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## Volume I, Issue 4 February 2009

**Dear Pamela,**

Although January has passed, it is never too late to make resolutions for 2009, especially when it comes to improving relationships! In the **News You Can Use** section, you will find an article or two about New Year's resolutions for couples.

We are very excited about our special offerings this time. Check out the **Love Smart Retreat for Couples** (02.28.09) (**Still some space left!**) and **Black Marriage Day** (03.22.09) information below.

We are interested in your feedback. Please let us know what kinds of information you would like to see in this newsletter.

Here is what people who have taken our workshops are saying:

**"No matter how long you are married there is always room for improvement and communication. This is our anniversary, married 39 years and learned topics that will last another 39 years (we hope and pray!)"**

Frank and Carol, St. Petersburg (01.24.09)  
Relationship GPS -- Tools To Navigate Your Lives Together

**"I took this class in hopes of turning myself around in a situation that I now realize I played a big contributing factor in by simply being the "jerkette." . . . If I were in touch with all that I**

**gained by coming to this workshop perhaps I wouldn't be headed for a divorce."**

Darlene, Dunedin (02.07.09)

How to Avoid Falling in Love With a Jerk(ette) -- How to Follow Your Heart Without Losing Your Head

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## **Love Smart Series: A Retreat for Couples on Preventing Relationship Bail-out**

For many people times are tough, both financially and relationally. Now is the time to get back to the basics. **Make your relationship and life stronger and more satisfying than ever.** In this one-day event, you'll walk away knowing how to:

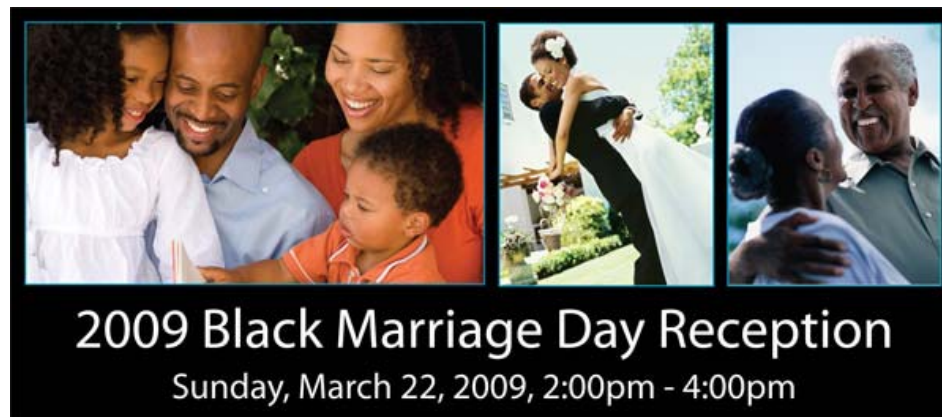
1. Get on the same page with your partner so that you both are moving in the same direction.
2. Dramatically increase and improve your communication with each other.
3. Get your needs met while meeting those of your partner.
4. Much, much more!

You will not want to miss **Love Smart Series: A retreat for Couples on Preventing Relationship Bail-out on Saturday, February 28.** There's a little something here for everyone. You'll have an opportunity to interact, learn positive touch, Relationship

Rhythm (a mini Latin dance class) and solid tools for enhancing your relationship. Even if things are wonderful between you and your partner this retreat can make them even better.

Learn these skills you can use right way while enjoying the relaxed surroundings of the **DaySpring Conference Center**  
**8411 25th St. E.**  
**Parrish**

Register online [HERE](#) or by telephone 941.708.5894.



### **Black Marriage Day 2009: The Obamas Are Not the Only Black Couple With a Great Marriage**

You&Me.WE is sponsoring the 2009 Tampa Bay Black Marriage Day (BMD) celebration in conjunction with National Black Marriage Day on Sunday, March 22, 2009. The inaugural members of the Tampa Bay Marriage Hall of Fame will be announced at a free reception at the Carter G. Woodson Museum in St. Petersburg.

Stephanie M. Brown, Community Relations Specialist for You&Me.WE said, "Recognizing this day is very timely and extremely effective in getting the message out to raise awareness of the benefits of marriage. Also, it will let our community know that yes, marriage has its challenges, but education and

assistance is available locally."

The community may help in two ways: Nominate couples for the 2009 Tampa Bay Marriage Hall of Fame and attend the celebration.

To nominate a couple, complete an application available for download at [Tampa Bay Black Marriage Hall of Fame](#) or go to the website at [You&Me.WE](#) and click on Black Marriage Day. Applications must be received by Friday, March 6, 2009. There are two categories for Black Marriage Hall of Fame nominations: couples married at least 20 years and couples married no more than two years. All couples nominated must include at least one African-American spouse. Candidates must be nominated by community members; self-nominations will not be accepted.

Join us in celebrating Black Marriage Day and honoring these couples on

**Sunday, March 22nd**

**2:00pm - 4:00pm**

**Carter G. Woodson Museum's Legacy Garden ([www.woodsonmuseum.org](http://www.woodsonmuseum.org))**

**2240 9th Ave. S.**

**St. Petersburg**

You do NOT need to nominate a couple to attend. The event is open to the public FREE of charge but attendees are requested to RSVP ([www.youandmewe.org](http://www.youandmewe.org) or call 727.528.5831).

