



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



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Setting Healthy #RelationshipGoals A Note from the Director

Greetings,

Whether it's school shopping for the younger ones or transitioning the older ones off to college, August can be expensive and stressful. Parents and caregivers can find their budgets and patience stretched thin. During stressful times, it's important to maintain healthy communication that strengthen relationships. Setting realistic expectations related to finances, talking through differences and clarifying emotional needs are all important aspects of healthy communication. Healthy relationship skills focus on communication and conflict management as well as parenting and financial education. Parenting and financial education can

teach skills that reduce stressors and improve coping skills that make it easier to get through times like these. The [Resource Center](#) offers lots of research-based tools and techniques to support you and your agency as you work to strengthen these skills among the families you serve. I hope you'll take advantage of the tools and resources suggested below in addition to visiting the website to access even more.

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!

Research shows that children in stable, committed, two-parent households do better in school and have fewer emotional and behavioral problems, and adults in positive committed relationships tend to be [healthier](#). But each relationship has its own struggles and challenges. No matter what romantic situation you, or the families you serve, are in, here are some ways to reach healthy #relationshipgoals:

- **Maintain healthy financial management** by learning how to spend and manage your money wisely and setting goals to work towards in the future.
- **Approach conflicts by calmly sharing your concerns**, speaking non-defensively, and accepting your partners' differences and forgiving each other when appropriate.
- **Communicate clearly**, be straightforward, and be sensitive about when and how much to share based on the age and emotional state of listeners.

You can find more tips like these in our [tip sheets for service providers, or informational handouts for families](#), also available in Spanish.

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.

- **My Relationship Isn't Perfect - How Can I Help Couples?**

This tip sheet addresses how safety net service providers can effectively utilize marriage and relationship education to assist the children, couples, and families served. It also provides examples of helpful strategies and addresses the importance of using research-based principles.

- **Strategies for Helping Couples Build and Manage Assets**

This tip sheet highlights some of the mechanisms that low- and moderate-income couples can use to build assets and begin the journey to becoming debt free.

- **Healthy Relationship Education - What, Why, and How It's Part of Strengthening Families Webinar Recording**

This webinar was designed for Federal, State, Tribal, and Local agency administrators and social service providers. It explored the value of healthy marriage and relationship education skills for couples and families, as well as strategies for integrating these skills into safety-net service systems as a holistic approach to strengthening families. The featured guest presenter was James P. Marshall, Associate Professor - Family Life, University of Arkansas. This webinar also introduced new resources and tools that are available from the National Resource Center.

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:

- **American Sociological Association (ASA) 2018 Annual Meeting, August 11-14, 2018**

The 113th ASA Annual Meeting will take place August 11-14, 2018 in Philadelphia. Sessions will be held at both the Pennsylvania Convention Center and the Philadelphia Marriott Downtown. The Annual Meeting of the American Sociological Association draws over 5,000 attendees and provides the opportunity for professionals involved in the scientific study of society to share knowledge and new directions in research and practice. Approximately 600 program sessions are convened during the four-day meeting, featuring over 3,000 research papers and invited sessions.

- **AASD/NASTA Annual Education Conference, August 26-29, 2018**

The 2018 AASD/NASTA Annual Conference is designed to assist Health and

Human Service leaders and policy makers to shape the future of the SNAP and TANF programs through collaboration and modernization and the exchange of experience and knowledge amongst attendees.

- **Community Action Partnership Annual Convention, August 28-31, 2018**
Community Action Partnership's 2017 Annual Convention is an informative and educational event that provides training, resources and networking opportunities to Community Action professionals engaged in the vital work of fighting poverty across the United States.

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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