



April 2010

Vol 1, Issue 3



Think Spring!

This Month: Celebrate Black Marriage Day with an evening at the Charles H. Wright Museum on April 9

Welcome to the MRC's April Newsletter!

Thanks for checking in with the Marriage Resource Center. We are happy to have you along for the ride. We will continue to update you on all the happenings within our organization and even some other ones in the community!



Black Marriage Day Dinner



Date/time

Friday, April 9 at 6:00pm

Location:

Charles H. Wright Museum of African American History
315 East Warren, Detroit

Cost

\$25/person or \$45/couple if registered by April 5; additional \$5 after that date

Enjoy an evening of dinner, dancing and enrichment in celebration of Black Marriage Day. Black Marriage Day was actually March 28 but we pushed our event back some so we can really celebrate! Open to anyone who supports marriage. The evening includes dinner, dance instruction with Fast

In This Issue

- Black Marriage Day Dinner
- PICK a Partner Workshops
- PREP Workshop
- Third Option
- Saturday Night Peace Camp
- Community Events
- Have You Seen This Billboard??
- Benefits of a Healthy Marriage
- Fight Poverty- Strengthen Your Marriage

[Join Our Mailing List!](#)

Help Support the MRC!

Want a help support our efforts here at the MRC even though times are tough? Well, we have a simple way for you to do so and it doesn't take any money out of your wallet.



Simply log onto www.goodsearch.com. Then enter "Marriage Resource Center" as your charity. After that, start using Good Search as your search engine. You get to find what you need and we benefit by receiving a donation every time you search.

Another way to help us out is to

Freddy, giveaways and enrichment with motivational speaker **Minister LaSandra Nelson**. Register by calling 313-278-4400 or log onto www.mimarrriage.org.

PICK a Partner Workshops for Singles

Hartford Baptist Church

Date/time: Saturday, April 10; 8:30am-5pm

Location: 18700 Couzens, Detroit

Cost: Free; light refreshments will be served

El-Beth-El Temple

Date/time: Friday, April 30 from 6-9pm & Saturday, May 1 from 9am-3pm

Location: 13922 Schaefer, Detroit

Cost: \$10; snack on Friday with continental breakfast and box lunch on Saturday.

Find a proven way to choose a partner in this fun and interesting workshop. Whether single, dating or single again, experience how to build and maintain a healthy relationship. Learn how to follow your heart without losing your mind. Register by calling 313-278-4400 or log onto www.mimarrriage.org.



PREP Workshop for Couples

Kingdom Builders Christian Church

Date/time: Tuesdays in April (6, 13, 20, 27); dinner at 6pm, workshop from 7-9pm

Location: 23310 Joy Road, Redford

Cost: \$40/couple for all four weeks



Workshop is for couples who are married, engaged or in a serious relationship. Learn to communicate better, respect each other and lessen stress on the relationship. Great for couples at every stage and any age. Dinner and child care provided; pre-registration is needed for child care. Couples must attend all four sessions. Register by calling 313-278-4400 or log onto www.mimarrriage.org.

Third Option Support Group for Couples

Marriage Resource Center

Date/time: Every Monday from 7-9pm (no class on 4/5)

Location: 23400 Michigan Avenue, Suite P18, Dearborn

Cost: Free

Contact: Kristen at 734-578-2986

click on the link below. You will be redirected to our website. At that point you will be able to securely donate any amount you want.

[Donate](#)

We thank you in advance for your support!

Marriage Hall of Fame

We recognize the commitment couples make to work through the thick-and-thin of marriage, and who are rewarded with the joy of celebrating a long-term marriage. To honor a couple you know, please send an e-mail to marketing@mimarrriage.org and we'll post them in the Marriage Hall of Fame on our website.

Please include their name, wedding date and photo (if desired).

Why Did I Get Married Too? Promotional Items at MRC

We just received some great promo items from the movie. We have notebooks, fans, heart-shaped bookmarks and "Keys to a Healthy Marriage." Stop by our office to grab some of these great items.

