

MARRIED OR IN A COMMITTED RELATIONSHIP?

Help us increase knowledge about healthy couple relationship education programs. *Receive \$50 for completing each survey emailed to you!**



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

Evening classes start Monday, April 10, 2017
Registration deadline Thursday, March 23rd
Classes meet once a week
for 6 weeks and end May 15th.



**AUBURN UNIVERSITY
COLLEGE OF HUMAN
SCIENCES**

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To register, please call 334-844-8711
www.AlabamaMarriage.org

The Auburn University Institutional Review Board has approved this Document for use from 12/20/2016 to 08/14/2017
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