



Royal Air Force
Benevolent Fund

BUILDING STRONGER FAMILIES

- It's our free **online platform** exclusively for RAF personnel and their partners.
- Covering a range of **self-directed topics** tailored to life in the RAF.
- The course can be **accessed anonymously**, either as a couple or separately.
- It aims to equip you with the **communication skills and strategies** to get the best out of your relationships.

We also provide relationship counselling and mediation support.

Find out more and register:
rafbf.relate.org.uk

