

ACS Family Advocacy Program

Love Languages

Some words of wisdom from the U.S. Army Garrison Family Advocacy Program about taking care of your relationship during hard times:

Stressful situations can have an effect on marriages and relationships. When we are under a lot of stress we often lash out at those we love most and this can put a strain on our relationships. One great program that has been proven effective for maintaining quality relationships is the 5 Love Languages. Here is a link to the quiz to find out yours and your partner's Love Language: <https://www.5lovelanguages.com/>

Speaking your partner's Love Languages isn't always easy especially if it is different from yours. If things are getting more serious at home than you and/or your partner feel you can handle please know that the Family Advocacy Program is still available to provide services.

As always if you are experiencing conflict at home, domestic violence, or child abuse do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737 or our website page <https://home.army.mil/benelux>.

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