

FOR IMMEDIATE RELEASE



Free Relationship Strengthening Classes in KC Region
National Marriage week is February 7 - 14, 2017

Kansas City, MO - Cornerstones of Care is joining hundreds of organizations around the nation to raise awareness of the resources available to strengthen relationships and build stronger families, which provides benefits to children and curtails poverty. [National Marriage Week USA](#) takes place February 7 - 14, 2017. Cornerstones of Care offers free classes through its ShowMe Healthy Relationships program in Missouri (Clay, Platte, Jackson, Johnson and Cass Counties).

ShowMe Healthy Relationships is a 5-year project funded by the U.S. Department of Health and Human Services, Administration for Children and Families. It is a partnership between the University of Missouri Extension, University of Missouri Department of Human Development and Family Science, and three Community Agencies across Missouri, including Cornerstones of Care, who have come together to help singles and couples have happy and healthy relationships. Combined, the program reaches 21 counties throughout Missouri.

Chuck Stetson, chairman of National Marriage Week USA says "The alarming drop in marriage rates in America combined with high divorce rates are costly to the nation—financially costly to taxpayers and individuals, and emotionally costly to children. We all need to work together to turn the tide."

The goal of ShowMe Healthy Relationships at Cornerstones of Care is to help build and maintain strong, healthy family relationships. The **free programs** are research-based and promote healthy relationship skills and support family well-being. Participants build stronger and more stable relationships, become better parents and co-parents, and learn skills to manage stress, careers and money.

"We have been providing our classes since August 2016," says Lisa Wilson, program manager. "We have had over 400 referrals so far and have served 232 singles, couples, and parents. The response from the community has been overwhelmingly positive."

Registration for 'Seven Principles for Making Marriage Work - For couples (married or unmarried)' is open at cornerstonesofcare.org. Find a class in your area:

- Kearney, MO
Classes begin 2/20
Registration ends by 2/13.
- Independence, MO
Classes begin 2/21
Registration ends 2/14

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- Liberty, MO
Classes begin 3/8
Registration ends 3/1

This is a 10-hour program (2 hours per week for five weeks) to help couples enhance their marriage or couple relationship by learning how to build a healthy friendship, manage conflict, and work as a team to improve the relationship. Child care is provided on an as-needed basis. Registration in advance is required. Sign up at cornerstonesofcare.org/healthyrelationships or talk to one of our trauma-informed experts at 855-778-5437.

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How well do you know your significant other? [Take the interactive quiz now](#) to find out!

About Cornerstones of Care

Cornerstones of Care has a long legacy of partnering with children, young adults and families to create safe and healthy communities. Through decades of trauma-informed expertise, Cornerstones of Care effects positive change in the communities it serves, raises awareness and gives a stronger voice to those in need, and delivers a fully-integrated approach to care. For more information, visit cornerstonesofcare.org or talk with us on Facebook, Twitter, or LinkedIn.

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