

Free Service *for* Expecting Couples and New Parents*



*The University of Oregon's
Healthy Nests Project
is offering three free consultation meetings
designed to enhance your couple relationship*

Learn how to:

- Strengthen your friendship and partnership
- Improve communication
- Enhance the health of your relationship
- Prevent common problems from becoming serious conflict, such as parenting challenges and sexual intimacy differences

What you will receive:

- A comprehensive assessment of your relationship's strengths and challenges
- A confidential, written report that summarizes the strengths in your relationship and areas for growth
- Strategies for dealing with common challenges faced by couples
- A menu of options for resources that can benefit you, your relationship, and your child now and in the important years to come

Nurture your child by nurturing your relationship!

To schedule a meeting, please contact Dr. Jeff Todahl (346-0919) or Dr. Deanna Linville (346-0921).

This service is provided by University of Oregon graduate students and faculty supervisors of the Couples and Family Therapy program.

For more information please go to: <http://education.uoregon.edu/couples>



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* With a child up to two years of age.