Class Descriptions

- **PICK a Partner:** A fun workshop for single adults and teens on how to find Mr. or Ms. Right
- **First Dance:** A video for engaged couples that helps relieve the stress of planning a wedding
- **FOCCUS:** Pre-marriage workshops for engaged couples
- **PREP:** Enrichment and conflict-resolution sessions for anyone in a relationship
- **Smart Steps for Step Families:** A program for children and adults in step families.
- **Third Option:** An ongoing support group program for those struggling in their marriages
- **Connections:** A course that helps teens develop healthy dating practices and life skills.
- **Family Wellness:** Empowers families to manage their relationships in a healthy way
- **Active Relationships:** Powerful skills to create and maintain healthy

First United Church of Jesus Christ

Date/time: Every other Friday (April 9 & 23) from 7-9pm
Cost: Free
Contact: Julia at 248-506-7235

The Third Option is a support group that is helpful for any marriage. The couples attending our program range from those on the brink of divorce to those yearning to make a good marriage better. Few marriages are too good, or too bad, for the group. Developing the right skills and sensitivity is the best way to ensure that a good marriage grows even better. This is an on-going, walk-in support group with different topics covered each week. No need to register.

Saturday Night Peace Camp

Presented by Community of Christ and MRC



Date/time: April 24 and May 22 from 6:30-9pm
Location: Community of Christ Church, 14601 Pennsylvania Road, Riverview
Cost: Free
Contact: 734-612-7242 to register; pre-registration is required

Relief from the stress all families experience. Parents spend quality time together on a monthly date; kids participate in a safe, fun environment while learning peacemaking skills. Event includes crafts, food, peacemaking activities and videos. Free activities for parents and kids ages 5 to 10 years old.

Community Events

"Why Did I get Married Too" Fundraising Event Hosted by Leland Community Affairs, Inc.

Date/time: Saturday, April 10 at 4:30pm
Location: West River Center (Formerly known as The Phoenix), 30170 Grand River Avenue, Farmington Hills
Cost: \$12 due as soon as possible (includes ticket, small drink and small popcorn)
Contact: Fercheryl at fercheryl@yahoo.com or 313-268-8237

Marriage Bootcamp - "Marriage Isn't for Wimps"

Date/time: Mondays- April 12-June 14- 6:30-9pm
Location: Detroit World Outreach, 23800 W. Chicago, Room 203 (chapel), Redford
Cost: Couples- \$130/DWO member, \$150/non-member, \$75 returning Boot Campers.
Contact: Minister LaShun Franklin at 313-255-2222 ext. 5152

Marriage Bootcamp is an intense 10-week course in which married/separated couples can engage in strengthening or salvaging their marital covenant. Topics covered: Covenant, Communications, Roles & Responsibilities, Forgiveness, Finances, Blended Family, Intimacy and Family Vision. Visit www.dwo.org for more info.

relationships.

Private coaching sessions are also available

Reunion Dinner

Thank you to everyone who attended our reunion dinner on March 25. We had a great evening of food and enrichment.

We would like to thank the following sponsors of the event:

- Buddy's Pizza*
- Dearborn Fire Department*
- The Doctors of Physical Therapy in Novi*
- Hyatt Regency Dearborn*
- Oakwood Health Care System*
- Panera Bread*

Check out our ads!

Billboard

West 8 Mile and Southfield Freeway

Magazine

Natural Awakenings

Newspaper

Observer- Women's Section

Radio

- WCHB 1200 AM
- WCSX 94.7- Webstreaming
- WDJR 1440 AM - Let's Talk
- WQLV 1500 AM

Television

- My TV20
- WADL TV 38

Check Out Our Blog!

<http://mrcwaynco.wordpress.com>

Members of:

- Michigan Non-profit Association
- Michigan Business & Professional Association

Facebook

Join us on Facebook

Marriage Savers Long Distance Training in PREPARE/ENRICH

Date/time: April 24 from 12-7pm

Location: Webinar via computer

Cost: \$200 per church (training up to four couples) plus materials; deposit of \$100 is due by April 12

Contact: 301-469-5873

Training will be conducted via webinar by Mike and Harriet McManus, founders of Marriage Savers. One person or couple will get a PREPARE/ENRICH certification so they can train additional couples and use the DVDs for future training.

