Course Description: This course covers two broad areas – first, we will review all ten of the family life education principle areas, and second, we will evaluate, plan and implement family life education using workshop and online methods. We will use both a systems and strengths perspective to emphasis resilience in family life education. Specifically, how do we help all types of families grow and experience fulfilling family relationships? In this course you will learn concrete skills in lesson preparation, presentation, professional writing, and student engagement.

What is Family Life Education? Family Life Education is any work intended to improve the well-being of individuals and the families to which they belong. Family Life Education is providing individuals with the skills to make their lives better, more satisfying and more productive. Family Life Education is helping people reach their full potential.