

Success at work begins at home, with interpersonal skills that reduce family stress, increase productivity, and foster positive professional relationships.



NATIONAL RESOURCE CENTER *for*
HEALTHY MARRIAGE *and* FAMILIES



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Work, Family and Economic Self-Sufficiency

A Note from the Director

Fall is in the air and now is a great time to brush up on our own interpersonal skills. Many social service agencies experience an increase in client needs as the weather turns cold and the holidays approach.

Strengthening key interpersonal skills equips us to develop healthier family relationships *and* experience greater success in the workforce. The following tips and resources are offered to help you and the families you serve strengthen these skills, improve relationships and model positive communication for children.

Best Regards,
Robyn Cenizal, CFLE, Project Director

Tip of the Month

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

Foundational skills such as communication, conflict resolution, and self-control are essential at home, on the job, and at school. Learning them can assist participants

in strengthening their families and achieving economic self-sufficiency. Some ideas on helping participants to develop these skills include:

- Print our [Tips for Healthy and Effective Communication](#) and [Tips for Healthy Conflict Management](#) handouts and make them available in your office and waiting area.
- Visit our [Virtual Training Center](#) to learn how to integrate communication and conflict resolution education into your services.
- Learn how states and counties have [successfully integrated healthy marriage and relationship education](#) into their safety-net programs in order to promote economic self-sufficiency.

Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,300 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Webinar - Improving Employment Outcomes: Healthy Relationship Skills Matter**

Interpersonal skills, such as communication and conflict management, are as important in the workplace as they are in family relationships. This is particularly true for hard-to-place individuals facing barriers to employment. Helping individuals build life skills is important for: 1) strengthening family relationships, which reduces stress and improves work performance, and 2) improving relationships and interpersonal dynamics at work.

- **Financial Management Virtual Training Center Course**

This newly updated financial management course provides clear, comprehensive information about financial management principles and skills that support healthy relationships and economic independence. It guides service providers on integrating this information into existing programming, and explains the impact that financial management has on a couple's relationship and family life. The course also includes links to additional financial management tools and resources.

- **Intergenerational Mobility Project: Building Adult Capabilities for Family Success**

This video from Harvard University's Center on the Developing Child introduces the Intergenerational Mobility Project, an intervention designed to enable low-income families to break the cycle of poverty. The project uses Bridges to Self-Sufficiency and coaching to help parents set and reach family stability, well-being, financial, educational, and professional goals.

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:

- **ZERO TO THREE Annual Conference, December 7-9, 2016**

This year, ZERO TO THREE's annual multidisciplinary education and networking event (formerly the National Training Institute-NTI) is focused on helping attendees to Build the Powerful Connections needed to support young children and their families in reaching their full potential.

- **Webinar: Building Blocks for Early Childhood: Integrating 2Gen through Temporary Assistance for Needy Families (TANF), Community Services Block Grant (CSBG) and Early Care and Education, December 8, 2016**

The U.S. Department of Health and Human Services' Administration for Children and Families (ACF) and the American Public Human Services Association (APHSA) are proud to present the second in a series of free webinars about two-generation strategies. The webinar will highlight one state and one local jurisdiction that are leveraging TANF and Child Care and Development Fund (CCDF)/Head Start/Community Services Block Grant funding for parent and early childhood supports.

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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