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REFERRAL DEADLINE

THE CREATING
HEALTHY
RELATIONSHIPS
PROJECT
CLOSES TO NEW
REFERRALS ON

NOVEMBER
25, 2009

RECRUITMENT DEADLINE!

CREATING HEALTHY RELATIONSHIPS PROJECT RECRUITMENT ENDS NOVEMBER 25, 2009

Thanks so much for your help in getting the word out about the Creating Healthy Relationships Project!

Over the past two years we have really appreciated your help in recruiting couples for the Creating Healthy Relationships Project. Our recruitment is coming to a close, and we will no longer be able to welcome couples into the Project after **November 25, 2009**. If you are working with a couple that you think would be a good fit for the Project, now is the time to send them our way!

The Creating Healthy Relationships Project is designed to evaluate a 22-week psycho-educational workshop designed by **Drs. John and Julie Gottman** for couples currently experiencing difficulty and conflict in their committed relationship.

We are looking for couples who:

- **Have been together more than 12 months** and are in a committed relationship (married or unmarried);
- **Are raising at least one child under age 13** (grandparents raising grandchildren are welcome); and
- **Make less than \$73,260 for a family of 3** (higher limits for larger households).

The Project design places participating couples into one of two groups – one group goes through the 22-week workshop series and the other gets written materials that include information on community resources. We will also be offering a **special weekend workshop** for couples that do not receive the 22-week workshop series after they have concluded their participation in the Project.

To refer a couple you can have them contact us at 1.888.6Couple (1.888.626.8753) or couples@gottmanresearch.com. You can also contact our outreach coordinator at 206.973.3462 for more information or to arrange for a speaker to come out to talk to your organization about the project.

COUPLES' COMMUNICATION STUDY: RECRUITMENT CONTINUES!

We are still recruiting for the **Couples' Communication Study**. The goal of the Study is to learn more about how couples make important decisions together. We are looking for couples that are:

- **English-speaking,**
- **In a relationship for at least three months,**
- **Receiving public assistance,**
- **Currently living together,** and
- **Have a child under the age of 18** living in the home.

Participation in this study involves a **brief phone interview** and a **one-time in-home visit** with the couple. Couples will be compensated up to **\$100** for their participation in this study.

Please refer couples directly to our Couples' Communication Hotline at 1.888.633.8347. If you'd like to hear more about the Couples' Communication Study, please contact Renay Cleary Bradley at 206.973.3455 or renayc@rrinstitute.com.

RRI

NEWSLETTER
AUGUST 2009

CONTACT INFORMATION

RELATIONSHIP
RESEARCH INSTITUTE
2030 FIRST AVE.
SUITE 205
SEATTLE, WA 98121
206.832.0300 PHONE
206.832.0301 FAX

FOR MATERIALS OR
QUESTIONS ABOUT
OUR PROJECTS,
CONTACT:

RENAY CLEARY BRADLEY
RESEARCH DIRECTOR
206.973.3455 PHONE
206.832.0301 FAX
RENAYC@
RRINSTITUTE.COM

IF YOU WOULD LIKE
TO REFER COUPLES
TO THE PROJECT,
CONTACT:

TOLL FREE NUMBER
1.888.6COUPLE
(1.888.626.8753)

OR

COUPLES@
GOTTMANRESEARCH.COM

FREQUENTLY ASKED QUESTIONS ABOUT THE CREATING HEALTHY RELATIONSHIPS PROJECT

Q. What is the Creating Healthy Relationships Project?

A. The Relationship Research Institute is currently accepting referrals for a study entitled the "Creating Healthy Relationships Project." The study will evaluate a 22-week psycho-educational workshop designed by Drs. John and Julie Gottman for couples currently experiencing difficulty and conflict in their committed relationship.

Q. What is the Relationship Research Institute?

A. The Relationship Research Institute was created by Dr. John Gottman, one of the world's leading relationship researchers, to foster research on couples relationships, parenting and families.

Q. How do I refer a couple to the Project?

A. You can have the couple contact us at 1.888.6Couple (1.888.626.8753) or couples@gottmanresearch.com. We can also provide you with our **Consent to Contact** form. Fill it out with your client, fax it to us, and we'll contact them!

Q. Who is eligible to participate?

A. We are looking for couples who:

- Have been together more than 12 months and are in a committed relationship (married or unmarried);
- Are raising at least one child under age 13 (grandparents raising grandchildren are welcome); and
- Make less than \$73,260 for a family of 3 (higher limits apply to larger households).

Q. How can I help disseminate information about the Project?

A. You can help us by:

- Referring couples directly to 1.888.6Couple or couples@gottmanresearch.com
- Posting flyers
- Sending email to your colleagues
- Providing us with the names of people we can contact directly
- Inviting us to come speak to your group

Q. Is childcare provided for couples?

A. Yes, on-site childcare will be provided by trained RRI staff members during home visits and workshop sessions.

THANKS TO ALL OF YOU WHO HAVE HELPED US GET THE WORD OUT TO COUPLES ABOUT THE STUDY!!

Our sincere thanks to all of you who have helped us get the word out about the Creating Healthy Relationships Project! When couples call in about the Project we ask them how they heard about us, here's a list of organizations that folks have mentioned.

Antioch University • Atlantic Street Center • Asian Counseling & Referral Service
Bastyr Center for Natural Health • Bates Technical College
Becoming Parents Program • Bellevue Head Start • Bringing Baby Home
Catholic Community Services • Center for Human Services • Child & Family Guidance Center
Community Psychiatric Clinic • Creston Point Community • Evergreen Hospital
Evergreen State College • Federal Way Head Start • First Place
Franklin Pierce Head Start • Good Samaritan Puyallup • Greater Lakes Mental Health
Group Health Cooperative • Harborview Medical Center • Heavenfield
Highline Valley View Early Learning Center • Hillcrest Child Education Center • Hopelink
Kinderling Center • Kitsap Mental Health • MOPS • Navos
Parent University/McChord AFB & Fort Lewis • Parenting Resources
Parkland Family Support Center • Phoenix Housing Network • Puget Sound Adlerian Society
Ready to Learn Center • Redmond Head Start • Renton Area Youth & Family Services
Saint Leo's Church, Tacoma • Seattle/King County Public Health
Seattle Central Community College • Seattle Children's Hospital • Seattle Counseling Service
Seattle Head Start • Shoreline Community College • Sound Mental Health
Swedish Family Services • Tacoma Community College • Tacoma Head Start
Tacoma Learning Center • University of Washington Social Workers • Valley Cities
Valley Counseling • Vashon Youth and Family Services
Veterans Administration Hospital • Youth Eastside Services • YMCA • YWCA