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Marriage Moments

www.marriagemoments.org—is an on-line program designed to strengthen a couple’s relationship as they go through the significant changes of becoming new parents.

Marriage Moments is based on the book *Beyond the Myth of Marital Happiness* (Jossey-Bass, 2000), by marriage researcher and counselor Blaine Fowers, a professor at the University of Miami. The program emphasizes learning about the changes that occur as a family expands, which naturally changes the relationship between husband and wife.

The program includes the following five lessons:

- **MORE THAN A FEELING: Introducing Marital Virtues**
  www.marriagemoments.org/index.php?s=content&p=marital_virtues

- **MORE THAN FUN: The Marital Virtue of Friendship**
  www.marriagemoments.org/index.php?s=content&p=friendship

- **MORE THAN GIVING: The Marital Virtue of Generosity**
  www.marriagemoments.org/index.php?s=content&p=generosity

- **MORE THAN EQUALITY: The Marital Virtue of Fairness**
  www.marriagemoments.org/index.php?s=content&p=fairness

- **MORE THAN COMMITMENT: The Marital Virtue of Loyalty**
  www.marriagemoments.org/index.php?s=content&p=loyalty

The website also addresses concerns about when the baby comes, helping other couples, identifying when marriages are in trouble, and where to go for more resources.

Available at no charge, the lessons and activities (including video clip downloads) provide an ongoing resource. Couples who participate in Marriage Moments will learn about building a lasting marriage on four essential marital virtues. The most important parts of Marriage Moments are the recommended personal and partner activities. As couples engage in these activities, they will strengthen the virtues on which a strong marriage is based.
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