

## What Can NMMFP Do For You?

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

- Premarital education/ mentoring for engaged couples or couples considering marriage;
- Marriage mentoring;
- Marriage enrichment events and activities;
- Marriage publications (newsletters and articles);
- Intervention for marriages in crises;
- Referrals to service agencies that can assist married couples;
- Classes about marriage:
  - ⇒ Finances & budgeting;
  - ⇒ Communication;
  - ⇒ Dealing with conflict/problem solving;
  - ⇒ Extended family issues;
  - ⇒ Parenting & step-parenting;
  - ⇒ Sexual issues;
  - ⇒ Interfaith relationships; and,
  - ⇒ Goal setting and prioritizing.

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



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## New Mexico Marriages First Project

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**Do You Think That  
Divorce Is The  
Answer To Your  
Marital Problems?**

**THINK AGAIN!**



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**



## Do You Feel Like Your Marriage Is In Crisis?

It's never too late to bring hope to your marriage and harmony to your home! The path to restoring your marriage begins with the simple step of just asking for help. Many other couples have walked the path of healing their marriages and there can be hope and healing for you as well! The Project Directors for the NMMFP, Michael and Rebecca Holland, understand the struggles of putting a marriage back together, as they almost divorced over 18 years ago. Where marital issues arise, whether in the form of arguments, infidelities, verbal or even physical abuse, there are huge impacts on children and other dependents. Children of divorced



parents are twice as likely to drop out of school, three times as apt to have a baby out of wedlock and twelve times as likely to be incarcerated as those from intact homes. In addition, divorce doubles the likelihood that you and your children will live in poverty.

If you want help to try and heal your marriage, the NMMFP is here for you. We will work with you to determine if there is a way to save your marriage. The good news is that for couples who want to work on their marriages and not divorce, there are specific skills that we can help you learn that will enhance your marriage and help you get on the path to healing.



**ALL SERVICES ARE FREE AND PARTICIPATION IS VOLUNTARY!**

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

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