

Want to improve your relationship in the privacy of your own home?

Do you desire a better relationship for you and your partner, but are reluctant to attend individual or group counseling because of concerns over privacy or inconvenience?

Then CoupleCARE can help. The A&FRC has two kits available to sign out.

Following the CoupleCARE program in your own home in your own time with telephone assistance from a qualified relationship counselor will help you and your partner decide what is best for your relationship and how you can both achieve it.

CoupleCARE has been scientifically evaluated and developed from over 20 years of research with more than 5000 couples.

Using a professionally developed and friendly DVD presentation on crucial relationship skills, you and your partner follow a mix of individual and couple activities, filling in sections of your CoupleCARE guidebooks and reflecting back to your counselor as you progress.

CoupleCARE will help you and your partner decide what is best for your relationship and how you can both achieve it.

CoupleCARE enriches your relationship by helping you to:

- assess your relationship strengths and vulnerabilities
- define the relationship you want
- develop key relationship skills
- identify action to strengthen your relationship now.