



This summer 28 corpsmembers/parents at the Fresno EOC Local Conservation Corps participated in 13 hours of healthy relationship building classes through the Fresno EOC Proving Our Parenting Skills (POPS) program, and made possible through funding from First 5 Fresno County. Initially many of them did not have a positive outlook on relationships, but as they spent more time learning the fundamental building blocks of a healthy relationship their views began to change. *Love Notes* evidence-based curriculum was used to facilitate the classes. A range of topics were covered from recognizing characteristics of healthy and unhealthy relationship, practicing effective communication techniques, to exploring the effects unhealthy relationship can have on children.

Jesus (Jessie) Valasquez had the following to say about *Love Notes*: "I liked being able to reflect on myself, what I am worth, and what I need. Maria reminded us every day that we are important, valuable, and deserve to be respected, and she said it with sincerity. The information I gained taught me not to just settle but to build the relationship I want. I think the *Love Notes* class helped guide young parents to really see what a difference a good relationship can have on their children. I especially liked how the role of fathers was supported and brought up throughout the class. I think it will help both mothers and fathers work harder at having a good relationship because they understand how it can improve both their and their children's lives."

Article written by Maria Else-Program Specialist for the Fresno EOC Proving Our Parenting Skills (POP) program.