



## *National Resource Center for Healthy Marriage and Families*

### **The Director's Corner**

Greetings,

We're excited to announce our new interactive page on [promoting every day healthy relationship skills!](#)

We think it's timely since September can be a hectic time for families. Schedules get complicated between school, sports, and other after-school commitments. Communication is key to coordinating competing priorities. In addition to the added stress of managing these schedules, families are also exposed to more opportunities to pick up germs. With all of that in mind, it's important to remember that healthy relationships start with healthy individuals; and individual well-being starts by adopting new, healthy habits and behaviors. Getting proper rest, eating healthy, and regular handwashing are simple changes that can help fight illness. The tips and resources below offer more information for reducing stress and improving mental health.

Best regards,

Robyn Cenizal, Project Director



### **Tip of the Month**

Here are some tips to help individuals break unhealthy habits:

- **A Positive, Optimistic Perspective:** Greater overall optimism and positivity contribute to an individual's health. Learning to be the positive voice inside of your head, instead of the negative one, can help you move beyond negative thinking.
- **Mindfulness:** Rather than focusing on bad experiences from the past or stressors and concerns about the future, being mindful allows a person to put such thoughts aside and focus on the current moment. This increased mindfulness directly relates to an individual's greater well-being.
- **Healthy Stress Management:** Well-adjusted individuals use positive, rather than destructive, forms of stress management. Healthy ways to manage stress include physical exercise, relaxation, or breathing techniques and talking through issues with a friend or partner.

For more useful [tips and strategies](#), visit our Resource Center's Virtual Training Center.



## Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1000 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 September resources:

- [\*\*\*Strong relationships, strong families: Integrating healthy relationship education skills into social services \(Module II\)\*\*\*](#)  
This second module of the Strong Relationships, Strong Families curriculum is designed to introduce seven key aspects of healthy marriages and committed relationships, while discussing each aspect in relation to underlying skills and their connection with families' self-sufficiency and well-being.
- [\*\*\*Win-win partnerships: Public health and healthy marriage and relationship education skills \(Tip Sheet\)\*\*\*](#)  
This tip sheet reviews how marriage and relationship education can assist individuals in improving their overall health and well-being and addresses ways that safety-net service providers can integrate relationship education into existing public health services.
- [\*\*\*Why good health matters in relationships \(Tip Sheet\)\*\*\*](#)  
This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and well-being, benefitting individuals and promoting stability for couples and families.



## 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:

- [\*\*Webinar: Strengthening Incarcerated Families through Healthy Relationship Education on Tuesday, September 15, 2015, from 1:00 PM - 2:30 PM EDT:\*\*](#)  
The National Resource Center for Healthy Marriage and Families will host a webinar exploring the importance of providing healthy relationship services to incarcerated inmates and their families. This webinar will highlight two state agencies, Ohio Department of Corrections and New Jersey Department of Corrections, discussing strategic partnerships and promising practices for working with incarcerated inmates and their families. Don't miss this opportunity to learn more about their work and the National Resource Center for Healthy Marriage and Families, which offers free research-based resources and technical assistance available to support you and your agency in integrating healthy relationship education skills into your service delivery system as part of holistic approach to strengthening families.
- [\*\*Webinar: Opening Doors to Opportunity for Refugees: Addressing Toxic Stress and Child and Family Well-Being for Refugee Children and Adults on Wednesday, September 9, 2015, from 12:30 PM - 2:00 PM EDT:\*\*](#)  
The Office of Refugee Resettlement, through the BRIDGES Project, is pleased to announce a webinar on "Opening Doors to Opportunity for Refugees: Addressing Toxic Stress and Child and Family Well-Being for Refugee Children and Adults" scheduled for Wednesday, September 9, 2015, from 12:30 to 2:00 PM EDT. This free webinar will discuss the importance of policies and practices that are being used by agencies and community-based organizations across the country to equip refugee parents and children with the income, tools, and skills needed to improve economic stability. It will showcase organizations utilizing promising practices for establishing and implementing approaches that address the affect of toxic stress and the loss of executive functioning has on refugee family and child well-being, while highlighting how programs utilizing individual and family strength-based approaches.
- [\*\*Webinar: Working with Latino and Hispanic Dads on Wednesday, September 16, 2015, from 12:30 PM - 2:00 PM EDT:\*\*](#)  
The Office of Family Assistance (OFA), through the National Responsible Fatherhood Clearinghouse, is providing this technical assistance webinar for all responsible fatherhood practitioners, including current OFA grantees and other interested stakeholders. Fatherhood programs work with fathers to help them improve

their parenting, relationship, and employment skills and generally strengthen families to improve outcomes for children. Some of the approaches to this work are universal, others are more culturally grounded. This webinar will explore strategies that have proven successful in work with fathers from Latino or Hispanic backgrounds.

## 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](http://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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