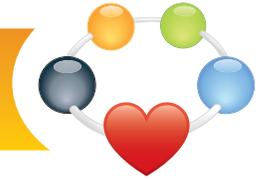




# Connect to Support



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**Objective:** Clients will become aware of available support services and resources in and around their community, and learn how to avoid obstacles to receiving support.

**Audience:** This tool is useful for clients who need help identifying available support services in their area.

**Estimated Time:** 15-20 minutes

**Educator Instructions:** Before reading the instructions on the tool, start with the Discussion Starter below or something similar. Prior to your visit, compile a list of local therapists, agencies, organizations, and other support services where clients can be referred. As you learn more about clients' situations, help them identify additional services and supports they can utilize. When talking with clients about available resources, be sure to talk about obstacles that might prevent them from seeking help. For example, if they mention that they do not have a reliable mode of transportation to get to a resource (i.e., family therapist, church, etc.), ask them if they have any friends who can take them, or if taking public transportation is an option. Also, learn about their connections with nearby relatives, friends, and neighbors who can provide various types of support.

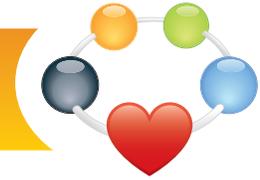
**Discussion Starter:** Couples need meaningful connections in their lives for support and help managing challenges and concerns. Think about the different people you reach out to when you are having trouble, who do you most often go to for help? What community agencies or services have you used? Let's take a few minutes to come up with a list of resources in the community. Is there anything that makes it difficult for you to be able to use different services? If so, what are some things that stand in the way, and what might be some ways I can help you?

**Follow-up:** During your next visit, ask if they have sought out any of the suggested support services. Discuss additional resources or services that might not have been identified previously, as well as possible obstacles to them accessing these services.





# Connect to Support



Having a support system of family, friends, and trusted neighbors is very important for couple relationships. It is also important to be aware of community organizations, counselors, and other supports that are available when you need help or advice.

## Community organizations offering relationship and marriage education workshops

A lot of tools and skills for strengthening relationships can be learned in relationship and marriage education classes. Many local Extension offices, non-profit organizations, faith-based groups, and other community organizations offer relationship and marriage education.

Organization/Agency Name	Program Type	Address	Phone
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

## Counselors and/or marriage and family therapists

Sometimes relationship and marriage education is not enough. There are times when individuals and couples need support from a licensed professional, such as a counselor or therapist.

Name	Services Available	Address	Phone
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

## Other helpful resources for individuals and couples:

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What are some possible obstacles to you seeking or receiving support? What are some possible solutions?

*Community supports are available to help you strengthen your couple relationship!*