

FREE TOOLS FOR THE RELATIONSHIPS THAT MATTER MOST

Research-based help for employees and their families



Utah Marriage
Commission
at Utah State University

Real relationships come with real questions.

Explore free resources that can help you communicate more clearly, work through conflict, strengthen connection, and support your family through change.



Find Research-Based Help With...



Marriage & Couple Connection



Dating & Engagement



Sexual Intimacy



Communication & Conflict



Divorce & Breakups



Stepfamilies & Remarriage



Grief, Trauma & Wellbeing



Finances



Parenting & Coparenting

Choose the format that works for you.

Start small with a quick lesson or go deeper with a course, assessment, or expert presentation.



eCourses



Quick Lessons



Assessments



Webinars



Podcasts

and more!

Start with one question.

Browse the resource library and choose what feels useful for you right now.

StrongerMarriage.org

Prefer to meet in person? Check out healthyrelationshipsutah.org for live offerings!



ONLINE LIBRARY