

Strengthening Marriage; Strengthening the Family

(Courses)



Needs

People may want to improve marriage relationships or understand conflict management in a relationship.



Description

These courses can help families increase harmonious and loving family relationships.

- ***Strengthening Marriage:*** This manual covers six topics: applying gospel principles, communicating with love, fostering equality and unity, overcoming anger, resolving conflict, and enriching marriage.
- ***Strengthening the Family:*** This manual covers the following topics: parenting principles and practices, understanding child development, communicating with love, nurturing children, fostering confidence, overcoming anger, resolving conflict, teaching responsible behavior, and applying consequences.



Who is this for?

The relationship skills taught in these courses are helpful for all members, whatever their current marital or parenting status. Unit priesthood leaders may invite people to attend either course.



How it works

Course manuals for Church leaders and members can be found on the Gospel Library app or online. These courses in their entirety, or certain chapters or sessions, may be taught at ward and stake levels as needed. Local leaders may want to teach these courses anytime during the week or after Church meetings on Sunday.



Where to learn more

Visit [ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families](https://www.ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families).

Contact: