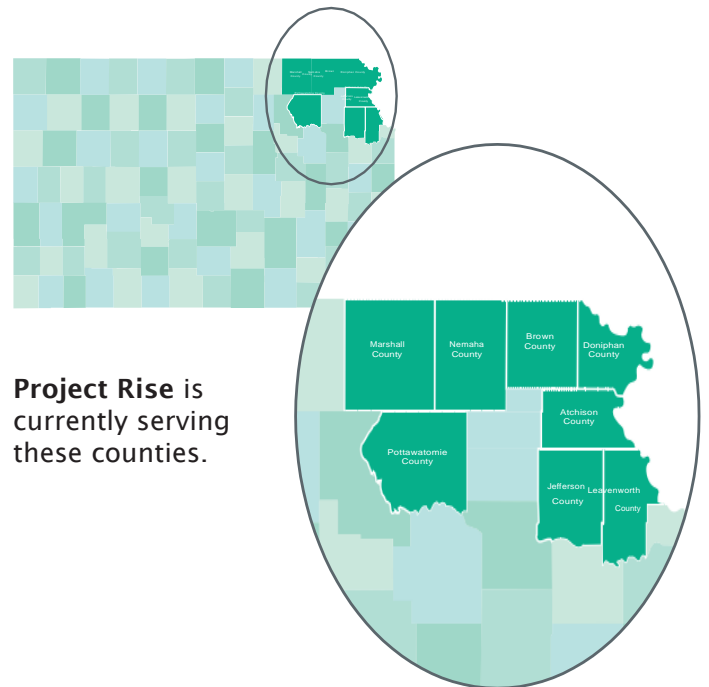




# Project Rise

is offering assistance to families in your area!

KVC Kansas recently launched a new program offering free in-home and community-based courses! Families can earn assistance of up to \$200 by participating in in-home services. Incentives like groceries and household items can be earned by participating in community-based courses.



Project Rise is currently serving these counties.

## Take a closer look at courses offered below!

**Healthy Relationships:** Families will begin the journey of healing and strengthening their relationships. Communication skills will be enhanced as well as knowledge and implementation of necessary components to maintain healthy relationships. Ability to identify healthy relationships vs. unhealthy relationships will increase in addition to how and when to seek help. Additionally, co-parenting is explored, and parents will gain important skills needed to develop and maintain healthy co-parenting communication and relationships.

**FDIC- Financial Literacy:** Our financial literacy course will help families gain understanding and take control of their finances. Security in finance and resource management will increase and personal financial goals can be achieved such as: building a savings, opening a checking/savings account, reducing/managing debts, obtaining financial independence, ability to make/manage a large purchase (car, home, etc..).

**PEP- Parent Empowerment Program:** Parents will gain confidence and will learn and develop new parenting skills. Their ability to better respond to and manage challenging behaviors will increase. They will learn how to implement and maintain structure for continued success for the entire family. Positive family-time will increase as well as self-care.

**Community and in-home courses:** Project Rise offers both in-home and community-based courses at no cost. This gives the ability to overcome transportation, finance and time barriers that many families face. Families can choose which method of service delivery works best for them. In-home services typically last for 3-4 months on a weekly basis. On the other hand, community-based classes cover more content in a shorter timeframe and typically last a few hours per class. Families can also choose to participate in both services. For example, a family may want on-on-one parenting classes in home; however, they may also want to complete the community-based financial literacy course. This will allow them to primarily focus on parenting classes in-home, while also enabling them to receive financial literacy courses during the same timeframe.

**\*\*Interested in having classes held at your facility? Contact the community training specialist for more information.**

To learn more, visit: [kvckansas.org/ProjectRise](https://kvckansas.org/ProjectRise)

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