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## New Billboard Campaign Takes Off



Keep your eyes peeled for the new billboard campaign rolling out for You&Me.WE. The theme plays on the words 'Marriage Is Every Day' and feature such every day tasks as dish washing and laundry. The pictures visually share the message that healthy

relationships require more work but are also more rewarding. The billboards will remain through April and are located on highly traveled roads in Pinellas and Manatee counties.

Pinellas - "It's Every Day."

US 19 .25 miles North of 38th Avenue N - West Side - Facing North  
Park Blvd .20 miles West of 66th St - South Side - Facing East  
US 19 1 mile North of Ulmerton Rd - West Side - Facing North  
US 19 .50 miles South of Tampa Rd - West Side - Facing South

Manatee - "It's Every Day."

US 301 .50 miles South of SR 70 - West Side - Facing North  
US 41 500 ft North of 57th Ave - West Side - Facing North



## News You Can Use

### [Top 10 List of New Year's Resolutions Couples Should Make Using New Year's Resolutions to Improve Your Relationship](#)

By Sally Albright

Excerpted from article:

New Year's Resolution #10: Exercise Together

New Year's Resolution #9: Cook Together

New Year's Resolution #8: Play Games Together

New Year's Resolution #7: The Little Things

New Year's Resolution #6: Get Romantic

New Year's Resolution #5: Listening

New Year's Resolution #4: Fewer Arguments

New Year's Resolution #3: Compliments

New Year's Resolution #2: Dates

New Year's Resolution #1: Saying I Love You

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Click [HERE](#) to see the full article.

### ***Psychology Today* blogs** **The NEW New Year's Resolution**

By Michele Weiner-Davis on December 24, 2008 in Divorce Busting

There's a saying, "If you aim at nothing, you'll hit it every time." It's true, which makes setting New Year's resolutions a very pragmatic activity. But if you're like most people, as you're shifting into that, "turning-over-a-new-leaf mode" and thinking about ways to improve your life, your mind starts to meander to those ten extra pounds you've been lugging around or those cigarettes you've been smoking despite the inconvenience of having to go outside in freezing temperatures or that urge that has been creeping up on you every evening to have just one more night cap. And when you're done thinking about all the vices you should quit, you check your calendar to see if this will be the year that you finally take that finance class over at the local community college. Make no mistake about it, you want to be thinner, richer, healthier and smarter.

But the truth is, when nearly one out of every two marriages ends in divorce, why is it that people are so busy worshipping the Personal Improvement God/dess rather than focusing on the improvements we can make to our important relationships? Why don't spouses sit down together and truly think about where they want to be six months or a year from now, setting relationship-oriented goals that can make marriages richer, healthier and longer lasting? Why not forego the cash you'd be shelling out for a Personal Trainer and get some Interpersonal Training to make your marriage more buff? And if this seems like a foreign idea, I'm going to help you out a bit. I will give you some tips for setting Relationship Resolutions for 2009.

Click [HERE](#) to read the entire article.

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## News from Beyond Tampa Bay

### Marital Distress May Affect Breast Cancer Recovery

THURSDAY, Dec. 18 (HealthDay News) -- Marriage problems are associated with poorer outcomes for women with breast cancer, a new U.S. study finds.

The researchers found that women in troubled marriages had higher levels of stress, less physical activity, slower recovery and more symptoms and signs of illness than women who reported good marriages. The research involved 100 women who were married or living with a partner at the start of the study and remained in the relationship during the five years of follow-up.

Click [HERE](#) to read the entire article.

### The Couple Connection

This interactive, self-help site will provide you with resources and practical tools that may enable you to improve your relationship with your partner. It is strongly recommended that you read the Helping Process and guidance "Is this site for me?" before progressing through the site. These both explain in detail how to use the site and get the best out of it.

[www.Thecoupleconnection.net](http://www.Thecoupleconnection.net)

You&Me.WE does not have a partnership with this site nor is this to be construed as a

partnership nor endorsement.

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## Family Falling Apart?



# Family falling apart?

Call: 727.298.3916

[www.family-resources.org](http://www.family-resources.org)

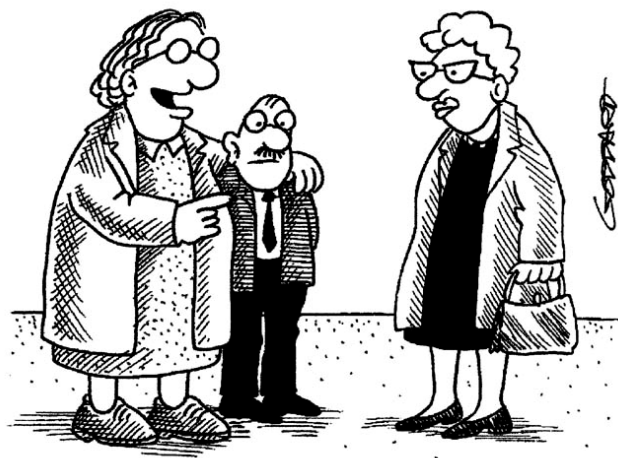


**THERE IS A LIGHT AT THE END OF THE TUNNEL**

For couples who would prefer a more in-depth experience or who are feeling marital stress, private couples education is available on a sliding scale fee. No one will be turned away due to inability to pay. Please call Kathy Rideout at 727.381.9400 and mention You&Me.WE.

