

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, non-profit organizations, service providers, synagogues and businesses.

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



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New Mexico Marriages First Project

1207 Golf Course Road, Suite E

Rio Rancho, New Mexico 87124

Office Phone: 505-891-1846

Cell: 505-401-5734 or 505-400-9869

Fax: 505-891-5167

Email: rholland@nmmarriagesfirst.org

www.TheMarriageLifeline.com



**Premarital Education:
Excellent Marriage Insurance!**



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.

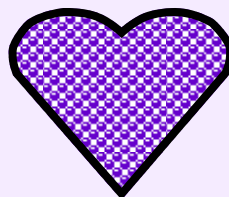
Michael &
Rebecca Holland,
Project Directors
for the NMMFP



Premarital Education: Why is it so important?

- Premarital Education is known as “marriage insurance!”
- Did you know that couples who get premarital education experience half of the divorce rate compared to couples who do not get premarital education?
- Premarital Education can help you to make a good decision about whether to marry or not marry.
- Premarital Education teaches effective communication and can help you to understand each other better.
- Premarital Education will help you begin your marriage with the skills you need to make your marriage successful.
- Premarital Education will help you learn from the experience of married couples who will talk about their own marriages and what makes them successful.

Premarital courses can be done in groups or as an individual couple.



ALL SERVICES ARE FREE
AND PARTICIPATION IS
VOLUNTARY!

If you would like further information or would like to talk to someone about premarital/marital education, please contact:

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