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March 2010

Vol 1, Issue 2

## This Month: Celebrate Black Marriage Day March 28



### Welcome to the MRC's March Newsletter!

We are so glad that you took time out of your busy schedule to check out all that the Marriage Resource Center has to offer. Maybe we can help you or someone you know create that healthy relationship we all deserve. We offer programs for married and engaged couples, couples in serious relationships, singles, teens and step-families. We not only help out those who have concerns with their relationship but also those who want to be proactive to prevent those things from happening. Thanks again for checking in!

### Help Support the MRC!



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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](http://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. We thank you in advance for your support!

### FOCCUS Inventory Facilitator Training

Do you work with couples and singles to prepare them for

### In This Issue

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[Join Our Mailing List!](#)

### Congrats to our National Marriage Week Contest winners!

Thank you to everyone who entered our contest: "What makes your marriage work?" We had some fantastic entries. Congrats to the winners:

*Kisha E., Tonya H. Julia J. and Tiffany L.*

We hope everyone enjoyed their gift certificate!

### Dearborn Women's Expo

marriage? If so, this training is for you.

Learn to help couples and singles have a long-lasting marriage based on solid foundational qualities.

Become a part of the solution to reducing divorce and improving communication for couples.

**When:** Saturday, March 13, 2010, 8:30am-4:30pm

**Where:** Spring Arbor University- Dearborn Campus  
23400 Michigan Avenue, Suite P20  
Dearborn, MI 48124

**Cost:** \$125 per person

**Space is limited. Please RSVP by March 10 at 313-278-4400 or on our website at [www.mimarrriage.org](http://www.mimarrriage.org).**

Included in cost: Training, facilitator manual and light breakfast. Lunch is on your own. Spouses may attend for an additional \$75 and will share the facilitator manual. Previous attendees may attend for \$55 each- you must bring your manual with you.

*This event is open to social service providers, family advocates, ministries, therapists, counselors and anyone interested in improving the quality of life within our communities.*

### Classes Offered

- **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
- **FOCUS:** 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 relationships.

### Third Option Group: Updated List



When you think there is only 2 options- divorce or living in an unhealthy relationship- turn to the Third Option.

**Come check out our booth** at the Dearborn Women's Expo.

**When:** Sunday, March 7, from 10am-5pm  
**Where:** Ford Community & Performing Arts Center  
15801 Michigan Avenue  
**Cost:** \$3- 12 and under FREE

- ~ Silent Auction- 10am-3:30pm
- ~ Hourly 50/50 Raffles
- ~ Buy a duck from the pond to win a prize
- ~ Fashion, bridal & prom shows

Come into our office to pick up a flyer worth \$1 off your admission. Stop by our table at the expo to score some MRC swag such as tote bags and pens. Don't forget to get some great brochures while you're there too!

### Reunion Dinner

We are hosting a reunion dinner for all those who have "graduated" from either our PREP or Pick A Partner workshops from May to October 2009. Invitations have been sent out to those who qualify.

*March 25th at 6pm  
Hyatt Regency  
600 Town Center  
Dearborn, MI 48126*

**If you have received your invitation and plan on attending, please RSVP by March 18 at 313-278-4400.**

### 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

This is an ongoing, educational group where you learn, encourage and support one another. You will develop new skills and understanding to help improve your marriage. No need to sign up. Free!

*Stop by one of our locations:*

**Mondays-** Marriage Resource Center, 23400 Michigan Avenue, Suite P18, Dearborn. Village Plaza building. 7-9pm. Call MRC at 313-278-4400 for more info.

**Thursdays-** Redford Township Library- **Cancelled**

**Fridays-** Leland Baptist Church- **Cancelled**

**Fridays-** *(Every other Friday: 3/12, 3/26, etc.)* First United Church of Jesus Christ, 8809 Joy Road, Detroit, 48204. 7-9pm. Call Julia at 248-506-7235 for more info.

**Meet the MRC Staff!**

**Julie Bock-** Executive Director  
**Aleta Curry-** Development Director  
**Jenny McDonald-** Marketing Director  
**Amanda Williamson-** Office Manger  
**Sandra Zahrfeld-** Marriage Education Coordinator

Our operations wouldn't work as smoothly as it does if it wasn't for our wonderful volunteers too.

Feel free to stop by our office to introduce yourself!

**Black Marriage Day Events**

We will be working with local media outlets to help promote Black Marriage Day. Stay tuned for more info...

**Celebrate Black Marriage Day**

A few ways to celebrate Black Marriage Day on March 28th:

- Honor members of your extended family or community whose marriages have had an impact on your life. Write a note of appreciation for marriages that have inspired you.
- Give a gift certificate for a class to newlyweds, new parents, or anyone whose marriage could use a boost.
- Encourage civic, community and religious leaders to acknowledge Black Marriage Day with an endorsement, announcement or declaration and activities.
- If you're not married, offer to babysit so someone else can go celebrate.

Ideas and suggestions obtained from: [More Things to Do](#)

**Marriage is Hard Work- Now It's Time to Celebrate!**

**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 and Twitter**

Join us on Facebook and Twitter to see daily updates on what is happening here at the MRC.

**Next Month:**

**Classes and workshops coming in April for both couples and singles**

We've seen a lot of hard work lately in the Olympic athletes. It doesn't matter what their sport, they all practiced hard to get to the games-and whether they won a medal or not, they have plenty to celebrate. They were diligent in their practice and innovative in their presentations-we were often very impressed! But with the games over we're back in the middle of Winter--past the bright spot of the Olympics, of our Valentine's Day and National Marriage Week celebrations, and not yet to Black Marriage Day. Don't fall into the trap of thinking that these emotional holidays are simply Hallmark's efforts to get us to buy candy, cards, and flowers. There's much more at stake here than just spending money on frivolous gifts. Marriage is an important and unique relationship that blesses us and our kids. But it's not all warm fuzzies-it is often hard work! If the Olympians can do it-so can we.



It doesn't take much to stay emotionally in touch with your spouse--no 500 meter sprints, or half-pipe McTriples, just a bit of intentional effort. Get creative--you *can* bring some innovation into your relationship. Even little things can be spark up dreary winter days. Try greeting your spouse at the door with a kiss, or tuck a note into their briefcase or lunchbox...text them a smiley in the middle of the day just to let them know you're thinking of them--often the little things really do mean a lot. And as with the athletes, perseverance counts. Don't quit after an occasional treat--continue to look for ways to remind your spouse of you! Keep up the hard work until it becomes a habit. Your spouse will look forward to each surprise, and to seeing you at the end of each day. Are you working to win a medal from your spouse? Make the hard work and practice of your marriage something to celebrate! *hmmm...where did I put that little black dress???*

Article by Julie Bock, Certified Marriage Educator

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