



THE RELATIONSHIP RESEARCH INSTITUTE
*A non-profit organization founded by Dr. John Gottman
dedicated to strengthening and empowering families
through innovative research.*



2030 First Avenue, Suite 205, Seattle, WA 98121
(206) 832-0300 · www.rrinstitute.com

To Our Donors,

Thank you for choosing the *Relationship Research Institute* as a recipient of your charitable giving this year. On behalf of the families who generously volunteer for our studies, our dedicated research staff, Dr. John Gottman, and our faithful board, we thank you for your generosity. Your contribution helps us to sustain a legacy of excellence and innovative research, ensuring a future where all couples, children and families can thrive.

At the *Relationship Research Institute*, we are honored to uphold Dr. John Gottman's legacy of excellence as we strive to set the standard for conducting research aimed at helping children and families. While the *Relationship Research Institute* has been an independent non-profit organization since 1997, it is an extension of Dr. John Gottman's original *Family Research Lab*, established in 1986 at the University of Washington. Through early ground-breaking projects, such as *The Love Lab* apartment study, the *Relationship Research Institute* has developed a reputation for conducting high-quality, creative and rigorous research.

Our ambitious research agenda is driven by the mission to provide relevant, empirically validated support that improves the lives of couples, children and families. The Bringing Baby Home program is one realization of this mission. Emerging from a five year study on the transition to parenthood, the Bringing Baby Home curriculum has shown to help new families get the best start possible by reducing post-partum depression in mothers, improving parental collaboration and increasing the positive involvement of fathers; it is now offered internationally. Currently, through the *Creating Healthy Relationships* study, we are researching effective ways to help distressed, low-income couples practice healthy parenting skills, improve conflict management, and increase the involvement of fathers. Our *Creating Healthy Relationships* program has the potential to help underserved couples create stability and safety within their family, improve the lives of children and may ultimately inform future public policy.

Research is not glamorous; it is a careful method of inquiry requiring endurance, integrity, precision and humility. Research also has the potential and power to create lasting, meaningful change to improve the lives of families and communities. Thank you for sustaining this essential work through your contribution.

Sincerely,

Renay Cleary Bradley
Research Director