

In a Couple Relationship?



Help us increase knowledge about healthy couple relationship education programs!

We are looking for couples to participate in a paid evaluation project coordinated through Auburn University. **Pre-registration starts now!** All couples who register will have the opportunity to participate in one of three groups. Couples will be randomly assigned to 1 of 3 groups, and all individuals will be asked to complete program evaluation surveys (3 the first year; 1 the next year; and 1 the following year).^{*} Groups include:

1. Participate in ELEVATE, a relationship education program that teaches couples how to take their relationship skills to the next level by focusing on core relationship skills.
2. Participate in Couples Connecting Mindfully, a relationship education program that teaches couples mindfulness-based stress reduction skills that enhance their couple relationship.
3. Receive access to healthy relationship information and fill out scheduled surveys without attending a relationship education class.

Evening classes begin the week of January 30 for study groups 1 and 2. Classes meet once a week for six weeks and end the week of March 6.

**All individuals in all groups will be compensated for their time completing the program evaluation surveys (each will take 30-60 minutes to complete). Each person can earn up to \$300 over two years for completing the program evaluation surveys. All checks will be mailed by A.U. and can take up to 3 weeks for processing.*

Meals and childcare will be provided at classes.

For more information about FREE relationship classes, visit www.AlabamaMarriage.org. Questions or to enroll, please call 334-844-8711.



www.alabamamarriage.org

Auburn University • College of Human Sciences

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