



OUR RELATIONSHIP

Online Support for
Relationships

HelpNet

No relationship is perfect. Every couple argues, and most find themselves struggling with the same issues time and time again. Finding a program that works can be challenging.

The OurRelationship Program

This online program helps you and your partner understand and solve your relationship problems in a personalized and practical way.

Effective

- The OurRelationship program improves relationship satisfaction, communication, commitment, and intimacy. It also improves individual mental health symptoms (e.g., depression, anxiety) and quality of life.

Brief & Flexible

- 7-8 hours completed over about 2 months at a time and place convenient for you.

Customized

- OR identifies relationship strengths and weaknesses to help you focus on the issues that matter most to you

Self-Directed Help

- The program will help you talk about issues in a way that will keep you from fighting.

Coaching

- If you'd like, a coach will help you clarify issues and deepen your progress in four 20-minute phone calls. (You can also do the program on your own, without a coach.)

What Couples Say

“Using the tools and suggestions from the program, we started really communicating and understanding each other’s feelings and our own. If not for this program, we probably would not be together today.”

“The program gave us a framework to communicate better. It was like an instruction manual for how to talk to each other and how to really listen. My partner is a pretty tough nut to crack - but he got so much out of it and it has worked wonders in a short amount of time.

I finally have hope !”

TOLL-FREE: 800-969-6162

Website: www.helpneteap.com

Click on: Work Life Login

Username: Cowboy

Click on: OurRelationship for additional sign-up information

A better relationship is
only 8 hours away...

¡Este programa de ayuda para parejas lo ofrecemos también en español!