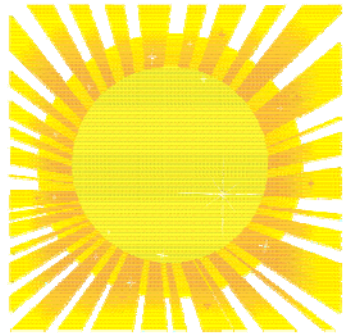


Healthy Marriages
 217 Locust St. NE
 Albuquerque, NM 87102



Happy Summer!



Save The Date...
SUPER SEMINAR
Men are like Waffles
Women are like Spaghetti
with Bill & Pam Farrel
Friday, July 8, 2011

See details inside...

If you wish to be taken off the mailing list, please contact Silvia Pacheco @ 888-892-4250.

The Couples Connection



Healthy Marriages
Legacy

Director Reflections *Written by Hillary Bravo, MA*

Winston Churchill once said, "There is nothing wrong with change, if it is in the right direction". We are continually changing and evolving as individuals and in our relationships. Change is the one constant. And as expected, the Healthy Marriages program is anticipating change on the horizon.

How about some history:

- In September of 2006, Samaritan Counseling Center was awarded a five year grant from the Administration for Children and Families to launch a healthy marriages program. The goal of this funding was to provide services to help couples maintain a strong relationship. Anticipated by-products of these services included: decreased divorce rate, decreased out of wedlock birthrate, and increased relationship satisfaction.
- In October of 2006, Healthy Marriages was established as a program. This program began with the understanding we were funded through a five year federal grant. Due to grant requirements, fundraising by the Healthy Marriages program has not been allowed making sustainability efforts challenging.
- Fast forward to the summer of 2011, we are now four months away from the end of our five year grant. It's hard to imagine that five years have flown by so quickly. Throughout that time, we have seen lives changed, we have hosted events with national speakers, we have formed meaningful and lasting connections in the community, we have laughed and cried with you and have celebrated our role in building healthy families in New Mexico.
- As phase one rapidly draws to a close, we are reflecting on the legacy that has been built through these services. Our dedicated staff, advisory board, volunteers, intern, and the couples willing to put their relationship first deserve a huge round of applause.

Looking toward the future:

- Our five year grant funding will come to a close on September 30, 2011.
- The Administration for Children and Families will be offering an additional year of funding through a competitive grant process. Samaritan Counseling Center will be applying for that funding with the hopes of continuing the Healthy Marriages program for an additional year.
- Healthy Marriages is in the process of holding several focus groups with participants to gain feedback on the program and to hear new ideas from the community.
- The federal government will announce funding recipients on September 29, 2011. Stay tuned for more details. Our hope is that Healthy Marriages will receive the resources to continue serving couples. If this does not happen, the Healthy Marriages program would close but Samaritan Counseling Center would intend to make efforts to continue this important work.

It is with mixed feelings I share this information with you, our supporters. This could possibly be the last newsletter you receive from Healthy Marriages. On one hand, we cheerfully celebrate the accomplishments Healthy Marriages has brought to fruition. On the other hand, we prepare for the possibility of wrapping up services for couples. I envision a community that values healthy relationships and supports families in their efforts to be successful. Samaritan Counseling has always done this and will continue to do so regardless of the outcome of our future funding. For now, join us this summer for one of the many fun events we have planned. Also stay tuned for more details as we enter this season of change. After all, if it were not for change, we would not have butterflies.

The Healthy Marriages Team

Hillary Bravo, MA
Program Director

Gabriel Gonzalez-Camargo, MDiv
Training Coordinator

Petulia Vandever
Enrollment Coordinator

Silvia Pacheco
Administrative Assistant

Deacon Bruce & Mary Ann Eklund, PhD
Associates

Claudia Torres
Associate

Mary L. Pepper
Associate

Mike Cosgrove
Financial Educator

Wise Couple Corner **The Harvest**

Written By Training Coordinator, *Gabriel Gonzalez-Camargo, MDiv, MA*



There is a time for everything, and a season for every activity. At the Healthy Marriages Program, we are aware that our season is coming to an end but we are leaving a huge harvest behind us. For five years our team, along with many couple partners, have worked diligently to strengthen marriages and relationships in New Mexico. At the end of 60 months of hard labor, bringing many couples to the next level in their relationship, we feel pleased and satisfied. At this point, we don't know if we will have another harvest next year, but we are content with closing Phase One in such good terms. And it is with great expectation that we are looking forward to seeing what Phase Two has in store.

The harvest was plentiful. Mentoring couples has always been an important part of the Healthy Marriages Program. It is a pretty unique approach when helping couples because each session promotes mutual understanding and the acquisition of skills in the midst of a nurturing and confidential environment. We have always said that there are no perfect marriages. Although Wise Couples aren't perfect either, we do provide advice and direction on marital topics and issues. Going through a couple to couple mentoring relationship gives the opportunity to learn tools and insights from the Wise Couple and encourages mentees to really attempt to enhance their relationship by applying what they have learned. In addition to the couple to couple mentoring program led by Wise Couples, we also offered relationship classes. Couples that sharpened their skills during a six-week course learned as a couple but also learned through the synergy generated by other couples in their group. In each of these courses given, we multiplied our efforts having couples receiving psycho-educational knowledge not only from the instructor, but from the group as well. Apart from the mentoring and the intensive relational courses, we also provided seminars on relationship topics, many of them presented by marriage experts. We witnessed the enrichment of hundreds of couples who came to these events and went home encouraged and willing to keep working on their relationship.

So, how could we not be happy with this harvest? In its short life-span, Healthy Marriages impacted over 4,300 couples throughout all the services we provided. Even if we are not refunded to continue this work, 4,300 couples is a great number, but above this number, what we see is people: men and women trying to increase their skills to have a better relationship, but also to become, in most cases, better parents.

It is time to celebrate! It is time to encourage one another with the understanding that our work, certainly hard work, has not been in vain. We have made the difference in many couples and families in New Mexico.



Build a Happy STEP FAMILY

July 20, 2011 7:00-8:30pm Call to register: 247-1511
Learn about boundaries and roles and how to set realistic expectations.
Master the tools to make your family a successful and happy one.

Get Trained by The Best!

PREPARE-ENRICH Training with Dr. Peter Larson, Co-Author of the Prepare-Enrich Program & Clinical Psychologist

Healthy Marriages is excited to welcome Dr. Peter Larson for a PREPARE-ENRICH Certification Training in Albuquerque! Dr. Larson is the President of Life Innovations, the makers of PREPARE-ENRICH and he is the co-author of several PREPARE-ENRICH books including *The Couple Check-Up*. He will train and certify couples, clergy and professionals with Hillary Bravo MA, our Program Director on July 6th during the Better Marriages Fiesta Pre-Conference segment.

REGISTER AS A WISE COUPLE

To register as a Wise Couple of Healthy Marriages, NM couples can attend this training for **FREE!** Call (505) 247-1511 to begin the process or to get for more information about becoming a Wise Couple.

REGISTER AS A PROFESSIONAL

For therapists, clergy, and marriage educators, CEU's will be available through Baylor University School of Social Work and National Council on Family Relations. To register as an individual, please visit www.BetterMarriages.org/register. Training cost is \$150.00.



July 6th

Tips for Two **Be a Cheap Date**

Article by Best Selling Authors & Relationship Experts, Bill & Pam Farrel. www.love-wise.com

This edition of *Tips for Two* features wisdom gained and shared by husband and wife team, Bill and Pam Farrel. The Farrel's will be presenting "Men are like Waffles, Women are like Spaghetti" on July 8th. We hope you can join us for this exciting event. Go to www.HealthyMarriagesNM.org to register today!

Now is the time for a little "recession romance". Love doesn't have cost to be priceless. For the first 15 years of our married life, one or the other of us was in college or grad school so we learned how to love lavishly on a shoestring budget. On our website at www.Love-Wise.com, you'll find an article on "Recession Romance", (an excerpt from our book, *Men Are Like Waffles, Women Are Like Spaghetti*) on "25 Free or Nearly Free Date Ideas". Here are a few more low-cost wow dates from Pam's new book, *52 Ways to Wow Your Husband* (due out in August):

- "On our second date, I told my husband that he had 20 dollars and an evening out. We scoured the newspapers and coupon books...ended up with dinner for two at El Pollo Loco, Dippin' Dots samples, miniature golf, bought some ice cream at the grocery store, went through a Jack in the Box for spoons, and sat on a hillside enjoying our ice cream."—Stephanie
- "We once went into a fancy clothing store and picked out a dream outfit for the other that we would never buy ourselves—just to try it on and see what the other would pick. It was fun and very telling about what he would love to see me wear."—Christina [Note from Pam: Bring a camera and take pictures.]
- "My sweet husband and I sell raffle tickets before show time at the local theater, and then we can stay and see the play for free."—Kristen
- "When the kids were little, and going out and getting a babysitter for four was out of the question, I would set a beautiful table for two in the living room by the fireplace—fancy dishes, candles, the whole thing.."—Nancy
- "Our favorite activity is to meet after work and walk a couple of miles in the shopping areas. We stop for a bite and split a meal."—Connie
- We each get \$5 (\$10 if we're lucky) and take turns going into a store—usually Walmart, KwikTrip, ACE Hardware, or Goodwill—while the other waits in the van. We each buy, without the other's knowledge, whatever we want for our "Date Night." Combining the two items into one date night is a hoot! He might buy a cup of worms and a six pack of Mountain Dew for a few hours of fishing—and I purchase a 1000-piece jigsaw puzzle.—Esthermay
- On our favorite Valentine's date, we each had a five-dollar budget, and we divided up the letters of Valentine (Bill got V, I got A, and so on). I started my part of the date with A is for Acting, and we read a portion of Romeo and Juliet on a park stage. – Pam (Farrel)

