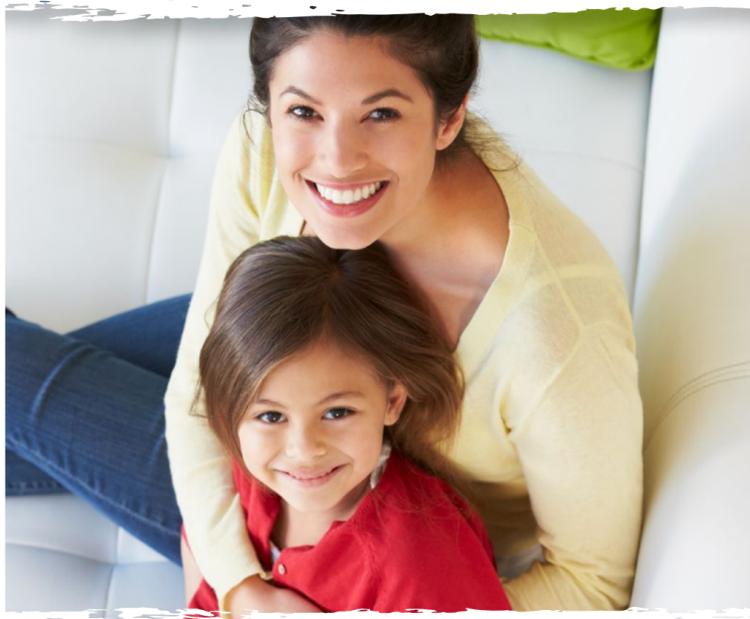




# OCTOBER IS National Domestic Violence Awareness Month



## Relationships should be **RESPECTFUL.**

Maintaining a healthy, safe and fulfilling relationship requires motivation, commitment and ongoing work by both partners.



**The foundations of a fulfilling and safe relationship are trust, mutual respect and open communication.**

Learn more about healthy dating and relationships at [www.militaryonesource.mil](http://www.militaryonesource.mil) and [www.loveisrespect.org](http://www.loveisrespect.org).



**Healthy relationships don't just happen** – they take time, effort and sometimes the outside help of professionals and concerned friends.



**Every couple faces relationship problems at some point.** Working through problems in a healthy way can strengthen the relationship.



**The Family Advocacy Program, military chaplains, and Military OneSource provide services and support** that help couples build their relationship skills and work through common relationship problems.



For more information, contact your installation Family Advocacy Program at \_\_\_\_\_ or Military OneSource at 800-342-9674. If you or someone you know is being abused, call law enforcement immediately.

