



Empowering Parents **2023 SPRING SEMESTER**

Atlanta
U4P

A community-based program designed to collaborate with local partners to provide workforce development training, wellness, and support to under-resourced parents while advancing them toward self-sufficiency and economic mobility.

Classes Start
FEBRUARY 7th-APRIL 13th



**FREE
VIRTUAL
COURSES**

TRAINING

- The Entrepreneurial Mindset
- Early Learning Career Pathway
- Financial Literacy
- Career Readiness

WELLNESS

- A Way Forward (Women)
- Anger Management Tools
- Eat Yourself Healthy: Healing with Food

SUPPORT

- Parenting Circle
- Wellness Circle

BE ALL YOU CAN BE IN '23 WITH U4P!



REGISTER TODAY!

HAVE QUESTIONS?
info@uforparents.org

www.uforparents.org





SPRING SEMESTER 2023

FEBRUARY 7 – APRIL 13

Be All You Can Be in '23 with U4P!

Introducing our 2023 Spring Courses! Register TODAY to discover a new passion, extend learning, improve, and enhance skills, knowledge, and well-being. Courses are designed for parents who are committed to lifelong learning, healing, and wellness that will empower them and inspire the next generation.

Ready to Get Started? U4P is here to help!

Below, you can explore our 10—week Spring Semester course offerings and register.

See our course descriptions below:

Wellness Circle

Tuesdays, 10AM – 11AM [or](#) Thursdays 6PM – 7PM

Facilitator: Tonika Evans, LPC, NCC, CPCS,

The Wellness Circle emphasizes the importance of mental wellbeing by providing an opportunity for Parent Learners to speak candidly about challenges, triumphs, and general topics that impact their lives. The ten pillars of *A New Way Forward*, an evidence-based curriculum will be used as the backdrop to create engaging dialogue and encourage mental, emotional, physical, and spiritual wellness. Parent Learners will also receive practical tools and techniques that support personal growth and development.

Anger Management Tools

Tuesdays, 10AM – Noon

Facilitator: Dr. Jerome Maulsby, Ignite the Power Within, LLC

Through this course, parent learners will gain a better understanding of anger, the stages of anger, and how anger affects those around you. Strategies to gain control and manage anger better in all situations will also be discussed and practiced through interactive role-playing and scenarios.

The Entrepreneurial Mindset I

Tuesdays, 6:00PM – 8:00PM

Facilitator - Dr. Fiyah, Transcendent Life Institute

This course will cover the fundamental steps to starting a business. Topics that will be covered include, naming, branding, incorporating, business license, insurance and more. New and existing business are encouraged to register and establish a firm foundation for entrepreneurial success!

Financial Literacy

Tuesdays, 6PM -8PM

Facilitator: Nicole Hickson, H&H Training and Development, LLC

Facilitator: Frank Williams, On the Rise Financial Center

In partnership with the On the Rise Financial Center, this course will provide parent learners with group and one-on-one financial coaching to help establish and achieve financial goals for the future by managing and understanding finances. Learn ways to build credit, read and understand a credit report, increase your credit score, while creating, and utilizing a “realistic” budget to start saving today!

Career Readiness

Wednesdays, 6PM – 8PM

Facilitator: Urban League of Greater Atlanta

In partnership with the Urban League of Greater Atlanta, this course is designed for parent learners looking for a new job, switching careers, wanting to start their own business and/or interested in sharpening their skills to achieve life goals. The modules will give you the real-life tools and techniques to take your career to the next level, and the **FREE** resources and insight to make your small business a reality. Get FREE one-on-one job coaching, resume writing, and interviewing tips. Speak with leading experts to help you take your small business to the next level.

Early Learning Career Pathway

Wednesdays, 6PM – 8PM

Facilitator – Nancy Hartman, Leading to Movement

This course in partnership with the United Way of Greater Atlanta will prepare parent learners to work in early childhood care and education. The course will educate parent learners about the health and safety of children, how children develop and learn, and how to work with children to support their development and learning. The class is followed by a two-day internship in a quality early learning center. This course also includes CPR and First Aid Certification and career placement. A criminal background check will be conducted.

Eat Yourself Healthy: Healing with Food

Wednesdays, 6:00PM – 8:00PM

Facilitator: Dr. Quanda Stroud, Holistic Healthy Aging 4 Life

This course will explain the concept of the American Food System and the relationship between food and health. Parent Learners will understand the importance of a whole food plant-based diet and be introduced to the concept of growing seasonal organic foods and herbs on a budget.

A Way Forward (Women)

Thursdays, 10AM- 12:00 Noon

Facilitator: Dr. Fiyah Oates, Transcendent Life Coaching Institute

Discover your greatness! Learn how to manage your stress, build healthy relationships, get rid of the baggage and clutter in your life. Start a new way of thinking to bring balance, healing, and peace to your life. Women only.

Parenting Circle

Thursdays, 6PM – 7PM

Facilitator: Chris Latson, CHAMP Fatherhood Consultants

The Parenting Circle is designed to address the unique challenges of parenting. Parents develop strategies to improve their communication skills with their child(ren), techniques to encourage positive behavior, and activities to help strengthen their bond. The ten pillars of A New Way Forward, an evidence-based curriculum will be used as the backdrop to facilitate engaging dialogue along with an active parenting curriculum.