



RELATIONSHIPS PROGRAMS

The Couples & Family Relationships workgroup strengthens families by delivering research-based education that enhances relationship skills to all. Through community partnerships, evidence-informed curricula, and statewide programming, this working group equips individuals, couples, and families with practical tools to improve communication, strengthen parenting practices, navigate conflict, and build resilience. By fostering healthy family dynamics and enduring relationships, the program contributes to individual well-being and stronger communities throughout Utah.

Marriage Celebration

The Marriage Celebration is an annual event designed to strengthen relationships through workshops and activities. The celebration features expert speakers and interactive sessions to help couples engage and learn.

556 attendees

Serving: **Statewide & Nationally**
Including 19 states and Canada



"It's all too easy to just coast along, especially in my relationship where my wife and I are very comfortable with one another and things seem to be going along well. The event...made me realize that by investing even further in the relationship that our marriage relationship can become even deeper and stronger...I plan to make a more concerted effort to connect with my spouse and be more intentional in our relationship." - Marriage Celebration Attendee

Hidden Gems Adventure Guides

The USU Hidden Gems Adventure Guides are free online resources with one-hour activities that promote quality time and healthy relationships. They include discussion questions to enhance communication and problem solving skills and are also adapted for single adults.

Between 2020-2025:

145 published guides

over **108,000** downloads

Serving: **Nationally**



Healthy Relationships Utah Statewide Classes

Healthy Relationships Utah offers free research-based workshops throughout Utah.



476 course offerings

6,380 participants

Serving: **Statewide**

Utah Marriage Commission

The Utah Marriage Commission strengthens marriages and families through podcasts, webinars, and e-Courses. It collaborates with community partners to teach healthy relationship skills and techniques for a stable family life.

Stronger Marriage Connection Podcast

47 podcast episodes

41,474 downloads



Serving: **Nationally**

Webinars

24 webinars

2,596 participants

e-Courses

The Utah Marriage Commission offers seven on-demand relationship courses and 100 quick lessons for couples, parents, and personal growth.

507 e-course participants

Raising Amazing Youth Parenting Series

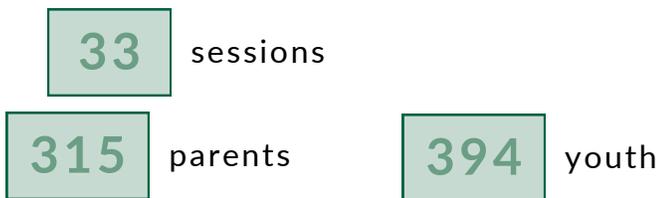
Raising Amazing Youth is a series of research-based workshops for parents designed to support positive youth development. Workshops address key topics including digital responsibility, resilience, bullying prevention, and managing difficult behaviors.



Serving: Salt Lake County

Common Sense Parenting® Workshops

The Common Sense Parenting workshop series builds core parenting skills using easy-to-learn, evidence-based techniques. Content focuses on communication, discipline, decision-making, relationships, self-control, and school success, helping families support positive youth outcomes at home and in school.



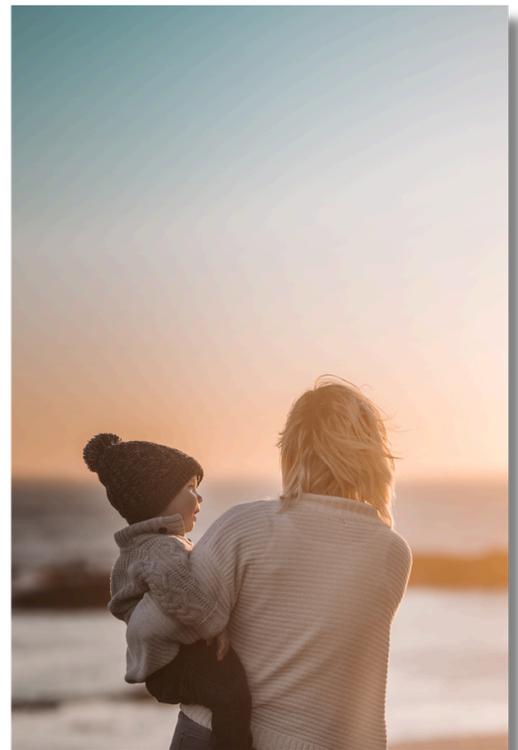
Serving: Salt Lake County

Guiding Good Choices® Workshop

Guiding Good Choices is a five-week prevention program for parents of children ages 9-14. The program reduces risk factors for adolescent substance use by strengthening family bonds, improving communication, teaching proactive behavior management, and equipping youth with peer-resistance skills.



Serving: Salt Lake County



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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Senior Vice President for Statewide Enterprise and Utah State University Extension.



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