

Healthy Marriages
 217 Locust St. NE
 Albuquerque, NM 87102



Happy Holidays!



Save The Date...
Annual Super Seminar
with Bill & Pam Farrel
Friday, July 8, 2011

Event is part of the

 more details inside...

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

The Couples Connection



The Season of
Giving

Director Reflections *Written by Hillary Bravo, MA*

During the holidays, we often reflect on a time of giving. We take note of people in need and reach out. We seek to connect with those around us. I don't know about you, but every year I bake cookies and take a plate over to my neighbors' houses even if I don't see them all year! And you know what; it feels good to reach out to others. I sometimes wonder why giving seems to be limited to the holiday season. Think of how considerate we would be toward one another if we carried that spirit with us throughout the whole year.

At Healthy Marriages, you can find opportunities to reach out and help another couple year round by becoming a Wise Couple. Why not make a New Year's resolution to help another couple strengthen their relationship through mentoring? Our team will provide all of the training and tools necessary to guide you along your journey. 2011 is the perfect time to take advantage of a Wise Couple training—time is running out to become a certified Prepare Enrich facilitator at no cost to you. Check out our Upcoming Events page for the current training schedule.

Thankfulness is another concept that comes up this time of year. We at Healthy Marriages have a great deal to be thankful for – for one, we have an excellent team of people who are all passionate and dedicated to strengthening marriages in our community. We are grateful to the many volunteers that join in our mission, to the couples that step forward to strengthen their relationships, to community partners that help support programming, and for Samaritan Counseling Center, our parent organization and partner in this important work.

As we say goodbye to 2010 and hello to 2011, we are excited for the new possibilities ahead. There will be some changes in the coming months as our federal grant funding wraps up but one thing remains constant – our dedication to strengthen couple relationships in New Mexico.

What are your resolutions for the coming year? Start a new hobby, help someone in need, or start saving for a financial goal? Perhaps you could create a spending plan (and stick with it this time). Or how about making your relationship stronger? I would encourage you to attend one of our upcoming events that can help you do just that; we have a Money Academy Class and a Relationship Potential Class starting in January. As for Healthy Marriages, we resolve to serve as many families as possible, celebrate our accomplishments, and explore ways to help couples into the future. As for me, maybe I will get to know my neighbors a little better this year.

We wish all of you a prosperous new year!

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 **Hispanic Couples Impacted by Healthy Marriages**

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



Government sources indicate that in July of 2009, the population of New Mexico was 2,009,671. At that time 47% of this population (916,000) was Hispanic. These figures placed New Mexico with the highest percentage of Hispanics in the country. This fact explains the huge response Healthy Marriages has had in the last three years when we launched our program to the Hispanic community. When I took the challenge of reaching out to Hispanics, the words of mother Teresa came to my mind: "Never worry about numbers. Help one person at a time, and always start with the person nearest you." Little by little I started contacting people near me. I spoke with people I knew from the Catholic Church as well as some evangelical leaders. Soon, the Hispanic community realized the quality of our program, and surprisingly for Healthy Marriages the response was overwhelming. Suddenly Healthy Marriages started Spanish-speaking programs around the city. Classes, presentations, and seminars were offered in different areas such as the South West, the Eastside, Santa Fe, Meadow Lake, Los Lunas, Cerro Mission, and so on. The list keeps growing and phone calls keep coming in from places such as Española and Belen.

What did we do that caused such an incredible response? It was simple: we offered skills to couples in their own language and culture. The skills we teach have cross-cultural relevance, and the relational problems Spanish-speaking couples have are similar to those that many couples face. It has not been easy though, since our training and skill development methods required couples to learn new ways for the benefit of their relationship. Sometimes the instruction given seems to go in opposition to what the Hispanic culture is about, especially in terms of couple roles. Nevertheless, couples see the value in changing and embracing our program and little by little, lesson by lesson, new ways are incorporated to the relationship and the couple is empowered with new skills and ways to approach their problems.

After three years of working with the Hispanic community, our program is sought after and well-accepted. We currently partner with 44 Spanish-speaking Wise Couples working within the Hispanic community on a regular basis. Some of these couples are more active than others but the point is that they are helping one couple at a time, always starting with the nearest to them. In fact, in the fourth-year of our program, out of the one-thousand couples reached, half of them, (48%) were Spanish-speaking couples. Way to go Healthy Marriages!

Annual Super Seminar *with Bill & Pam Farrel*

Healthy Marriages is excited to announce their annual Super Seminar with popular international speakers and best-selling authors, Bill and Pam Farrell on Friday, July 8, 2011. Bill and Pam Farrell will share with us why "Men are like waffles and women are like spaghetti"! We all know that men and women are different, but Bill and Pam will let us know how the differences can lead to a healthier and stronger relationship. Save July 8th to attend this refreshing and humorous look at relationships at an affordable price! More details to follow in the next newsletter.

The annual Super Seminar is part of a 3-day Better Marriages Fiesta. Key conference sponsors are Better Marriages, Healthy Marriages, and the New Mexico Event and Wedding Planner Magazine. If you are looking to strengthen your marriage in a major way this year, think about attending the Better Marriages Fiesta conference at Hotel Albuquerque. The Better Marriages Fiesta will be packed with 3 full days of workshops, keynotes, and events designed to help couples have a great marriage. Pre-conference trainings will also be provided for Wise Couples who are interested in expanding their ability to mentor others. For more information on the July 8th Super Seminar and the Better Marriages Fiesta conference, visit www.HealthyMarriagesNM.org.



