

*BRENDA'S HOUSE
FAMILY CENTER
WELCOMES YOU!*



SERVICES AVAILABLE:

- PARENT SUPPORT
GROUP*
- FAMILY TIME*
- COPING SKILLS*
- RESPITE CARE*
- CIRCLE OF SECURITY
PARENTING*
- CHILD PARENT
RELATIONSHIP
BUILDING*



GET IN TOUCH

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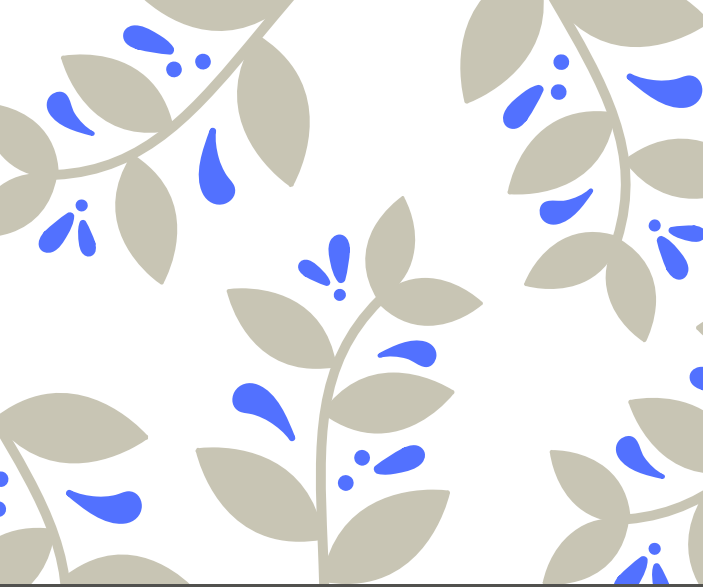
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Healthy Marriage

BRENDA'S HOUSE
FAMILY CENTER

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TIPS FOR A HEALTHY MARRIAGE

SPEND TIME WITH EACH OTHER

Couples need time together in order to grow strong. Plan regularly scheduled date nights and activities. If a getaway is not possible, then make it a goal that you will work toward.

NEGOTIATE CONFLICT

Conflict is a normal part of any relationship. Working out problems in a relationship starts with understanding what your issues are and how to discuss them.

*COMING TOGETHER IS
A BEGINNING,
KEEPING TOGETHER
IS PROGRESS,
WORKING TOGETHER
IS SUCCESS.*

FORGIVE EACH OTHER

Try to allow your spouse some room to make a few mistakes. When you make a mistake, act quickly to apologize and fix any problems. Doing so will help to encourage forgiveness and strengthen your marriage.

EXPLORE COMMON INTERESTS

Couples thrive when they share similar interests. That doesn't necessarily mean each partner will enjoy every thing that you want to do but it opens up the opportunity for greater sharing and compromise.

COMMUNICATE WITH YOUR PARTNER

The ability to talk and listen to each other is an important key to a healthy marriage. You should never assume your partner knows what you are thinking or feeling. Tell your spouse what is going on and as a spouse, know when to listen.

BE PROUD OF YOUR MARRIAGE

Social media makes it challenging to not compare your marriage to others. Stay in your lane. When you find yourself comparing your marriage to others, take a step back and write down a few things that you love about your marriage.