



## **Next Steps: Discovering what you want next for your life and relationships**



A service & research study for young adult couples  
with or without children

The Child and Family Center is offering young adult romantic couples an opportunity to learn more about their values and goals, strengthen their communication and conflict management skills, & discover what directions they want to take in their lives.

\*We are looking for couples who do not have children together AND couples who have children together or who are expecting their first child together.\*

### ***Couples are eligible to participate in the “Next Steps” research study if:***

- ❖ both partners are between the ages of 18 and 28 years;
- ❖ the couple is living together or married;
- ❖ the couple is made up of a male partner and a female partner;
- ❖ at least one partner has used alcohol or other drugs in the past 12 months; and
- ❖ both partners are able to read and speak English.

### ***As part of the “Next Steps” service & study you will have the opportunity to:***

- ❖ learn more about your values and short- and long-term life goals;
- ❖ evaluate your relationship skills and communication dynamics; and
- ❖ discover what changes you want to make in your life plan and relationships.

**Each partner can receive up to \$140 for study participation.**

To learn more, please call us at the Child and Family Center  
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