

PAIRS PROGRAM

PARENTS **I**NVESTED IN **R**ELATIONSHIP **S**UCCESS

WHAT IS PAIRS

Foothill Family's PAIRS is a proactive relationship education program for couples who are parenting children. Using evidence-based curricula, couples will learn a variety of relationship and parenting skills.

WHY PAIRS

Strong families and healthy children start with strong, healthy couples who have an aligned and cohesive parenting approach.

PAIRS is **FREE OF CHARGE** and offers a full scope of services supporting the family, parents, and children including:

- **Relationship Educational Workshops:** Communication skills, conflict resolution and management, stress and anger management, and much more
- **Parenting Education**
- **Individualized Coaching** to enhance relationships and parenting
- **Job and career** advancement support
- **Connections** to additional **community resources**

ELIGIBILITY

- Couples ages 18 and over, who are parents or caregivers
- Must live in San Gabriel or Pomona Valleys



The PAIRS program is available in English and Spanish.

For more information or to get started, call Foothill Family at

(626) 993-3000 ext. 5050