



*Save The Date...*

**Money Academy**

Beginning Thursday, November 4th  
 A 6-Week Class Series About Money

**New!**  
 More details inside...

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

**The Couples Connection**

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 & Dr. Mary Ann Eklund  
*Associates*

Claudia Torres  
*Associate*

**What's Cooking?**

*Written By Sarah Lee*

Life is full of transitions. Transitions can be looked at as good or bad. Some transitions are choices we make and others are forced upon us. Transitions are a part of life. I would like to share a few of mine with you. In January 2010, I gave birth to a healthy 9lb baby boy. This is our first child. There was a lot of adjusting to do. First, there was a large learning curve; then there was the change in schedule. Just when we thought that we had mastered a new area, such as sleeping, a new development would occur, such as he started teething, which changed his sleep patterns. Life can be pretty chaotic when a transition happens. Anxiety of the unknown infiltrates what previously seemed to be a "stable, predictable" life.

Couples go through transitions too. In fact most couples actually experience a couple life cycle that generally includes: dating, engagement, marriage, married with children, married with children out of the house (empty-nesters) and couples later in life. There are variances of the life cycle that might include divorce or couples without children, but in general these are some of the transitions that couples go through. In between these cycles could be other changes such as loss of a job, death of a parent, illness, infertility or financial challenges. At each transition or life challenge, the couple is vulnerable. The couple system has to be willing to be flexible and adapt. The question is: will this situation draw us together or tear us apart? Seemingly healthy couples can become conflicted when unexpected challenges come their way. My husband and I seemed to get into more heated "discussions" after the birth of our son. We both had anxiety about the unknown; compiled with a lack of sleep, new expenses, unrealistic expectations about the other's behavior, just to name a few. What we learned is that we needed to listen more, discuss our expectations (of ourselves and of the other), and we needed to give each other a little more grace.

The transition was hard, I won't lie, but because of the skills we implemented from Healthy Marriages and our commitment to each other, in the end we ended up stronger and closer because of it. I would encourage you and your partner to learn some new skills, not because you need it now, but because you will definitely need it in the future just because life brings transitions.

The Healthy Marriages team is transitioning too. October 1st starts our fifth and final year of federal funding. We know that with the transition, our program will look different, even though we are not clear what that will mean. We are working hard to create long term sustainability within our program apart from the federal funding. We are very fortunate to have received additional funding from the Frank D. Gorham, Jr. and Marie K. Gorham Charitable Foundation and Wells Fargo so that we could add a financial education piece to our program. We are excited about adding this important element to the program. There are lots of unknowns, but one thing we do know is that we are committed to seeing couples' relationships strengthened now and in the future. In an effort to continue the Healthy Marriages work, I will be transitioning from Co-Director of Healthy Marriages to Director of Workplace Services. I will still be working with Healthy Marriages just in a new and different way. Hillary Bravo will be the full-time Director of Healthy Marriages. She has an amazing commitment to helping couples through the program. Her leadership will be a resource as Healthy Marriages visions into the future. While I am excited about this new opportunity for the team and myself, I will miss serving the couples directly through the HM program. I want to thank all the couples who have been with us through the years. It has been an amazing journey. Life is too short, please continue to strive towards having an amazing relationship.



