

What Can NMMFP Do For You?

The NMMFP offers a range of services, including the following:

- Premarital education and marriage skills training. Training for engaged couples or others interested in marriage;
- Marriage enrichment and marriage skills training events for married couples that focus on resolving conflict, improving communication and increasing marital stability;
- Marriage mentoring programs, which use married couples as role models and mentors in communities at risk. The NMMFP will train mentor couples to work in this capacity;
- Provision of marriage education programs for students, churches, service providers, non-profit organizations, synagogues and businesses.

Please contact us if you would like to assist with this project!



Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant Number 90FE0115/02 Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author's and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

New Mexico Marriages First Project

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Invest In Your Workforce: Promote Healthy Marriages!



New Mexico Marriages First Project (NMMFP) is funded through a Healthy Marriage Demonstration Grant through the Federal Department of Health and Human Services.

Call us at:
505-891-1846

What is the New Mexico Marriages First Project ?

The NMMFP serves couples across all age groups and ethnicities in Bernalillo and Sandoval Counties. The Project goal is to provide culturally appropriate marriage education, marriage enrichment projects, and programs that explore positive relationship models to married couples, engaged couples, couples interested in marriage and teenagers, thus strengthening marriage and reducing the incidence of divorce. Through partnerships with community agencies, NMMFP will help interested couples gain greater access to marriage education services enabling them to acquire skills to form and sustain healthy marriages.

Michael &
Rebecca Holland,
Project Directors
for the NMMFP



Why is the New Mexico Marriages First Project important to area businesses?

“Problems at home” can cause “problems at work”. Marital issues, whether in the form of arguments, infidelities, verbal or even physical abuse, not surprisingly can have a huge impact in the workplace. Employees may become distracted, feel tired, stressed and irritable, have difficulty concentrating on tasks or appear withdrawn. Overall, the emotional upset can affect the productivity and performance of the individual, with potential repercussions for colleagues, teams and ultimately the entire business. The impact of marital problems may appear to be an inevitable risk in any workforce, and not something that the business/organization can take steps to prevent. However, employers can take action to help “insure” against this type of performance impact. Making sure your workforce has access to an effective marriage education program is the best way to do this. The NMMFP offers a range of marital and pre-marital education programs which teach the skills that couples need to communicate, resolve conflict and build stronger relationships. NMMFP offers the following free services to businesses in Bernalillo and Sandoval counties:

- Workplace based marriage enrichment classes - schedule a one-time seminar or a series of classes for your staff;
- Couple mentoring for those considering marriage or experiencing marital difficulties;
- A lending library of books and videos on

marriage and parenting;

- A quarterly newsletter on marriage and family issues; and
- A program of non-workplace based educational marriage enrichment events.

Our education can be delivered during the working day as a training event or after work when spouses can also be involved. We invite your organization to invest in the “health” of its workforce by offering access to all or some of the services listed above.

ALL SERVICES ARE FREE AND PARTICIPATION IS VOLUNTARY!

If you would like further information on our services or would like to talk to someone about marital crisis assistance, please contact:

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