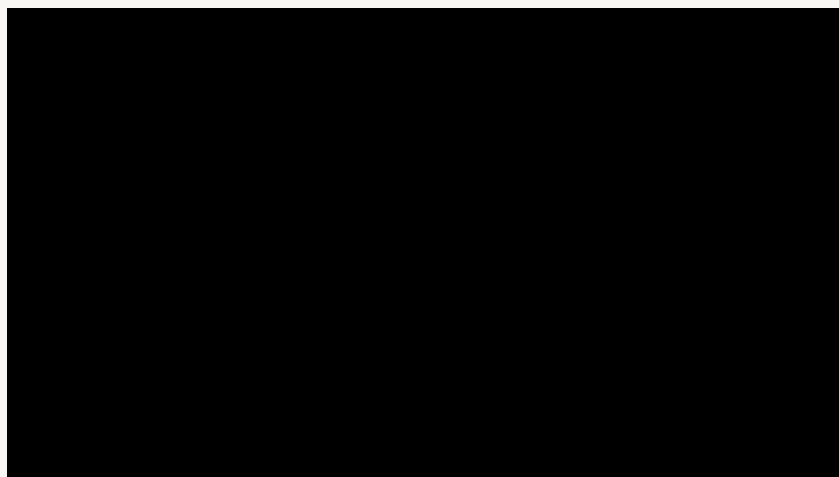


CHR *The Center for Healthy Relationships*

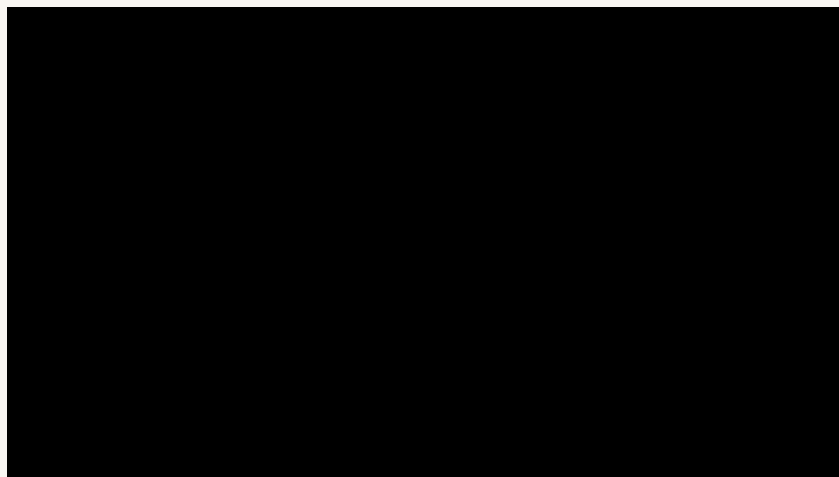
Bruce Moose and the What-ifs



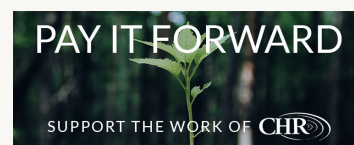
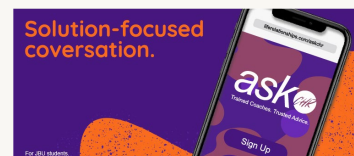
As families deal with the complications of the 2020 pandemic, kids can be overwhelmed by the experience. We're making a video of one of Dr. Oliver's books available as a tool to help your kids learn how to manage their emotions, and keep anxiety and worry from ruining their day.

[Read more or download the video](#)

Dr. Oliver Interviewed about His Walk through Faith and Life



What's Coming Up?



Gary J. Oliver, Ph.D., founder and director of the Center for Healthy Relationships at John Brown University, reflects on challenges he has faced including multiple deaths in his immediate family and a longstanding fight against cancer, including 7 cancer surgeries. Gary focuses on the centrality of his Christian faith which, despite all, included his experience of sovereign joy even in the midst of the deepest and darkest valleys. The interviewer, Preston Jones, Ph.D., teaches at John Brown University.

About CHR

Since 1998, CHR has been working toward a world where everyone is equipped for a lifetime of healthy relationships. Through workshops, programs and online resources, we share skills and knowledge that anyone can use to build safe, lasting relationships and increase their potential for personal and professional success.

We believe that *anyone* can learn the skills and knowledge necessary to build safe, lasting relationships and increase their potential for personal and professional success. Our workshops, programs and resources provide practical information and meaningful tools for improving your emotional and relational intelligence. Our relationships affect every aspect of our lives, from dating and marriage, to parenting, to the workplace.

Join us as we invest in the lives, families, relationships and marriages in Northwest Arkansas and around the world.

