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

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