

Happy Holidays or Holiday Headaches!

(By Leonie Oliva)

The holiday season is here again whether we are ready for it or not! For many it is the season for spending time with families and taking part in traditions. Thanksgiving dinner, putting up the Christmas decorations, writing cards, and buying gifts, to the Christmas Day meal and finally “seeing in the New Year.” Before we know it, we arrive in January, exhausted. There are many extra household expenses, things to do and people to see..... this can all add up to a load of fun, laughter and celebrations or a great big, stressful headache!! If the latter occurs, this can put your relationship with your spouse and family under pressure perhaps causing tension, disagreements and conflict - not a great holiday gift! Obviously, this is something we all want to avoid, so one of the aims of this newsletter is to take a look at some potential holiday “stress makers” and ways to avoid them.

Many factors play a role in how families face the holiday season. For example, how do family members get along when they spend more than the usual amount of time together? Are there particular financial pressures on the household? Is the “work” of preparing for the holiday celebrations being fairly shared out or does it unevenly fall on one person or persons? Are the “traditions” that you

are participating in still relevant and enjoyed by your whole family? The articles in this edition will take a look at ways to stamp out some of these potential stress factors.

2008 has been a busy and exciting year for NMMF and we are particularly pleased to announce that Ashley Salazar has recently joined our staff as a Youth Educator. Ashley has already started teaching healthy relationship skills classes for teens in local schools. You will hear more from Ashley in this edition. With her arrival we can now expand some of our educational events to include the whole family. Look for these events in 2009. For example, on May 9th we will be hosting “Celebrate Your Relationship”, a one day relationship enrichment event for couples. At the same time we will be hosting “Celebrate YOUth,” a relationship education event for youth (12 - 18 years). We will also provide childcare for younger children (0 - 11 years). This is a FREE event!! Registrations will be limited so please see our events section for further details and mark your 2009 calendar for what will definitely be a FUN day for all the family!

From all the staff at NMMFP we wish you a happy and stress free holiday season and we invite you to make 2009 the year to “Celebrate Your Relationship”!!

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Featured Upcoming Event:

**“Help Me Find That Lovin’
Feelin,” a course for women
on healthy relationships.
Tuesdays, March 3, 10, 17,
and 24, 2009**