

FAMILY LIFE PROGRAMS ORDER FORM

Note: Most of these publications are free to Arkansans. Please contact your local county Extension office for more information (www.uaex.edu).

1. *The Marriage Garden* is your guide to a healthy marriage. *The Marriage Garden* program includes a folder and six lesson guides. Also check out the *Healthy Marriage: Fact and Fiction* DVD.



Quantity	Item Description	Price Each	Extended Price
	<i>The Marriage Garden</i> (includes folder and 6 lesson guides)	\$10.00	\$
	<i>Healthy Marriage: Fact and Fiction</i> DVD	\$5.00	\$
TOTAL			\$

2. *The Parenting Journey* is your guide to effective parenting. *The Parenting Journey* program includes a map with nineteen tips organized into six communities, a travel guide for each of the six communities, and a travel guide for problem-solving. A 30 minute DVD and a CD with Power Point presentations for each community are also available.



Quantity	Item Description	Price Each	Extended Price
	<i>The Parenting Journey</i> (includes a map and 7 travel guides)	\$5.00	\$
	<i>The Parenting Journey</i> DVD	\$5.00	\$
	<i>The Parenting Journey</i> presentation CD	\$5.00	\$
TOTAL			\$

3. *See the World Through My Eyes* is your guide to understanding what life is like from a child's point of view. *See the World Through My Eyes* includes a folder and over 20 units on specific developmental challenges adults and children face.



Quantity	Item Description	Price Each	Extended Price
	<i>See the World Through My Eyes</i> (includes folder and 21 guides)	\$5.00	\$
TOTAL			\$

4. New discoveries in positive psychology challenge us to focus on human flourishing rather than mental illness. *The Personal Journey* identifies six principles that are vital to personal well-being. This program includes the *Personal Journey* map that can easily be used in schools, churches, and communities—or for individual study. Additional resources will be available at www.arfamilies.org



Quantity	Item Description	Price Each	Extended Price
	<i>The Personal Journey</i> map	\$2.00	\$
TOTAL			\$



5. Challenges, big and small, are a normal part of life. This program teaches us that there are things we can do and ways we can think that help us turn challenges into blessings.

Quantity	Item Description	Price Each	Extended Price
	<i>Managing Stress: Turning Challenges into Blessings</i> workbook	\$2.00	\$
TOTAL			\$

**Please complete the table below to determine your order total.*

Item #	Program	Total Price
1	The Marriage Garden	\$
2	The Parenting Journey	\$
3	See the World Through My Eyes	\$
4	The Personal Journey	\$
5	Managing Stress: Turning Challenges into Blessings	\$
Add \$5 for S&H on continental U.S. orders if total is less than \$100.		\$
Free shipping on orders of \$100 or more within the continental U.S. (Contact Mona Norris @ 501-671-2355 or mnorris@uaex.edu for overseas order S&H.)		\$

If paying by check, make checks payable to: **Cooperative Extension Service**

To order, complete this form and mail with payment to:

Family Life Program Materials
U of A Division of Agriculture, Cooperative Extension Service
2301 S. University Avenue
Little Rock, Arkansas 72204

If paying by credit card, please provide credit card information.

Name *(Please Print)* _____

Full Mailing Address _____

Contact Phone Number _____

Credit Card Type _____ Exp Date _____

Credit Card Number _____

To place your order by phone or email, please contact Mona Norris at (501) 671-2355 or mnorris@uaex.edu