## Wise Couple Corner Love Is Always Available

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

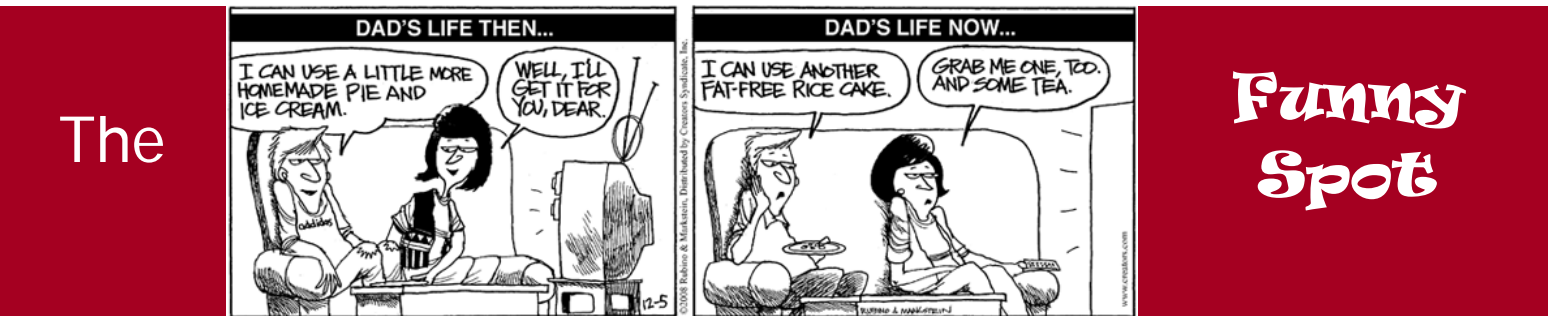


We all talk about transitions and we all go through them... The other day I saw a shoe box that said: "Trends change overnight that's why we have next day shipping". Ready or not we have to face transitions. In fact, the couples that are aware of the changes that need to take place in life and take them directly are the couples that face the challenges successfully. There is nothing wrong with change—if we have the right attitude toward it. In fact many things will not change unless we change first. Our program is going through transitions, but not our care for couples. Resources are scarce but not our dedication to help couples and see them succeed. As Wise Couples, we are committed and ready to keep the flame burning. The needs that couples in our community have are many and the resources we have seem to be exiguous, nevertheless, there are things that we can do with the resources we have. I have two things in mind: love and care.

There is power in love. Love endures many things—including times of scarcity. In these times of change and transitions, where everything seems to shift due to the nature of the circumstances we live in, it is beneficial to remember that love is still available. Love can do the trick! More than ever, we are called to show our love not only to our partner, but also to project it to other couples. People see in us the way we love each other and some feel compelled to do the same. It is said that love is the best known medicine. Love doesn't hurt anyone. In fact, love has

the capacity of healing painful wounds. No one of us needs to be completely healed to start healing other people. We can help other couples in the process of healing and by doing it we help ourselves to heal. Love and care go together.

In these shifting times let's remember those things that are available to us at no cost. Healing relationships through the power of love —seems to me, it's the right thing to keep doing in the midst of transitions.



**Funny Spot**

## A Note From Dr. Tom Sims

Written by President & CEO of Samaritan Counseling Center

As many of you know, some changes have been made in the leadership of the Healthy Marriages program.

Hillary Bravo, MA, who has ably served as Co-Director of the program since last February, has been named as the Director. She did a wonderful job as Co-Director and her energy, passion and knowledge made it a very easy choice to promote her to the director position.

Sarah Lee, MA, LMFT, who has done a wonderful job as the original Director of the Healthy Marriages program, has agreed to take over as the Director of Samaritan Counseling Center's Workplace Services program. I know this was not an easy decision to make since her first love at Samaritan is Healthy Marriages. However, at Workplace Services she will be expanding the health and wellness programs that we offer to the community.

The changes were made because we want Samaritan to be a leader in the community in health and wellness education. Although the two programs will remain distinct within Samaritan, we believe that Hillary and Sarah can ensure that there will be an excellent synergy between the two programs and allow Healthy Marriages to serve more couples as we include it in an overall wellness program that can reach an even larger number of persons.

I am grateful to both Hilary and Sarah Lee for their unstinting commitment to Samaritan and the people in the community that we serve.



**President & CEO,  
Samaritan  
Counseling Center**

## Winners of the Summer Photo Contest:

*Patrick & Rachel Cutler*

Healthy Marriages ran a contest for couples to submit their entries for the best "Happy Couple" Summer Photo contest. Newlyweds Patrick and Rachel won a \$50 gift certificate to Buca di Beppo Restaurant and a pair of movie tickets. Congratulations to them for winning our photo contest! Rachel describes their winning photo below:

This is a photo taken while we jumped off of our boat in Silver Lake (in Ocracoke). Jumping off the boat was fun, but getting back in the boat was a bit of an adventure. The dress weighed more than expected when wet and we did not have a ladder to get back into the boat. Going out on the boat is one of our favorite hobbies. We thought it would be fun to show our commitment to each other by jumping off my father's boat. We have caught many fish on this boat together and have had good bonding experiences on this boat.



## Tips for Two Routines & Rituals Help Keep Strong Bonds

Article by [www.twoofus.org](http://www.twoofus.org)

All families experience transitions. Routines and rituals can help keep a strong bond during those times. Family routines and rituals are important to your family's health and well-being. In an era when time and energy are at a premium for most families, it's tempting to try to save time by eliminating activities that at first glance seem unnecessary and a waste of time.

Think again. Powerful Organizers of Family Life Psychologist Barbara Fiese, Ph.D., and her colleagues at Syracuse University undertook a research project where they examined family routines and rituals over the past 50 years. Their findings revealed that routines and rituals are powerful organizers of family life and offer stability during times of stress and transition. They were able to link family routines and rituals with marital satisfaction, adolescents' sense of personal identity, children's health, academic achievement and stronger family relationships.

