

## Healthy Relationships Tips

- **Have high standards:** The most successful couples are those who refuse to accept hurtful behavior from one another. The lower the level of tolerance for bad behavior in the beginning of a relationship, the happier the couple is down the road.
- **Focus on the bright side:** In a happy relationship, while discussing problems, couples make at least five times as many positive statements to and about each other and their relationship as negative ones.
- **Edit yourself:** Couples who avoid saying every critical thought when discussing touchy topics are consistently the happiest.
- **Soften your “start up”:** Arguments first “start up” because a partner sometimes escalates the conflict from the get-go by making a critical or contemptuous remark in a confrontational tone. Bring up problems gently and without blame.
- **Learn to repair and exit the argument:** Successful couples know how to exit an argument. Happy couples know how to repair the situation before an argument gets completely out of control. Successful repair attempts include: changing the topic to something unrelated; using humor; stroking your partner with a caring remark (“I understand that this is hard for you”); or making it clear you are on common ground (“This is our problem”). If an argument gets too heated, take a 20 minute break, and agree to approach the topic again when you are both calm.
- **Seek help early:** The average couple waits 6 years before seeking help for marital problems, this means the average couple lives with unhappiness for far too long.

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# NM Marriages First



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**

[www.TheMarriageLifeline.com](http://www.TheMarriageLifeline.com)

## About NMMFP

The New Mexico Marriages First Project (NMMFP) serves couples across all ages and ethnicities in Bernalillo and Sandoval Counties. Our goal is to provide culturally appropriate healthy relationship education, and relationship enrichment events for all couples - whether married, engaged or dating, thus strengthening relationships and reducing the incidence of divorce. We also provide healthy relationship skills training for teens. NMMFP is a Federal grant program of The Family Lifeline, Inc.

**ALL OUR SERVICES  
ARE LOW COST OR  
FREE!**

## Healthy Relationships

Even the best relationships can benefit from a little “investment” to keep them in healthy shape, rewarding and strong. You do not need to have a relationship “crisis” to use our services, just an interest in having your relationship reach its full potential!

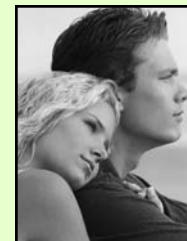
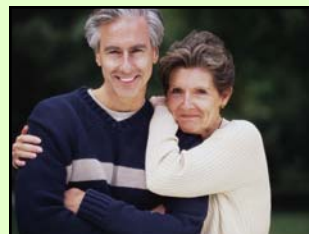
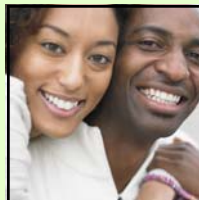
We provide a variety of relationship enrichment events and skills training seminars for couples that focus on skills such as resolving conflict, improving communication, maintaining romance and intimacy, managing finances and increasing relationship stability.

Our relationship enrichment events involve nationally known speakers and include childcare and meals or refreshments.

## Becoming A Marriage Or Premarital Mentor

Are you interested in becoming a marriage/premarital mentor couple? We offer extensive training and certification using the Prepare and Enrich curriculum.

Marriage/premarital mentors are couples who are motivated and excited to help guide premarital and married couples through the challenges of living life together. The mentors become a source of support, encouragement and accountability for the premarital and married couples. Their primary goal is to help equip couples for a happy, healthy marriage by teaching them vital skills and by sharing their own life experiences. The unexpected side affects of being a mentor couple are the benefits the process will bring to the mentor couple's relationship!



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. This service is FREE, so what have you got to lose?



## Youth Education

### Healthy Relationship Skills Training For Teens

It's never too early to set the foundations for building healthy relationships. Our Youth Program has been developed to teach High School students healthy relationship skills. The skills taught can be applied to relationships with family members, friends, boy/girlfriends, teachers and other people in the students' day-to-day lives.

Our youth services are offered in schools by arrangement as an 8 hour program. We also hold non-school based youth events several times a year. The core curriculum covers:

- **Conflict resolution:** This teaches teens how to handle conflict in the many relationships they will have in their lifetime.
- **Communication Skills:** In order to live we have to

communicate, but many people don't do this well! This lesson teaches teens how to communicate effectively with people in their lives and addresses gender and cultural differences.

- **Budgeting:** Finances are a top cause of relationship stress. Good budgeting habits can be developed at a young age. This lesson looks at the impact of education on earnings and the importance of saving.
- **Dating and Mate Selection:** This lesson deals with physical attraction, self value, choosing a dating partner, setting limitations and the importance of being in a healthy dating relationship.



## Premarital Education

### Why Is Premarital Education So Important?

Did you know that couples who get premarital education experience half of the divorce rate compared to couples who do not? Before you say "I do", learn the skills you need to make your marriage successful!

- Premarital Education is known as "marriage insurance!"
- Premarital education can help you 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 learn from the experience of married couples who will talk about their

own marriages and what makes them successful.

- Premarital Education will help you begin your marriage with the skills you need to make your marriage successful.

The classes are FREE (a \$25 refundable deposit is required). Complete our 8 hour premarital education class and we will pay the first \$25.00 of your marriage license fee!!



## Marital & Premarital Mentoring

Our mentoring services are offered to both married couples and couples considering marriage:

- **Marriage mentoring** is for couples who want to improve their marital relationship and are 100% committed to doing just that.
- **Premarital mentoring** provides the opportunity for skill development and an in-depth assessment of compatibility and relationship strength before committing to a marriage relationship.

In each case, the couple is matched with a trained mentor couple with whom they will meet on a regular basis, typically over 3-4 months. Mentoring is a proactive process that focuses on a couple's strengths, identifies growth areas and teaches the practical relationship skills that are vital to a healthy marriage. The trained mentor couple are a "real couple" who have most likely experienced some of the issues being addressed and they will share what has made their marriage successful. Mentoring strengthens a couple's support network by forming a bond with the trained mentor couple who act as role models.

Our mentoring services are low cost, so why not find out more about them?

## Couples In Crisis

### Do You Think Divorce Is The Answer To Your Marital Problems? THINK AGAIN!

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 couples have walked the path of healing their marriages and there can be hope and healing for you as well! Michael and Rebecca Holland, project directors, understand the struggles of putting a marriage back together, as they almost divorced over 18 years ago.

The impact of divorce is obvious and enormous. Not only is it devastating to couples, but it is particularly destructive to children. 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 than those from intact homes. In addition, divorce doubles the likelihood that you and your children will live in poverty. Sadly, the reported divorce rate in New Mexico is nearly double that of the national rate.

We are a non profit organization. If you would like further information on any of our services please contact:

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Please visit our website for details of upcoming events and also to view or subscribe to our **FREE** quarterly newsletter, "*The Marriage Life Line.*"



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