



What does Aspire Relationship Center do to help youth and families build healthy relationships? **Relationship education and support!** Why does it matter? When we **practice and experience healthy relationships**, we flourish and live better lives.

WHAT DO WE DO?

We provide relationship education and support. What does that look like? We currently reach youth in the classrooms of all public high schools in the county, and we reach significant adults through presentations and workshops. We serve *over 1000 youth and families each year*, but **we'd like to do more!**

OUR BIG GOAL:

We want to continue to **expand our reach** and continue to **deepen our impact** so that *all of* Citrus County has the education and support to practice and experience healthy relationships.

In the Classroom

Our largest program takes place in public school classrooms. We deliver a 9-session *Relationships 101* program to HOPE classes in all Citrus County public high schools. We educate students on self-awareness, awareness of others, communication, commitment, decision-making, goals, and more! All of these topics support our overall aim: healthy relationships. We love spending time with students, and we believe that they are benefitting from our relationship education, but **we'd like to do more!**



Last day at AES. Students walked away with some swaggy Aspire sunglasses!

Our goal: to expand the reach and deepen the impact of our classroom program, and to offer more support outside of the classroom.

Parents and Significant Adults

Our parent and significant adult programming focuses on helping the important stakeholders in the lives of youth (parents, teachers, coaches, caregivers, etc.). Program content is designed to help parents/significant adults communicate and relate to their youth. Funny enough, many parents walk out of our programming saying things like, "I could use this stuff with my spouse too!" To that, we say, "Absolutely! **We'd like to do more!**"

Program Facilitator, Victoria Thorp, talks about the foundations of a healthy relationship with the Episcopal Children's Services staff at Salvation Army.

Our goal: to expand the reach and deepen the impact of our parent/significant adult programming, and to offer more support outside of programming.



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 as we provide relationship education and support to youth and families in Citrus County!

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

  @aspirerelationshipcenter