



## Clay County Living Well Programs

- **THE MARRIAGE GARDEN** – Couples learn to cultivate a healthy relationship.
- **THE BEST CARE** – Child care professionals receive verified training to advance their careers.
- **THE PARENTING JOURNEY** – Takes parents through practical lessons on raising healthy, loving and responsible children.
- **SEE THE WORLD THROUGH MY EYES** – Guides parents to see things from their preschool child's perspective.
- **MANAGING STRESS** – Helps individuals turn challenges into blessings.

*Photo: Parents at the Piggott Elementary School health fair viewed exhibits of Parenting Journey materials. The Parenting Journey program includes a map, travel guides, and Parent Guide for self-study or classroom sessions.*