SERVICES

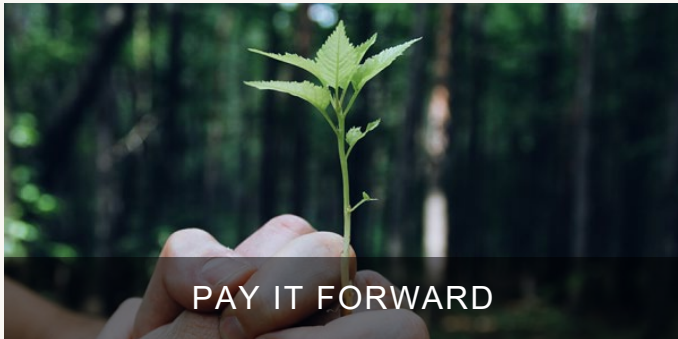




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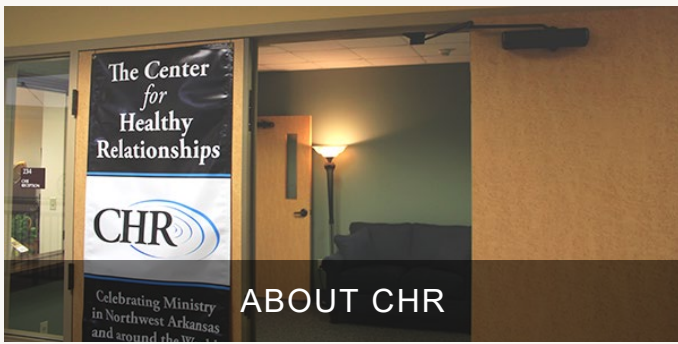


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THE RELATIONSHIPSMATTER PROJECT

RESOURCES



ABOUT CHR



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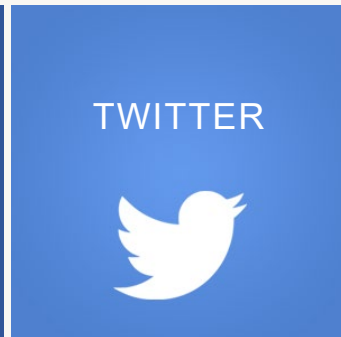
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COMMUNITY WORKSHOPS



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COMMUNITY WORKSHOPS



INDIVIDUALS



COUPLES



PARENTS

Welcome *The Center for Healthy Relationships's* new home for our community programming – previously found at NWAmarriages.com.

We are so glad you have chosen to take some time to explore the valuable information and resources *The Center for Healthy Relationships (CHR)* has to offer.

We believe that all relationships are important – from friends to family, from co-workers to co-parents. *CHR* offers a variety of programs and resources intended to help you make your relationships the best they can be.

In this section of our site, you can review our information for [individuals](#), for [couples](#), and for [parents](#). These sections will help you learn more about the workshops we offer. And please visit our [Resources](#) area, where we have in-depth articles on specific relationship topics.

RESOURCES



COVENANT MARRIAGE

LINKS

READ AN ARTICLE




UPCOMING EVENTS




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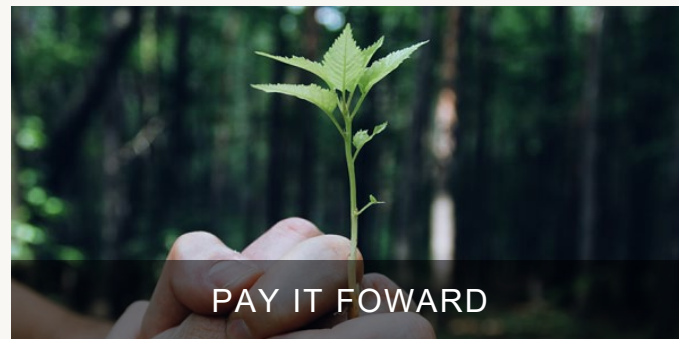



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MARRIAGESKILLS WORKSHOPS

A series of workshops designed to strengthen and foster your relationship

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[Mad About Us](#)
[Foundations for Healthy Marriages](#)
[DateNight+](#)

Knowing how to make a relationship work isn't something we're born with. Like learning to keep an engine running, it takes skill and practice. The good news is that the skills aren't hard, and anyone can learn them.

If you are married, engaged or seriously dating we welcome you to join us. Our MarriageSkills workshops will show you time-tested, research proven skills that can help you to get the relationship you want and to keep it healthy.

Workshops in this series include ...


- *The Emotionally Healthy Marriage* – understand the importance of your emotions in maintaining a healthy relationship, and how to identify and better understand what your spouse is feeling.
- *The Relationally Healthy Marriage* – learn how to build commitment through good communication and healthy conflict management.

MarriageSkills isn't therapy. It's an opportunity to learn about communication skills and conflict management while having fun. So bring your friends! They'll thank you for it.

To sign up for one of our MarriageSkills workshops, please visit our [Event Registration](#) page.

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