



## Fair Play: Equitable Household Management Strategies to Strengthen Relationships

April 9 • 11:30 a.m.  
(Webex)

When you think about your relationship and how you manage your home, is there one partner who seems to hold every detail in their head? “What’s the name of our daughter’s orthodontist? What time does the birthday party start on Saturday?

Have we already run out of peanut butter, or can I stretch this jar to Friday?”

These are just a few examples of “mental load” or the cognitive effort that is needed to manage work, relationships, a family, and a household which can be exhausting. This session will provide more details on the toll that an imbalanced mental load can take on relationships and practical approaches to balance out the demands in order to help your relationship thrive.



[Register Here!](#)