



Strong Couples *project*

Strengthen your relationship



WHY: build greater intimacy and connection, communicate more effectively, and maintain a strong relationship

WHAT IS THE STRONG COUPLES PROJECT?

This educational program is NOT counseling. The program teaches couples to use tools that improve their relationship.

- Six self-paced online modules and five brief video calls with a trained coach.
- Topics include communication, commitment, problem-solving, fun and friendship.

The Strong Couples project is led by the University of Illinois Urbana-Champaign and the University of Illinois Extension. Ohio State University Extension is a partner of this multi-state educational program.

WHEN AND WHERE: all program activities can be completed in your home at a time that works well for you and your partner

WHO : couples together six months or longer in all life stages

COST: FREE

SIGN UP: go.osu.edu/lucasSCP



For more information, please contact: Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences powers-barker.1@osu.edu (email best way to contact) or call 419-574-0983 and leave detailed message.

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