

Strengthen Your Marriage Before it Begins

Resources:

- 1 Online Marriage Prep Course
- 2 eCourses
- 3 Webinars
- 4 Weekly Blogs

15-Minute eLessons:

- Couple relationships
- Personal well-being
- Parenting



To explore our full course line-up, scan the QR code!

RELATE Assessment

#1 Research-Based Relationship Assessment in the World

discover your relationship strengths and weaknesses

gain a better understanding of your partner

work together as a team to strengthen your relationship

Marriage Handbook

A guidebook full of helpful resources to increase your relationship knowledge and skills related to effective communication, in-laws, expectations, domestic violence, money, and more.



WITH Dr. DAVE & Dr. LIZ

A podcast that is...

- Your Monday marriage booster
- Informative and fun
- A guide to a stronger marriage
- Your marital GPS

Hosted by:



Dr. Dave Schramm, Marriage and Family Professor and Extension Specialist at Utah State University in Logan, UT



Dr. Liz Hale, Clinical Psychologist and Marriage and Family Therapist in Salt Lake City, UT

Marriage Education Discount (MED)

Engaged Utah couples can get \$20 off their Utah marriage license fee with completed approved marriage education or counseling.



Visit and learn more on how to take advantage of MED



Healthy Relationships Utah.org

Free virtual and in-person workshops throughout Utah.

Who are classes for?

- Stepfamilies
- Singles
- Couples
- Parents



We would love to see you in class! Learn more and register.

Our Mission

The purpose of the Utah Marriage Commission is to support a healthy culture of strong marriages and stable families. The Commission provides free educational resources to help couples form and sustain healthy relationships and stronger marriages.

Free Learning Resources for a
Stronger Marriage

Connect with us



StrongerMarriage.org



MarriageCommission@usu.edu



[@StrongerMarriageLife](https://www.instagram.com/StrongerMarriageLife)



[@StrongerMarriageLife](https://www.youtube.com/StrongerMarriageLife)

Extension

UtahStateUniversity®



Utah Marriage Commission
at Utah State University

StrongerMarriage.org