



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

The [Strong Families, Strong Relationships](#) curriculum in our Virtual Training Center discusses the importance of strong social networks as one of the keys to healthy relationships. Chapter 7 suggests volunteering with your partner helps strengthen relationships. Additionally, including your children in community volunteer efforts provides a great bonding experience as well as an opportunity for you to model civic engagement. August 12th is [International Youth Day](#) and this year's theme—Civic Engagement—focuses on youth development and empowerment through contributing politically, economically, and socially to society, which can help shape their future. The following tips and resources can help you and the families you serve strengthen healthy relationships for youth and families by developing positive social networks.

Best regards,

Robyn Cenizal, Project Director

Tip of the Month

Everyone wants to belong. Helping youth connect with positive social networks can improve self-esteem, reduce the risk of unhealthy behaviors, and promote civic engagement. Healthy relationships can provide a strong foundation for such engagement now and into adulthood.

- Look for family-friendly volunteer opportunities in your community such as beach clean-ups or feeding the homeless. The [Corporation for National and Community Service](#) can help.
- Consider age-appropriate groups or clubs such as 4-H, Scouts, or Junior Achievement that support positive youth development and encourage civic engagement.
- Encourage interpersonal skills that will help youth be resilient such as communication and conflict management, which can help them problem solve and navigate discussions about sensitive topics that may arise in political and social environments.

Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Select the links below to view our featured August resources:

- **[Why Marriage and Relationship Education Matters to Youth \(Tip Sheet\)](#)**

This tip sheet discusses how relationship education can assist youth as they initiate and manage their romantic relationships. It also provides helpful information for safety-net service providers on selecting appropriate programs and resources, as well as on engaging youth during the process.

- **[Guide to Free and Low-Cost, Research-Based Healthy Marriage and Relationship Education Curricula for Safety-Net Service Providers \(Guide\)](#)**

This guide has information on free and low-cost curricula that are suitable for youth. You can also take a free tutorial of the guide in our [Virtual Training Center](#).

- **[Strong Families: Tips for Healthy Conflict Management \(Tip Sheet\)](#)**

This tip sheet provides specific tips to improve communication skills. It is designed as an informational handout for families in support of the companion resource for providers, [Tips for Service Providers: Healthy Conflict Management \(Tip Sheet\)](#).



Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **[National Child Support Enforcement Association \(NCSEA\) 2015 Leadership Symposium in Milwaukee, WI, August 9-12, 2015:](#)**

NCSEA announces an exciting evolution in professional development programming. NCSEA will be transforming the traditional Annual Conference & Expo into the new NCSEA Leadership Symposium, to be held August 9-12, 2015, in Milwaukee, WI. The Leadership Symposium will provide relevant, quality educational opportunities aimed at directors, managers, leaders, and future leaders in the child support community.

- **[Community Action Partnership 2015 Annual Convention in San Francisco, CA, August 25-28, 2015:](#)**

The Community Action Partnership is excited to announce the re-launch of its Pathways to Excellence Initiative. Pathways are the Partnership's premier organizational capacity building initiative. Pathways use 35 Standards of Excellence that define the very best practices for Community Action Agencies. Just as the new CSBG organizational standards developed by the Center of Excellence in collaboration with the Community Action Network define the basic minimum requirements an agency must meet, the Standards of Excellence represent the highest level of management and operational performance to which an agency can aspire.

Feedback and Technical Assistance:

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. If you would like to request Technical Assistance, please submit a [Training and Technical Assistance Request Form](#) and our Technical Assistance Coordinator will contact you.

To learn more about the Resource Center visit us at www.healthymarriageandfamilies.org

The National Resource Center for Healthy Marriage and Families supports safety-net service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

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