

MARRIED OR IN A COMMITTED RELATIONSHIP?

HELP US INCREASE KNOWLEDGE ABOUT
HEALTHY COUPLE RELATIONSHIP
EDUCATION PROGRAMS. AND RECEIVE \$50
FOR EACH COMPLETED SURVEY.

Couples will be randomly assigned to one of the three groups:

1. Participate in **ELEVATE** and learn how to enhance your relationship skills by focusing on core relationship and communication skills.
2. Participate in **Couples Connecting Mindfully** and learn about individual and couple mindfulness-based stress reduction skills that will enhance your couple relationship.
3. Receive access to healthy relationship information and fill out scheduled surveys without attending a relationship education class.

You will be asked to complete program evaluation surveys (3 the first year; 1 the next year; and 1 the following year). You will be compensated for your time completing the surveys (each will take 30-60 minutes to complete). Earn up to **\$300** over two years for completing the surveys. As a couple, earn up to **\$600**. All checks will be mailed by A.U. and can take up to 3 weeks for processing.

Childcare and meals will be provided at every class

Mark your calendars for April 2017!

For more information about **FREE** relationship classes, contact Elmore County Extension at 334-567-6301 or visit www.aces.edu/counties/Elmore/ or www.facebook.com/ElmoreCountyAlabamaExtension



ALABAMA
HEALTHY
MARRIAGE
&
RELATIONSHIP
EDUCATION
INITIATIVE

Healthy Couples,
Healthy Children

AUBURN UNIVERSITY
COLLEGE OF HUMAN
SCIENCES

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