Enhancing your Relationship Program

Learn how to improve your relationship with expert information and interactive exercises.

Available online through your Employee and Family Assistance Program (EFAP), the Enhancing your Relationship Program helps individuals and couples achieve greater understanding of and satisfaction in their intimate relationships. Access the three-month program anytime, anywhere and work through exercises and resources at your own pace and convenience.

Convenient and secure

- Convenient and private access to the program online
- Privacy with secure data transmission and storage

Developed in collaboration with clinical experts in the field of intimate relationships, the program's resources teach you about relationship building blocks such as communication and conflict resolution, and then move on to explore specific topics of focus.

What you'll find online

- Expert articles and videos
- Interactive activities and exercises including self-assessments to determine areas of focus and love coupons
- Expert-approved resource guide with additional materials available to print or access online
- Order additional books on the topic, online in paperback or e-book format

Every relationship is different, but with the right tools and support, a happier and healthier relationship can be a reality!

Connect with us for confidential support or to learn more

Strengthen your relationship with your significant other with help from your EFAP.

For immediate assistance, contact us at **1.800.387.4765** or visit **workhealthlife.com**.