

# Healthy Relationships:

## Build Connections and Build Your Strength



Support and nurture your relationships whether between a romantic partner, friends, family, parent/child, or with yourself with Military OneSource non-medical counseling services and specialty consultations.

### ROMANTIC PARTNERS

Whether you are in a new relationship or have been together for years, every relationship needs to be nurtured. These programs give you and your partner a boost and can help you connect. Many programs are self-directed and customized.



#### **Love Every Day**

An interactive communication resource that can help rekindle the spark in your relationship. Twenty-one days of personalized text messages will help you build meaningful connections.



#### **OurRelationship®**

The Relationship Program for Couples - Choose a topic and engage in online activities designed to help you work through relationship challenges. Decide between self-guided activities with or without personalized coaching support.



#### **Re the We**

Rekindle, reset, or repair your relationship with a comprehensive listing of Military OneSource resources.

### FRIENDS, FAMILY, AND CHILDREN

Every relationship can benefit from effective communication skills. Non-medical counseling services provide resources, tools, and support to help you through the good times and the bad. Military OneSource non-medical counselors and Military and Family Life counselors can help you create a personalized plan to stay connected.



#### **Non-medical Counseling**

If you need guidance, counseling is a great resource to help develop coping skills and is available face-to-face and virtually.



#### **Building Health Relationships Specialty Consultation**

Strengthen and deepen any relationship with help from a counselor. Work on your communication skills or develop a plan to stay connected while away from each other. Customizable, personalized coaching sessions will help you tackle challenges and build resilience together.

### YOU

Care for yourself, build resilience, and reach your personal goals with the tools and activities available through Military OneSource.



#### **Re the Me**

Going from “we” to “me” or restoring relationship skills can be hard. But the most important relationship you’ll ever have is with yourself. Counseling services are available. Check out Re the Me and recommit to yourself.