



Online Enhancing Your Relationship Program

Learn the keys to healthy relationships with expert information, interactive exercises and features.

Shepell-fgi has collaborated with clinical experts in the field of intimate relationships to develop a comprehensive new program featuring evidence-based best practices to help both individuals and couples achieve greater overall understanding of and satisfaction in their intimate relationships.

The Enhancing Your Relationship Program will educate users about the keys to healthy relationships through:

- **Expert Articles and Videos:**
 - Read and view expert materials on relationship building blocks such as communication, conflict resolution and more, then move to explore specific topics of focus.
 - An essential starting point on how best to implement behavioural and attitudinal change.
- **Interactive Activities and Exercises:**
 - Complete quizzes and exercises to understand areas of focus and solutions; get real-time results.
 - Send an interactive 'Love Coupon' to that special someone.
 - Order additional expert-chosen reading materials online.
 - Explore the extensive expert-approved additional Resource Guide
- **Helpful Features:**
 - Bookmark favourite expert materials
 - Order books online in paperback or e-book format
 - Online feedback form
- **Convenient and private access via Internet.**

Every relationship is different, but with the right building blocks and support, a happier and healthier relationship can be a reality!

To access the new Enhancing Your Relationship Program, please contact Shepell-fgi via the Care Access Centre. After an assessment is completed and a case is booked, users will be sent the Program website address and login instructions via email. Users will have three-month access.

To find out more about Online Enhancing Your Relationship Program offered through Shepell-fgi, please contact us at **1 800 387-4765** or visit workhealthlife.com.



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