



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

As we start 2013, many of us will make New Year's Resolutions to get healthy; stop bad habits or start good ones. In thinking about getting healthy, don't overlook the importance of financial health. The National Resource Center offers tools to assess and improve financial health for you and the families you serve. Check out our [Economic Self-Sufficiency](#) page.

In addition to information regarding Assets for Independence (AFI), our **Asset Building** section also includes links to websites like MyMoney.gov, a website that organizes financial education help from over 20 different Federal websites in one place. The site is organized by where you are in life ("Life Events"), who you are ("My Resources"), and by specific hands-on tools ("Tools"). So whether the goal is to help your clients better manage household expenses or plan for your own retirement, the Resource Center can connect you to the tools and information you need to get started.

Happy New Year!

Best Regards,

Robyn Cenizal, Project Director



Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. *Share it - Post it - Pass it on!*

Getting to knowing a partner well and finding common ground are part of the process of building intimacy in a relationship. Knowing about a partner's **financial management** (spending and saving choices and patterns) is critical. Finances also change with marital commitment. There's more need to share decision-making. If both partners work, there's more household income.

- Try these conversation starters to help others talk through these patterns and changes:

How did you manage your money in your past relationships? Is that the same or different from how you manage money when you're on your own? How did [your partner] manage money in past relationships? What's the same (or different) in this relationship? How can you manage to share with [your partner] what you just told me?

- To share debt facts and debt reduction tips that incorporate sound relationship principles, download [Debt Brought Into Marriage: The Anti-Dowry](#) from our Virtual Library.



Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 500 free materials in a variety of formats - including factsheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Click the link below to view our featured February resource:

- [Strategies for Helping Couples Build and Manage Assets](#)



Events

- On February 12, 2013 from 2:00pm-3:30pm EST, the Resource Center will host [Healthy Relationships and Financial Management - What's the Connection?](#), a free webinar for interested Federal, State, Tribal, and local agency administrators and service providers. Find out [more information and register](#).
- This month, the Resource Center is convening an **Alabama Integration Institute** – a one day training event for public health social workers and other service providers across the State of Alabama. Attendees will have an opportunity to share information regarding their agencies' current efforts to promote relationship skills; participate in facilitated discussions regarding healthy marriage and relationship education skills and integration strategies; and engage in consensus building and action planning activities. This event is by invitation only. However, if you would like more information on upcoming institutes or to organize an event in your state or area, please [contact us](#).

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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