** together sharing and talking about the future
- **Embrace** uninterrupted one-on-one time

**ELIGIBILITY** Couples or individuals ages 18 and over, who are parents or caregivers of children under 18 years old and live in Los Angeles or San Bernardino Counties.

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