



The Meier Clinics, Family Bridges, Healthy Marriage Initiative (MCFB)

OVERVIEW

Family Bridges is a Meier Clinics Healthy Marriage Initiative that provides relational wellness skills to the community as a whole. They integrate their program in places where individuals are already most comfortable such as community centers, schools, churches, work, etc. Specifically, the non-profit provides social emotional learning, hosts trainings, provides family strengthening services and leadership development, and professional development. Family Bridges offers relationship workshops. There are multiple curricula used for healthy marriage and relationship education workshops. The initiative works in collaboration with the Chicago Alliance for Latino Marriages (CALMA), the African American Network (Arusi), the Chicagoland Marriage Resource Center and other diverse partners from different Chicagoland locations.

See [Family Bridges USA](#) for more information.

Focus

Healthy Marriage and Relationship Education

PROGRAM DESCRIPTION

Target Population

Majority low income from Puerto Rico or first-generation Hispanics from Mexico

Service Delivery Unit

Couples

Curriculum

Family Wellness- Couples Link curriculum; Survival Skills for Healthy Families; The Couple: The Strongest Link; Within Our Reach; Hold Me Tight ("streamlined version of Emotionally Focused Couple")

Dosage

12 hours

Setting

Community center, schools, churches, etc.

Location

Chicago, Illinois

Adapted and/or Created for Hispanic Population

Available in Spanish

Demographics of Population Served

Majority low income from Puerto Rico or first-generation Hispanics from Mexico

PROGRAM EVALUATION

Evaluated Population

Study Design

- Qualitative exploratory study
- Family Bridges conducted four focus groups with 40 randomly selected workshop graduates (20 couples) to better understand program impacts. All program graduates had received 8 to 12 hours of instruction on healthy marital relationships.

Outcomes

"Change motivators"

Results

- *"Change motivators"*
 - Increasing self-awareness
 - Making the decision to change
 - Support received from the workshops

Results for Hispanic Subgroups

None reported

Evaluation and Program Contact Info:

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