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Welcome to the MRC's May Newsletter!

Thanks for stopping by! The Marriage Resource Center has a lot offer...a little something for everyone. So check out all the great things happening. For more info, log onto our website at www.mimarrriage.org.



Kroger Community Rewards



Be sure to add the Marriage Resource Center to your Kroger Plus card. You can do so by logging onto:

[Kroger Community Rewards](#)

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[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.



Register there to help support us. A percentage of your purchase will go towards the MRC!

Third Option Support Group for Couples

Marriage Resource Center

Date/time: Every Monday from 7-9pm (no class on 5/31)

Location: 23400 Michigan Avenue, Suite P18, Dearborn

Cost: Free

Contact: Kristen at 734-578-2986

First United Church of Jesus Christ

Date/time: Every other Friday (May 7 & 21) 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. Even though registration is not required, please call the contact person to verify the group is going on that night.

PREP Retreat for Couples

Doubletree Hotel- Dearborn

Date/time: Friday, June 25 6-9pm & Saturday, June 26 9am-3pm

Location: 5801 Southfield Expressway

Cost: \$50/couple for first time attendees; includes over night stay along with breakfast and lunch on Saturday



Disagreements aren't the issue- it's how you handle them. Do you find yourself going in circles when talking- always ending up in the same frustrated places? Break the cycle by learning skills to gain more satisfaction and lessen stress in your relationship. Couples who take the workshop have a better change of staying together. Great for couples at every stage and any age.

FOCCUS Inventory Facilitator Training

Do you work with couples and singles to prepare them for 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.

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 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).

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

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

Date/time: Saturday, June 12, 8:30am-4:30pm
Location: Spring Arbor-Dearborn Campus, 23400 Michigan Avenue, Suite P20, Dearborn
Cost: \$125 per person; includes training, facilitator manual and light breakfast. Lunch is on your own. Spouses may attend for an additional \$75. Previous attendees may attend for \$55 each- you must bring your manual with you.

Saturday Night Peace Camp

Presented by Community of Christ and MRC



Date/time: 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

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.

- **Active Relationships:** Powerful skills to create and maintain healthy relationships.

Private coaching sessions are also available

Black Marriage Day Dinner

Thank you to everyone who attended our Black Marriage Day dinner. We had a great evening full of food and enrichment.

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

- Charles H. Wright Museum of African American History*
- The Doctors of Physical Therapy in Novi*
- Doubletree Hotel- Dearborn*
- Mario's Italian Restaurant*
- Radio One*

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 West 8 Mile and Southfield Freeway

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 Natural Awakenings

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 Observer- Women's Section

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 WCHB 1200 AM
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Check Out Our Blog!

<http://mrcwaynco.wordpress.com>

Members of:

- Michigan Non-profit Association
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Ask Ms. Aleta



Every month, Ms. Aleta will be answering your questions about adolescents, marriage or family.

This month's question:

Why is forgiveness important in a marriage?

Answer:

When someone has hurt you or broken your heart, you need to forgive them. No matter how hard it is to forgive, forgiveness allows an individual to let go of the past, and move on with their life in a productive way.

If you have a question for Ms. Aleta, please submit it to development@mimarrriage or aletacurry@comcast.net.

Aleta Curry, MA, is a care pastor at Mt. Zion Church in Clarkston, Michigan. She is a graduate of WSU and CMU. She is also a Marriage and Family Coach for the Marriage Resource Center.

Join us on Facebook

[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:

More classes and workshops coming in June for both couples and singles

Have Fun in Your Marriage!

Article by Julie Bock, Certified Marriage Educator

Often you hear me talk about the tremendous benefits of having a healthy marriage-adults are more satisfied with their relationships, kids are more connected with their parents, etc., etc. I'm happy to talk to you about the amazing positives for you and me and our communities when those kinds of marriages are the norm; that's what motivates me to keep at this work of strengthening marriages and families. And changing what our culture thinks of as "normal" in relationships is part of our purpose here at the MRC. It's a big task, and one that a single organization alone can't accomplish. The truth is we need your help-but maybe not in exactly in the way you might think.

When's the last time you just had fun with your husband or wife? Really...when you got married were you thinking that you couldn't wait to settle in to the job/housework/'kids gotta' be somewhere' routines? Not likely. Instead you were most likely infused with those warm fuzzy feelings that come from spending "quality" time with your fiancé-late nights, long walks, intimate talks about the future. When's the last time you did any of those things? A major component of any satisfying relationship is having fun and building memories. Turn off the computer, and the

TV, and your cell phone. The weather's getting nice-go outside. Leave the kids with a sitter, or with your mom, and do something fun with your spouse. It doesn't have to be fancy or expensive. There are a couple of rules though: no discussions about the kids or the bills or the stress at work. So try reminiscing about your first date, your wedding or honeymoon, or daydreaming together about the perfect romantic vacation you'd like to experience together. Be silly, have fun...go bowling, or to the park. Lie in the grass and stare up at the stars, go to the library and read poetry to each other. Whatever you do-spend some time together having fun. And do it regularly--every week if you can, at least once a month.

Because when you do you'll be much more satisfied with your marriage. Then you'll be more encouraging to your neighbors, and your siblings, and your co-workers. They'll want to know how you manage to have such a good marriage. And people will start to think maybe there's something to this marriage thing after all. And that will move us all-and our culture--a lot closer to the idea of healthy, happy marriages as a normal part of living. Now go have fun!



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