Make a jar, bottle, box, or bank that can collect pocket change to use for emergency dates. On a date, together make a list of things that are free (or less than \$5) that you both enjoy. Later, break open the piggy bank, split the proceeds, and go on a date where you can each spend only the change you have in your possession. Sometimes all romance costs is a little creativity!



Stay Tuned on September 30th...



For the past several months, we have been announcing the ending of the 5-year federal funding for Healthy Marriages on September 30, 2011. We remain hopeful and are being proactive about receiving an additional year of funding. We will not know if we will receive additional funding for another year until September 30th. Stay tuned for this announcement about the future of Healthy Marriages on our website:

www.HealthyMarriagesNM.org

MEN ARE LIKE WAFFLES



WOMEN ARE LIKE SPAGHETTI



UNDERSTANDING & APPRECIATING YOUR DIFFERENCES

**JULY
8, 2011**



NATIONALLY KNOWN RELATIONSHIP EXPERTS BILL & PAM FARREL WILL SHARE TIPS FROM THEIR BOOK, "MEN ARE LIKE WAFFLES, WOMEN ARE LIKE SPAGHETTI." AT THIS SEMINAR, YOU'LL LEARN HOW TO:

- CREATE AN ENVIRONMENT OF MUTUAL SUPPORT AND ACHIEVEMENT
- LOWER THE STRESS LEVEL IN YOUR HOME
- STOP CONFLICT BEFORE IT STARTS
- LAUGH TOGETHER MORE OFTEN

HEALTHY MARRIAGES
A PROGRAM OF SAMARITAN COUNSELING CENTER
AND NEW MEXICO COLLABORATIVE PARTNERS

ONLY

\$10

PER COUPLE

7- 9 PM ★ HOTEL ALBUQUERQUE ★ 800 RIO GRANDE BLVD. NW

★ ★ ★ REGISTER BY JULY 1 ★ ★ ★

ONLINE AT WWW.HEALTHYMARRIAGESNM.ORG

OR 505-247-1511

PART OF BETTER MARRIAGES FIESTA! CONFERENCE JULY 7-10 - FOR INFORMATION ON THE CONFERENCE, VISIT BETTERMARRIAGES.ORG

Funding for this project is provided by the US Department of Health & Human Services, Administration for Children & Families, Grant No. 90-FE-0067



Upcoming Events

June

Wise Couple Training

Friday, June 24
6:30 PM to 9:00 PM
Saturday, June 25
8:30 AM to 1:00 PM

Northside Church of Christ
Farmington, NM

4-Hour Living Debt Free Workshop *Intro Level*

Saturday, June 25
9:00 AM to 1:00 PM

Healthy Marriages Classroom
Albuquerque, NM

July

PE Certification Training w/ Dr. Peter Larson (*Wise Couple Training*) *See article inside!*

Wednesday, July 6
8:30 AM to 4:30 PM

Better Marriages Conference
Hotel Albuquerque at Old Town

Super Seminar with Bill & Pam Farrell "Men are like Waffles, Women are like Spaghetti" **Part of the Better Marriages Fiesta*

Friday, July 8
7:00 PM to 9:00 PM
Online Registration Open! www.HealthyMarriagesNM.org

Hotel Albuquerque
Albuquerque, NM

Stepfamilies Presentation

Wednesday, July 20
6:30 to 8:00 PM

Healthy Marriages Classroom
Albuquerque, NM

4-Hour Living Debt Free Workshop *Intro Level*

Saturday, July 23
9:00 AM to 1:00 PM

Healthy Marriages Classroom
Albuquerque, NM

Wise Couple Training

Saturday, July 23
9:00 AM to 5:00 PM

The Catholic Center
Albuquerque, NM

Rock Solid Marriage 1- Day Retreat

Saturday, July 30
9:00 AM to 5:00 PM

Madeleine's Place Retreat Center
Corrales, NM

August

4-Hour Living Debt Free Workshop *Entry Level*

Saturday, August 20
9:00 AM to 1:00 PM

Healthy Marriages Classroom
Albuquerque, NM

September

Budgeting Seminar

Friday, September 9

UNM Cont. Educ. Center
Albuquerque, NM

6-Week Money Academy *Intermediate Level*

Tuesdays beginning Sept. 12
6:30 PM to 8:30 PM

Healthy Marriages Classroom
Albuquerque, NM

Registration is required for all Healthy Marriages opportunities listed above. Space is limited.
Please call our office to register and for more information:

(505) 247-1511

Hear what couples are saying

about our

FINANCIAL EDUCATION SERVICES



“This class was incredibly helpful. It helped me understand the importance of communicating about our finances, setting goals and making a budget and living within that budget. Thanks!”

