

## **New Website: A Family Blog Focuses on Mental Health, Wellness and Connecting**

Transcend your digital connectivity into deeper connections with your family.

**Columbia, MD – August 14, 2013** – Family tops the list of what people say matters most to them but busy schedules and increased responsibilities have degraded even the daily family dinner into a once per week activity. This decrease in family connection has profoundly disturbing effects which present themselves symptomatically as suicide, depression, alcohol and drug use, and eating disorders. Now there is a simple way to re-connect with your family utilizing digital technology.



FamilyJournal.com (FEJ - <http://www.familyejournal.com>) has redesigned its website to help families improve their communication and connection. Studies have long shown when a person “feels” connected to their family (like having dinner together) their behaviors improve; especially in kids and teenagers. Kate, a mother of two pre-teens in Wrentham, MA writes, “I will be recommending the eJournal to all my friends and family and even to our physicians to use as a referral. This is such a terrific tool and has really made a BIG difference to our family!”

The redesigned FEJ website allows for easy digital connectivity using smartphones, tablets, text messaging and social media. “By updating and refreshing the website we’re making the eJournal readily available on any technology so families can more easily connect, digitally and personally, anytime and from anywhere.” says FEJ Founder and President, Kevin Strauss. “Our data shows users spend 5-7 minutes per session which is all it takes to answer four questions and read your family members’ responses.”

With the updated website and societal drive for mental and emotional wellness programs, FEJ is partnering with organizations like schools, communities and healthcare professionals to help their members be more successful. FEJ partner, Alpha Omega Epsilon, an international engineering and technical science sorority, uses the eJournal to “extend our bonds of sisterhood to our sisters’ external support networks. We have a 77% retention rate in the STEM field and FEJ helps our sisters engage in communication and develop support systems within and outside of our sisterhood” says Executive Board President, Catherine Ross. “There really is no other program like it.”

### **About FamilyJournal, LLC**

FamilyJournal, LLC (<http://www.familyejournal.com/about.php>) is a private company dedicated to providing simple and concrete tools that will have positive effects on relationships and life. Founder and President Kevin Strauss earned his Master of Engineering in Biomedical Engineering and has nearly 10 years of experience researching tools for positive behavior modification funded by NIH grants. His work has been published and presented at conferences, earned approximately 30 patents and won awards for innovation. His passion for psychology, human behavior and communication has led him to set his goal on helping families connect.

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