For more info about the Farrell's: www.love-wise.com

Tips for Two **Two Halves Don't Make a Whole (In Marriage)**

Article by Dr. Peter Larson, www.couplecheckupblog.com

I am often amazed at my wife's ability to do so much in any given week. She manages the busy lives of our three children, helps in their classrooms, takes care of our household needs, cooks wonderful homemade meals, runs about five miles per day, and works with two local non-profit organizations. Despite all the busyness in her life, she invests a great deal of time and energy in our marriage.

What's her secret? Where does she get the energy to do so much? The answer is *Self Care*. She takes good care of herself – physically, emotionally, mentally, and spiritually. Her tank is full because she takes personal responsibility for meeting her own needs, allowing her to feel healthy and whole. She inspires me because I don't always do such a good job of balancing work, family, and personal needs.

A former colleague used to tell me "two halves don't make a whole when it comes to marriage . . . two wholes make a whole." If we enter marriage with the idea that it is our partner's job to meet our needs, we'll be very disappointed.

Think about marriage like being on a sports team. To play really well together, every member of the team needs to be rested, healthy, and ready for the game. A team can't win with members who are physically or mentally unprepared.

So I'm a lucky guy. My wife, my teammate, brings her "A-Game" to our marriage everyday. She takes great care of herself, and in doing so, takes great care of our marriage.

If you want to proactively improve your marriage today, start by taking good care of yourself! What do you need more or less of in your life? Where are you out of balance (physically, emotionally, spiritually, etc.)? How's your stress level? Are you feeling healthy and whole? When you begin to refuel your tank, you'll have more to offer your spouse.



Give this Season, Make a Difference... *Become a Wise Couple*

Being a Wise Couple is such a rewarding experience- we often hear this from our Wise Couples. This holiday season, think about making a difference in the life of another couple, which impacts their children and community. It's a win-win for everyone at no cost to you!

- You are eligible if you have been married for at least 5 years, have a healthy relationship, and desire to support couples in their relationships.
- Healthy Marriages will train you to be certified in Prepare Enrich, and will provide leadership training to prepare you for your work as a Wise Couple.
- We can work with you to pair you up with a couple to mentor!

Call us today for more information: **(505) 247-1511**

Healthy Marriages Welcomes New Staff

Healthy Marriages welcomes Mike Cosgrove, the new Financial Educator to the team. Mike is a motivational speaker and trainer who provides valuable financial resources to religious, educational, and business venues with over 14 years of experience in finances. The program also welcomes Mary L. Pepper as the new Healthy Marriages Associate. Mary will be leading classes and reaching out to couples in the community and faith based settings. Mary L. Pepper has taught life skills, parenting skills, and interpersonal skills to couples throughout the community and is passionate about strengthening families. We are pleased to have both talented individuals join our team.





Upcoming Events

January

Relationship Class Series	Wednesdays beginning Jan. 12 6:30 PM to 8:30 PM	Rio Rancho Presbyterian Church Rio Rancho, NM
Money Academy for Couples	Tuesdays beginning Jan. 18 6:30 PM to 8:30 PM	Healthy Marriages Classroom Albuquerque, NM
Wise Couple Training	Saturday, January 29 9:00 AM to 5:00 PM	Location TBA Albuquerque, NM
Relationship Class Series en Español	Mondays beginning Jan. 31	Location TBA

February

Premiere Seminar <i>Intellectual Foreplay</i>	Thursday, February 10 7:00 PM to 8:30 PM	Healthy Marriages Classroom Albuquerque, NM
Wise Couple Training	Saturday, February 19 9:00 AM to 5:00 PM	Rio Rancho Presbyterian Church Rio Rancho, NM
Wise Couple Training	Saturday, February 26 9:00 AM to 5:00 PM	Del Norte Conference Center Albuquerque, NM

March

Wise Couple Training	Saturday, March 5 9:00 AM to 5:00 PM	Location TBA Albuquerque, NM
Premiere Seminar <i>The Intentional Marriage</i>	Thursday, March 10 7:00 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

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



www.HealthyMarriagesNM.org



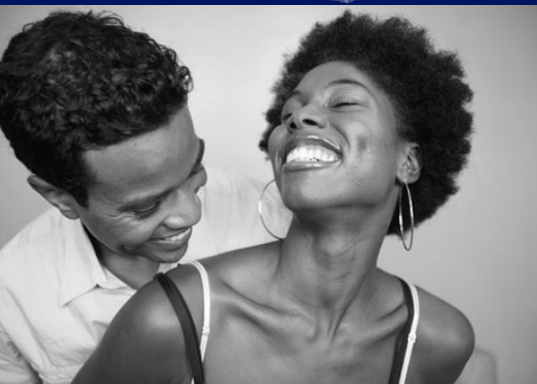
(Search "Healthy Marriages Albuquerque" to find us)

6-Week Class Series

Wednesdays, 6:30 PM to 8:30 PM

January 12, 19, 26, February 2, 9, 16, 2011

Rio Rancho Presbyterian Church, 1004 24th St., Rio Rancho, NM 87124



MAKE YOUR RELATIONSHIP A PRIORITY IN THE NEW YEAR

Enrich your relationship by attending a 6-week class for couples. The class is designed to strengthen your relationship and provide you with key tools to keep your relationship on a positive track. Jumpstart your relationship in the New Year!

Effective Communication • Conflict Resolution • Expectations
Sex & Intimacy • Financial Management • Personal, Couple, & Family Goals

REGISTER NOW: 505.247.1511 (Register by January 5th)

Value of \$250.00 for FREE • Dinner will be provided • Childcare Available— call for details

 **HEALTHY
MARRIAGES**
A PROGRAM OF SAMARITAN COUNSELING CENTER
AND NEW MEXICO COLLABORATIVE PARTNERS
www.HealthyMarriagesNM.org