



CHECK IT OUT

MARRIAGE & RELATIONSHIP RESOURCE LIST

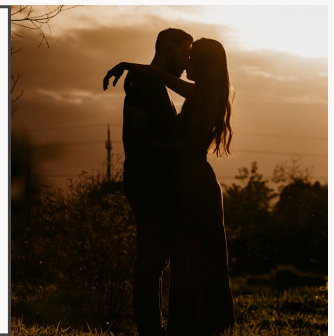
COUPLE CHECK-IN WORKBOOK

DESIGNED TO HELP PARTNERS STAY ALIGNED, CONNECTED, AND SUPPORTED THROUGH LIFE'S DAILY RHYTHMS. THIS INTERACTIVE WORKBOOK PROVIDES A STRUCTURED, GENTLE FRAMEWORK FOR REGULAR WEEKLY AND MONTHLY CHECK-INS. FEATURING EASY-TO-USE RATING SYSTEMS, PRIORITY WORKSHEETS, AND PRACTICAL REFLECTION PROMPTS, IT GUIDES COUPLES THROUGH CELEBRATING SUCCESSES, ADDRESSING SMALL CHALLENGES EARLY, AND PLANNING AHEAD TOGETHER WITH CLARITY AND INTENTION.



SEXUAL EXPLORATION WORKBOOK

A THOUGHTFUL, SELF-GUIDED RESOURCE CREATED TO DEEPEN CONNECTION AND UNDERSTANDING BOTH WITH YOURSELF AND YOUR PARTNER. BLENDING MINDFULNESS WITH PRACTICAL REFLECTION, THIS WORKBOOK EXPLORES PERSONAL BOUNDARIES, DESIRE ACCELERATORS, AND SENSORY INTIMACY THROUGH GENTLE CHECK-INS AND THE FIVE SENSES. IT OFFERS A SAFE, SUPPORTIVE SPACE TO CLARIFY YOUR NEEDS, HONOR YOUR LIMITS, AND BUILD MEANINGFUL EMOTIONAL AND PHYSICAL CLOSENESS WITHOUT PRESSURE.



DOMESTIC VIOLENCE/ INTIMATE PARTNER VIOLENCE SERVICES SAFE HORIZON

PROVIDES CONFIDENTIAL SUPPORT, SAFETY PLANNING, CRISIS COUNSELING, AND CONNECTIONS TO RESOURCES FOR INDIVIDUALS EXPERIENCING DOMESTIC VIOLENCE OR INTIMATE PARTNER VIOLENCE. HELP IS AVAILABLE BY PHONE AT 1-800-621-HOPE (4673).



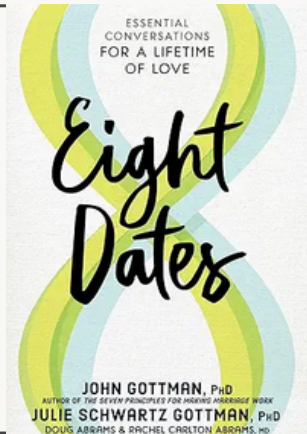


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EIGHT DATES BY JOHN GOTTMAN

A CONVERSATION-BASED GUIDE FOR COUPLES WHO WANT TO DEEPEN THEIR CONNECTION AND MAKE SPACE FOR THE CONVERSATIONS THAT MATTER. THROUGH EIGHT INTENTIONAL DATES, COUPLES EXPLORE TOPICS SUCH AS TRUST, CONFLICT, INTIMACY, MONEY, FAMILY, AND DREAMS. A GREAT RESOURCE FOR COUPLES LOOKING TO RECONNECT, BUILD UNDERSTANDING, AND KEEP GROWING TOGETHER.



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