

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

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



Promoting Healthy Marriages and Happy Families!



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 family service providers?

The health of a marriage is inextricably linked to the health of a family. 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. The NMMFP's aim is to promote healthy and sustainable marriages by providing pre-marital and marital education to couples throughout Bernalillo and Sandoval counties. Our programs teach the skills that couples need to communicate, resolve conflict and build stronger relationships. Our services include:

- Pre-marital training and marriage enrichment courses - which we deliver at the invitation of businesses, churches, community organizations and family service providers;
- Couple mentoring for those considering marriage or experiencing marital relationship difficulties;
- A lending library of books and videos on marriage and parenting;
- A quarterly newsletter on marriage and family issues; and
- A program of other marriage education events throughout the year.

We are keen to work together with other family service providers to ensure that

families in Bernalillo and Sandoval Counties have access to a comprehensive range of free resources to strengthen their marriages and build happy, healthy families. We invite your organization to contact us if our services could be of benefit to the communities or individuals that you serve and complement the services that you provide.



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

**If you would like further
information on our
services please contact:**

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