



**What happens when youth and families receive relationship education and support?** They have the tools to practice and experience healthier relationships that lead to better lives! By learning about self-awareness, awareness of others, communication, and many more tools for practicing healthy relationships, thousands of youth and families over the past ten years are equipped to flourish.

## WHAT DO YOUTH AND FAMILIES SAY?

Don't just take it from us! Parents and youth from all around Citrus County attest to Aspire's impact on their relationships and lives. Students who go through our classroom program say things like, "***I know a little better what some red flags are. I've looked at myself and seen a little bit better what I need to work on or what I should incorporate within my relationships***" and "***Aspire taught me how to understand myself and my feelings.***"

We also educate and support adults! After attending a workshop, one parent said "***Aspire's relationship education and support is so necessary not only for teens but for adults like us! I feel like it is beneficial to start talking to my children about these things now,***" and another noted that she "***learned how to build a healthy relationship and can teach her three daughters what she learned!***" Our education and support provide tools and information to equip youth AND families to build healthy relationships!

# WHAT DO YOUTH AND FAMILIES SAY?



We spent last week at Lecanto High School talking with youth about awareness of self and others. We ended day two with a fun activity (centering on the 5 Love Languages) that left one of our participants looking like the Michelin Man! When we speak our love languages to each other, our hearts are so full we can't hide it. Take the quiz for yourself and start connecting better!

Our classroom program prepares youth to build healthy relationships and strong connections so that they can flourish. We will learn about communication and relationship tools through discussions and fun activities in the next two weeks!

# WHAT YOU CAN DO

## **SPREAD THE WORD & CONNECT**

Tell Citrus County about why youth need relationship education and support.

## **WORK WITH US & DONATE**

Join us in providing relationship education and support to youth in Citrus County.

## **SEE YOUTH FLOURISH!**

**Join us in helping youth and families flourish!**

Like and follow us on social media to stay up to date and connected.

  @aspirerelationshipcenter