“Thank you so so much! I really feel like Karen and Mike have changed my life and my relationship with money.”

“I have been struggling with how to create a budget for a year now. Now I have a clear budget and me and my partner are using it and sticking to it. I no longer feel guilty for every dollar I spend.”

“Outstanding class! I looked forward to Tuesday evenings. I feel like we have a solid plan now instead of "winging it". Thank you Mike!”

“Excellent course! I appreciated Mike’s (and Karen’s!) enthusiasm and knowledge on the topic. I feel much more confident that my husband and I will be able to plan and manage our finances. Thanks for the knowledge we gained. Thank you!

Mike's availability and desire to help others achieve their financial goals was incredible. Thank you so much!”

Upcoming Opportunities

Saturday, June 25	9am-1pm	4-Hour Living Debt Free Workshop
Saturday, July 23	9am-1pm	4-Hour Living Debt Free Workshop
Saturday, August 20	9am-1pm	4 Hour Living Debt Free Workshop
Mondays, Sept. 12-Oct 17	6:30-8:30pm	6-Week Money Academy

Register Today: (505) 247-1511

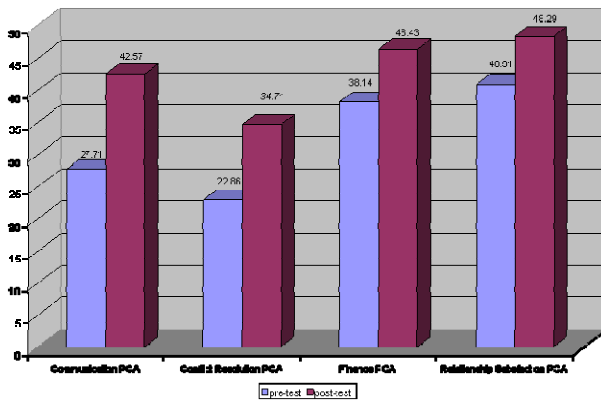


Mike Cosgrove is the Healthy Marriages Financial Educator and a motivational speaker and trainer who provides valuable financial resources to religious, educational, and business venues with over 14 years of experience in finances. He is typically joined by his wife, Karen during his presentations.

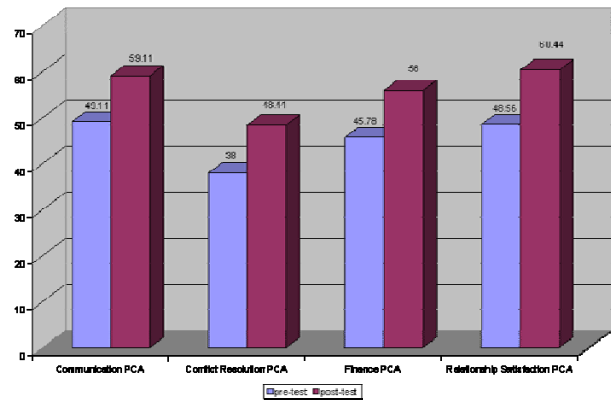
Healthy Marriages Presented at National Conference

Program Director, Hillary Bravo and Healthy Marriages Associate, Mary Pepper, presented at the Healthy Marriages and Responsible Fatherhood Conference hosted by the Administration for Children and Families in Baltimore, Maryland this past May. The presentation focused on Healthy Marriages finding positive outcomes in four major areas among couples that completed at least eight hours of relationship education. Those areas include: communication, conflict resolution, financial management, and overall relationship satisfaction. The data below shows improvement in each category and is taken from pre-tests and post-tests completed by participant couples. The poster was well received among other Healthy Marriage programs throughout the country and leaders of the Administration for Children and Families.

Married: pre and post-test



Unmarried: pre and post-test



Did you
know...



Since September 2006 when Healthy Marriages began, we have impacted over **4,300** couples!

ROCK SOLID Marriage Retreat

Get away from your daily distractions...take time to focus on each other... learn skills to keep your marriage **SOLID**



Saturday, July 30th, 9am-5pm

At beautiful **Madeleine's Place**, Corrales, NM

Breakfast and lunch provided. Childcare assistance is available— call for details.

Register by July 27th: 247-1511.

