

## Here's what we can do for you

As part of the University of Arkansas, the Cooperative Extension Service offers you the greatest research-based discoveries in family life to help you live better and have happier families. You can access these discoveries at no cost in a variety of ways.

- Website with a host of resources
- Network of County Agents who offer resources, face-to-face presentations and answers to questions
- Print publications
- Ideas delivered to your email in-box

visit us on the web at

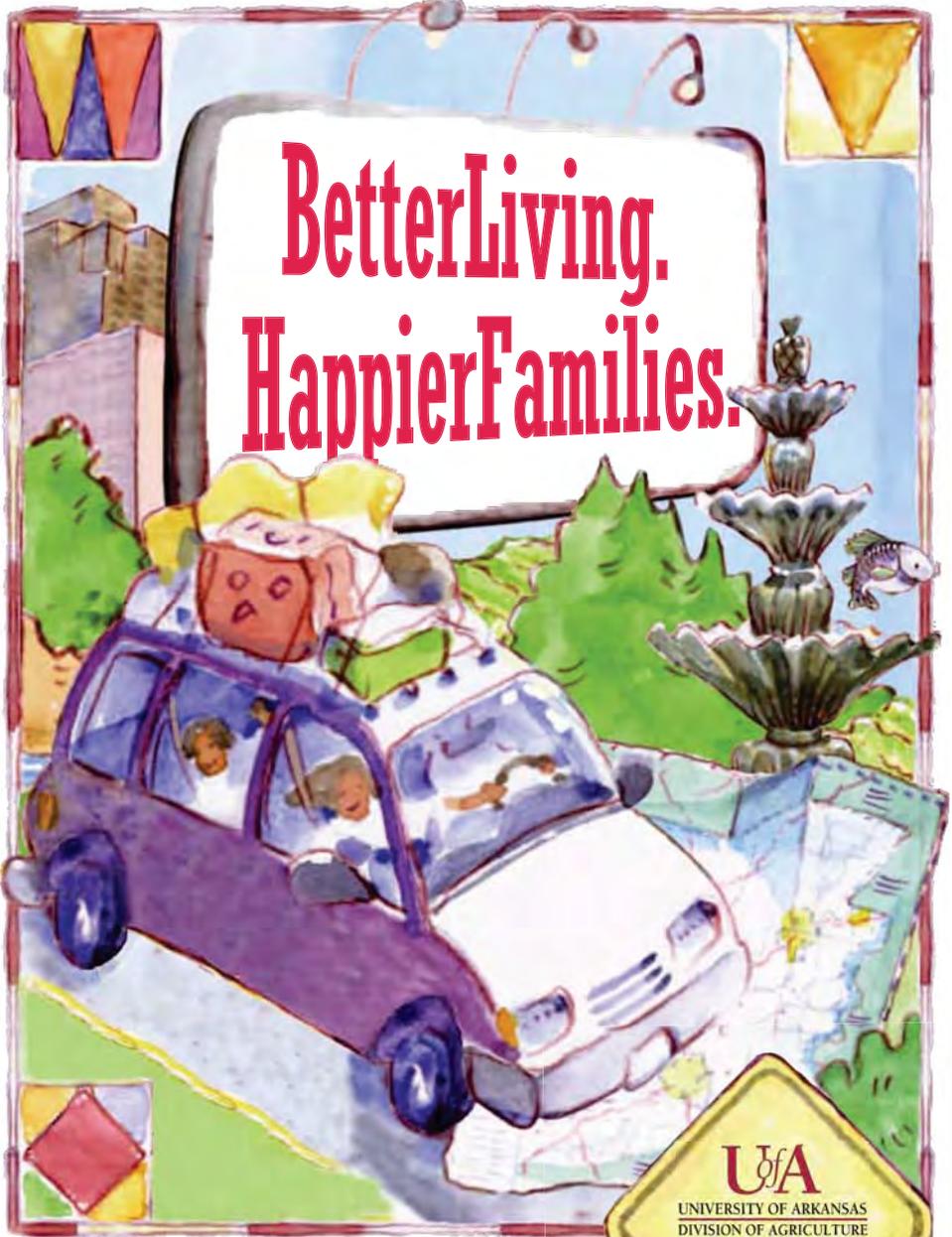
[www.arfamilies.org](http://www.arfamilies.org)

## FREE Resources

Discover all the resources available at your local county Extension office. To find these programs and your county Extension Agent visit our website and click on **County Offices**.

FCS-728

University of Arkansas, United States Department of Agriculture and County Governments Cooperating  
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**Better Living.  
Happier Families.**

**FREE**  
Marriage, Parenting, and Family  
Life resources for people like you

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UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE

Family & Consumer Sciences

## Individual Well-being

*The Personal Journey* shows you the path to thrive, grow, and be happy.

*Managing Stress: Turning Challenges into Blessings* helps you deal with life's challenges.



## Something for Everyone

*Navigating Life's Journey* delivers to your in-box important ideas from today's great minds to help you live better and have happier family relationships.



## Couple Relationships

*The Marriage Garden* helps you cultivate a healthy relationship with your partner.

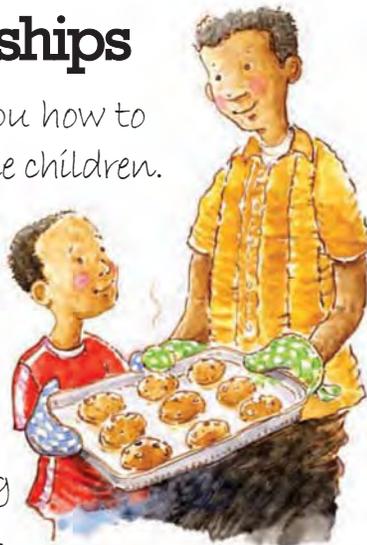


## Parent/Child Relationships

*The Parenting Journey* teaches you how to raise healthy, loving and responsible children.

*See the World Through My Eyes* helps you understand the world from a child's perspective.

*Parent Self Assessment* helps you assess how well you are doing in the six vital areas of parenting.



## Training for Child Care Providers

*Best Care* offers 10 new hours of face-to-face training each year.

*Best Care Connected* offers 5 new hours of online training each year.

*Guiding Children Successfully* offers 30 hours of self-guided study.

**FREE Access**

to our website:

[www.arfamilies.org](http://www.arfamilies.org)