



# Stress. Less.

**Montefiore's Supporting Healthy Relationships has your back.**

With relationship workshops, financial coaching, family support services and more, Montefiore's Supporting Healthy Relationships (SHR) can help you achieve family success. And best of all, it's FREE.

**[www.montefiore.org/SHR](http://www.montefiore.org/SHR)  
or scan the QR Code.**



**Montefiore**  
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# Supporting Healthy Relationships helps couples strengthen family bonds. And it's FREE.

Supporting Healthy Relationships will empower you and your partner to strengthen your family bonds by reducing many of the stressors that impact you. Our workshops help you develop and practice relationship skills through discussion, teaching and peer-to-peer learning led by our professional team.

- **A Date-Night Experience** when in-person. We serve a catered meal—on us!
- **Meet and Learn from Other Couples** in the community in a relaxed environment.
- **Reimbursement Assistance** for childcare and transportation
- **Daytime, Evening and Weekend** workshops available

To learn more about this research study, call **718-401-5050** or email us at **SHR-UBA@ Montefiore.org**.



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