



OurRelationship

Your online relationship resource



Inclusive online program designed to uncover, understand, and solve relationship issues that couples face.

- Self-directed or guided by a program coach
- Designed for couples or individuals of all identities and backgrounds
- Improve communication, trust, emotional distance, satisfaction, and other relationship areas
- 8-10 hours of tailored content and activities that take 4-6 weeks to complete
- Adapted to specific issues, stressors, and communication patterns
- Can work separately or as a couple
- Backed by over a decade of research

Ready to Improve Your Relationship?

Scan the QR code to access OurRelationship



How it works

Structured into three phases

1. Observe

Identify key relationship challenges through guided reflection and assessment.

2. Understand

Learn practical strategies tailored to your responses. Improve communication, emotional connection, and problem-solving.

3. Respond

Apply new skills in real-life situations and continue deepening your relationship through active practice.

"I loved the tools and mindset activities that helped us work through our core issues. My partner and I have never been closer."

Call **800-344-4222** or visit **employees.concernhealth.com**