Marriage Enrichment Gatherings

Sponsored by National Marriage Enrichment of Detroit

Date/time: 2nd Saturday of each month from 7-9pm

Location: St. Columban's Catholic Church, 1775 E. Melton Road, Birmingham

Cost: Free

Date/time: 4th Friday of each month from 7:30-9pm

Location: St. Lucy's Catholic Church, 23401 E. Jefferson, St. Clair Shores

Cost: Free

Contact: Rich and Fran at 586-979-0192 or

waldenluv@wowway.com

Lift your marriage to new heights! This monthly event, at either location, draws husbands and wives from many different walks of life, different faiths, and different stages in their married lives. Each event offers a 10-minute reflection and then time is given for couples to dialog with each other and then as a group. No one is ever expected to speak.

If your organization would like to add its event to our newsletter and website, please send an e-mail with the info about it to marketing@mimarrriage.org.



[Facebook Page](#)

MRC's Website

www.mimarrriage.org

Check it out for more information about what's happening at the MRC and beyond!

Next Month:

Classes and workshops coming in May for both couples and singles

Have You Seen This Billboard??



Look for it at 8 Mile and Southfield.

Benefits to a Healthy Marriage

Research has been done to confirm that there are actually benefits to healthy marriages. These are some of the results:

For children raised in healthy marriages:

- More likely to attend college
- More likely to succeed academically
- Physically healthier



For women in healthy marriages:

- More satisfying relationship
- Less likely to end up or remain in poverty
- Less likely to be victims of domestic abuse

For men in healthy marriages:

- More stability in employment
- Have better relationships with their children
- Higher wages

For communities with higher percentage of healthy marriages:

- Lower crime rates
- Lower teen pregnancy rates
- Higher property values

For the complete list, check out this link: [Healthy Marriage Benefits](#)

Fight Poverty- Strengthen Your Marriage



Article by Julie Bock, Certified Marriage Educator

For nearly 50 years our government has worked hard at eliminating poverty. We have tried welfare, child support enforcement, higher education, and job creation; and yet none of them has made much of a dent in the poverty problem. Common to all of the issues is fractured families, but relatively little has been done to address this portion of the problem.

Sure, part of the dilemma is that we have come to believe several myths: that divorce and un-married parenting are not harmful to us; that when couples are married and struggling the solutions are to be found with therapists or divorce lawyers; and that "marriage" is for other people-other races, foreigners, old people. Unfortunately none of these could be further from the truth.

First of all, divorce is costly and painful for anyone who has had to endure it. Always one of the partners ends up less well-off financially than the other-most often women and their children who will reside in poverty for a year or longer. Judith Wallerstein and her co-workers completed a 25 year study of adult children of divorce; perhaps the most concerning of their findings is that these adults are frequently fearful of making any long-term commitment to another person due to the pain they experienced while their parents marriages were disintegrating. Then there is the multitude of benefits to adults when they live together in a healthy marriage. Better physical and mental health...happier relationships with their children...more advanced education...more stable employment...oh yeah-and more money. It's true! *(We have the research to back this up! Remember-everything the MRC does is based on research.)* And all of that research has eliminated the "marriage is for somebody else" excuse as well. When polled, high school students claim a desire to marry "someday" at 93%; when the general population comes to its' senses the number falls to 90%. ;-)

Now for the really good news-most relationship struggles don't require a therapist or lawyer to help you get through them. (Not to slight our friends and co-workers: Yes, some people do need therapy; and No, not every marriage can-or should-be saved, which may require an attorney.) Most couples just need some skills (communication or conflict resolution), or some assistance with reasonable expectations-all easily learned through either a relationship education workshop or private coaching sessions. Again research backs up the fact that these skills can be learned, that men are as interested in learning them as women are, and that your age, race, ethnicity or economic status don't exclude you from the benefits. That fact should feel like a breath of fresh air to anyone who has experienced a down cycle in their marriage, or for anyone who is hesitant to make a life-long commitment to another.

So do your part to eliminate poverty-take a relationship education workshop, give certificates to workshops for wedding and shower gifts, tell everyone you know how good marriage is for them (find a summary of the benefits here: <http://www.acf.hhs.gov/healthymarriage/benefits/>). I look forward to seeing you in a workshop soon!