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## Workshop Moves to South County in a New Format



"This is Malcolm, my insignificant other".

How to Avoid Falling in Love With a Jerk(ette) will be offered over four evenings at Eckerd College in south St. Petersburg starting March 24. On campus it will be called **Relationship Education 101 for Singles: How To Follow Your Heart Without Losing Your Head**. This is the first time that the singles workshop has been offered in four parts on week nights. Classes will run Tuesdays, March 24 - April 14, from 6:30 p.m. until 8:30 p.m. in Brown Hall 103. The college is located at 4200 54th Avenue South. Participants who miss one of the four sessions will be given the opportunity to make up that session on the fifth Tuesday, April 21. Those who complete a total of 8 contact hours will receive a \$25 Publix gift card.

**Tuesdays, March 24 & 31, April 7 & 14**  
**6:30 p.m. - 8:30 p.m.**  
**Eckerd College Brown Hall 103**  
**4200 54th Avenue South**  
**St. Petersburg, FL 33711**

Click [HERE](#) to register now.

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**Upcoming Workshops**



You&Me.WE is a healthy relationship initiative that services Manatee and Pinellas Counties and is designed to help couples thrive in their relationships and prepare for the possible commitment of marriage. The program offers fun and interactive skills based education for couples and singles through workshops, premarital education and private couple's education. Workshops include "How to Avoid Falling in Love with a Jerk(ette)" for singles, "Relationship GPS - Tools to Navigate your Life Together" and "Relationship Rhythm" (dance) for couples and a workshop just for teens called "Connections."

Workshops available to the public are scheduled each month on weekends as well as weeknights. Groups can also inquire about private workshops. Click [HERE](#) to read more about the workshops.

All workshop and registration information is available on the program website, [www.youandmewe.org](http://www.youandmewe.org), or interested persons may call 866.600.6064.

Workshops like these can cost up to \$200, but through a federal grant the You&Me.WE program is currently able to offer these workshops at no cost to the participant.

[Pinellas County](#) (Click [HERE](#) for a complete list)

*[Relationship GPS - Tools to Navigate Your Life Together](#)*

Over 4 nights - Tuesdays, March 10 - 31, 6:30 p.m. - 8:30 p.m.

Family Resources, 5180 62nd Ave. No., Pinellas Park

Couples who complete this class will receive a \$50 gift card. Click [HERE](#) to register now.

or

Saturday, March 21, 9:00 a.m. - 5:00 p.m.

Family Resources, 5180 62nd Ave. No., Pinellas Park

Couples who complete this class will receive a \$50 gift card. Click [HERE](#) to register now.

*[How To Avoid Falling In Love With a Jerk\(ette\) -- Learn To Follow Your Heart Without](#)*

*Losing Your Mind*

Saturday, March 7, 9:00 a.m. - 5:00 p.m.

Family Resources, 5180 62nd Ave. No., Pinellas Park

Individuals who complete this class will receive a \$25 Publix gift card. Click [HERE](#) to register now.

or

Over 4 nights - Tuesdays, March 24 - April 14, 6:30 - 8:30 p.m.

Eckerd College -- Brown Hall 103, 4200 54th Ave. So., St. Petersburg

Individuals who complete this class will receive a \$25 Publix gift card. Click [HERE](#) to register now.

Manatee County(Click [HERE](#) for a complete list)

*Love Smart Series: A Retreat for Couples on Preventing Relationship Bail-out*

Saturday, February 28, 9:00 a.m. - 5:00 p.m.

DaySpring Conference Center, 8411 25th St. E, Parrish

Couples who complete this class will receive a \$50 gift card. Click [HERE](#) to register now.

or

Saturday, May 2, 9:00 a.m. - 5:00 p.m.

DaySpring Conference Center, 8411 25th St. E, Parrish

Click [HERE](#) to register now.

*How To Avoid Falling In Love With a Jerk(ette) -- Learn To Follow Your Heart Without Losing Your Mind*

Over 4 nights - Thursdays, March 5-26, 6:00 p.m. - 8:00 p.m.

Women's Resource Center, 1926 Manatee Ave. W., Bradenton

Individuals who complete this class will receive a \$25 gift card. Click [HERE](#) to register now.





## Our Mission

The mission of You&Me.WE is to engage, educate and encourage individuals and couples to achieve and sustain safe, healthy and mutually beneficial relationships for life.

## Contact Information

Phone: Pinellas: Cindy at 866.600.6064

Manatee: Laura at 941.708.5894

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