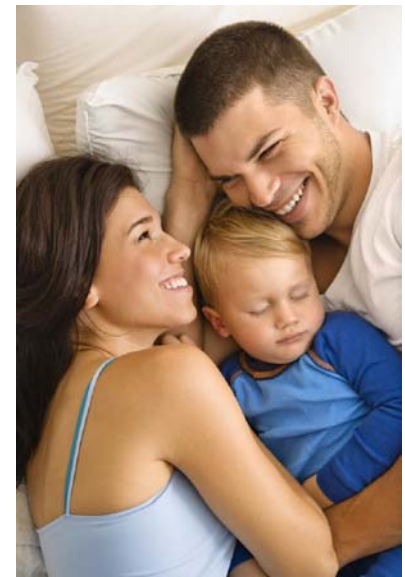
**Routines:** Routines typically revolve around getting things done within the family. Once completed, there is little thought about them until the next time. Common family routines include mealtime, bedtime and chores.

**Bedtime Routine Pays Off Big Time:** Especially with preschoolers, predictable routines result in healthier children whose behavior is better regulated. Children with regular bedtime routines get to sleep sooner and wake up less frequently during the night than those with no routine. Fiese's research goes on to suggest that regular routines in the household also result in improved overall health for children.

**Family Dinners Matter:** Sitting down to a meal together at least three times a week has big rewards for families. The Substance Abuse Mental Health Services Administration (SAMHSA) in the Family Guide to Keeping Youth Mentally Healthy & Drug Free offers the following reasons to support family mealtimes: Children who eat dinner with their families are 20 percent less likely to drink, smoke or use illegal drugs; Teens who eat dinner with their families are less likely than other teens to have sex at young ages, get into fights or be suspended from school, and they are at lower risk for suicide; Dining together offers a great chance to talk with your children as well as to model good eating habits.

**Rituals:** Unlike routines, family rituals are symbolic and convey a sense of "this is who we are" for family. Rituals often are handed down across generations. There is an "emotional imprint" connected to family rituals that people remember and replay to recapture some of the positive experience.

**Rituals Provide Invaluable Memories:** Familiar family rituals include birthdays, family gatherings like reunions and vacations, "Sunday dinner," and holiday celebrations. These important events offer continuity and meaning for everyone. Going to Grandma's house every Sunday for chicken dinner; having your favorite dinner and a cake on your birthday; making special holiday foods; and going to the same place every year for vacation are examples of rituals that become some of the necessary glue that helps hold families together.





# Upcoming Events

## SEPTEMBER

Wise Couple Training

September 17 & 18  
Friday, 6:30 to 9pm  
Saturday, 8:30 to 1pm

First Baptist Church  
Farmington, NM

Relationship Class Series

Tuesdays beginning Sep. 21  
6:30 PM to 8:30 PM

Healthy Marriages Classroom  
Albuquerque, NM

## OCTOBER

Wise Couple Training

Saturday, October 16  
9:00 AM to 5:00 PM

Grace Church  
Albuquerque, NM  
*\*Open to the community*

Wise Couple Training

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

Catholic Center  
Albuquerque, NM



## NOVEMBER

**Money Academy for Couples**

**Thursdays beginning Nov. 4  
6:30 to 8:30 PM**

**Healthy Marriages Classroom  
Albuquerque, NM**

Wise Couple Training

TBA in Nov. or Dec.

Location TBA

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 or 888-892-4250**

If you would like to host a Healthy Marriage event, give us a call!



[www.HealthyMarriagesNM.org](http://www.HealthyMarriagesNM.org)



(Search "Healthy Marriages Albuquerque" to find us)



Introducing the new...

# Money Academy

## For Couples



### 6-WEEK SERIES:

Thursdays,  
6:30 to 8:30 PM  
Nov. 4, 11, 18  
Dec. 2, 9, 16

Healthy Marriage Classroom  
217 Locust St. NE, ABQ, NM

It just makes cent\$  
to sign up for **FREE!**

*A \$25 deposit is required to register  
& will be refunded upon  
completion of the series*

Refreshments will be provided.  
No on-site childcare.

 **HEALTHY  
MARRIAGES**

A PROGRAM OF SAMARITAN COUNSELING CENTER  
AND NEW MEXICO COLLABORATIVE PARTNERS

[www.HealthyMarriagesNM.org](http://www.HealthyMarriagesNM.org)

### First comes love, then comes money

Money Academy is an innovative 6-week class series to learn how to talk about and manage money successfully while getting along well together. The 6-week Academy will teach couples to:

- **Improve Communication about Money**
- **Set Financial Goals**
- **Get out of Debt**
- **Save for the Future**
- **Learn the Basics on Investing**
- **Principles for Financial Management**

To register for more info, call  
**(505) 247-1511**

Space is limited.  
Must register by November 1st

Special thanks to

Frank D. Gorham, Jr. and Marie K. Gorham  
Charitable Foundation

