



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



### **Supporting Military Families** A Note from the Director

Greetings,

November includes both Veteran's Day and Thanksgiving. So on behalf of the Resource Center Team, I'd like to start by saying "thank you" to our military service personnel and their families. As we approach Thanksgiving, I encourage you to remember them as you give thanks as well. It is because of their service and sacrifice that we enjoy many of the privileges afforded to us as Americans.

Additionally, many service personnel will be serving around the world and unable to be with their own families during the holidays. Separation from loved ones can be stressful, especially around the holidays. We hope the following tips and resources will be helpful to you and the military families you serve in your communities.

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!

Life in the armed forces poses unique challenges to military couples. Stressors such as multiple deployments, post-traumatic stress disorder, and other mental health problems that occur in the service, may be contributing factors to high divorce rates in the military. Relationship education can play a critical role in improving the relationships of military personnel and their spouses.

Here are three practical tips from Military OneSource's recent article on "[9 Tips for Keeping Your Relationship Strong and Healthy](#)":

- **Create rituals.** Routine and rituals can help hold a relationship together. A goodbye kiss before work, breakfast in bed with the crossword puzzle on weekends, weekly date nights or a walk after dinner are little things that, over time, become the glue in a healthy relationship.
- **Give each other space.** Your relationship will be stronger and more interesting if you give your spouse time and space without you. Remember, one person can't possibly meet all your needs. Both you and your spouse must keep and nurture outside friendships and interests.
- **Be active together.** A couple that works out together stays together. Exercising with your partner is not only a fun way to get in shape, it helps you feel better about yourselves, which, in turn, strengthens your relationship.

You can find more resources for Military families on [Military OneSource: Family and Relationships](#).

## Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **A Support and Resource Guide for Working with Military Families**

This Resource Center guide is written to help service providers better understand military structure and culture, existing resources for military service members and their families, and the role that core marriage and relationship skills play in work, school, family, and military environments. You can also take a free tutorial of the guide in our Virtual Training Center.

- **Tips for Understanding Military Couple Relationships After Deployment**

This Resource Center tip sheet summarizes what is known about the couple relationships of service members after deployment and recommends ways in which safety-net service providers can offer support to them in maintaining successful couple relationships.

## New from the Resource Center

### **My Family Album: Healthy Relationship Activity Book for Children**

My Family Album is designed as an interactive educational tool for children ages 7 through 10 to work through together with either their parents or educators. The book can be used in group settings or one-on-one with children to generate conversations about healthy family relationships, interpersonal skills, and appropriate interactions within the family, school, and community.

## 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:

- **SSWR 22nd Annual Conference "Achieving Equal Opportunity, Equity, and Justice", January 10-14, 2018**

The Society for Social Work and Research (SSWR) Annual Conference offers a scientific program that reflects a broad range of research interests, from workshops on the latest quantitative and qualitative research methodologies to symposia featuring studies in child welfare, aging, mental health, welfare reform, substance abuse, and HIV/AIDS. Over 500 symposia, workshop, roundtable, paper and poster presentations. Research methods workshops designed to enhance methods expertise and grant-writing skills and special sessions on research priorities and capacity building that target cutting-edge topics vital to contemporary social work research.

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human 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.

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. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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