

Healthy Marriage Healthy Family

Helping couples turn "I do" into "We Can!"



What is the Healthy Marriage, Healthy Family Program?

The Healthy Marriage, Healthy Family Program is an innovative program designed to aid Tennessee's adoptive and resource families by educating couples in effective communication and conflict resolution, thereby creating and fostering a more stable environment for the family as a whole.

Who is the HMHF Program For?

The HMHF program is designed for couples who have either already adopted a child, are planning to adopt a child, or are a resource family.

The HMHF Program utilizes a curriculum known as P.R.E.P. or Prevention and Relationship Enhancement Program. P.R.E.P. is a skills and principles-building workshop designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

What You Can Expect to Learn:

- How to effectively solve problems.
- How to handle disagreements through constructive arguing.
- How to promote a sense of "togetherness" with one another.
- How to establish boundaries and limits for disagreements.
- How men and women communicate differently.
- How to keep friendship, fun, and intimacy alive in the marriage.
- How to demonstrate your commitment to one another.

Healthy Marriage Healthy Family

a program of

Harmony Adoptions

131 Cherokee Heights Drive Maryville, TN 37801

and our partners

Catholic Charities of Tennessee

30 White Bridge Road Nashville, TN 37205

and

AGAPE Child and Family Services

111 Racine Street P.O. Box 11411
Memphis, TN 38111

Contact the coordinator at:

866-461-HMHF (4643)

Fax: 865-982-5950

To learn more about HMHF, visit our website
www.harmonyadoptions.org



"Try it! You owe it to your marriage!"

~ HMHF participant



healthy marriage
healthy family

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