

You're receiving this email because of your relationship with Family Resources. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Volume I, Issue 5 May 2009

Dear Pamela,

We at You&Me.WE look forward to the day when the economic news is more upbeat than downbeat. For the time being, however, all of us feel some concern for our futures. The articles this month focus on keeping our relationships intact and healthy during difficult financial times.

We are very excited to offer a real bargain for our upcoming couples retreat scheduled for July 31 at the Don CeSar Beach Resort on St. Pete Beach. Imagine a night at a luxury hotel right on the water, with meals included, plus eight hours of relationship education all for \$149 for you and your partner. Learn about gender differences, deepening communication skills and making change stick. And you can stretch your stay into a real vacation three days before and after July 31 at the incredibly low rate of \$144/night for the hotel room. See below for more information and sign up soon because spaces are filling quickly! Invite your friends, too!

In this Issue

[Couples Retreat at the Don CeSar Beach Resort](#)

[Relationship Zen for Couples](#)

[Our New Online Look](#)

[How Do You Spell Success? -- Black Marriage Day 2009](#)

[Relationship Education Outreach to the Hispanic Community](#)

[News You Can Use](#)



NEW!

You&Me.WE Couples Retreat at the Don CeSar Beach Resort

Learn about gender differences, deepening communication skills and making change stick! Keynote speakers are Barbara Rhode LMFT and Annette Rider LMFT.

Retreat Date: Friday July 31st - Saturday, August 1st

Please hurry! Limited spaces available. Registration is filling quickly.

6:00 P.M. - 9:15 P.M. on Friday

9:00 A.M. - 4:30 P.M. on Saturday

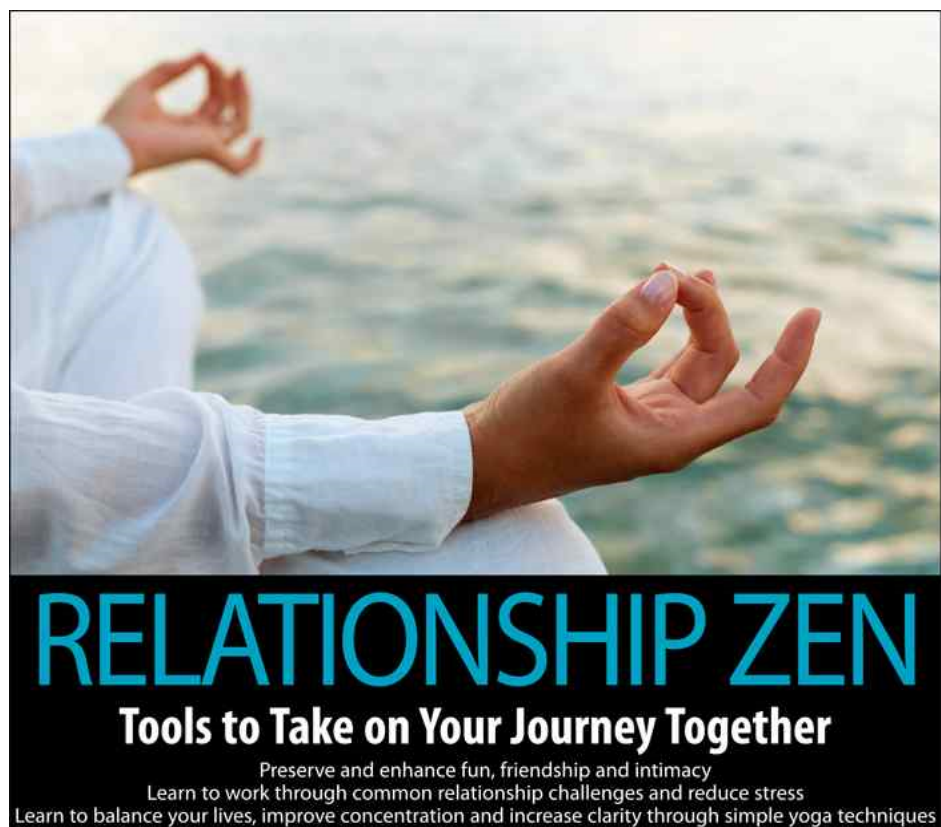
Cost: **\$149 per couple** which includes: 1 night hotel stay, dinner, breakfast, lunch, all instruction and materials. (Please note that you are not registered until payment has been made via Google Checkout - at the end of the registration process.)

Location: **Don CeSar Beach Resort**, 3400 Gulf Blvd, St. Pete Beach, 33706

To register online, click [HERE](#) or call 866.600.6064. If possible, please try to use Firefox instead of Internet Explorer to register (our site has difficulty with Internet Explorer).

If you would like to extend your stay at the Don CeSar up to three days before and / or three days following the retreat, you may do so at the deeply discounted rate of \$144 / night for the room. Contact Lisa Richardson or Barbara Schmidt, Reservations Group Coordinators for the Don CeSar. Please email them at dchrgc@loewshotels.com or phone (main line) 727-360-1881.





Relationship Zen for Couples

Here is an opportunity for couples to relax, refresh and renew. With the collaboration of Living Room Yoga owner and instructor Stacy Renz, simple yoga techniques will be introduced and practiced during the Relationship GPS workshop. The goal is to preserve and enhance fun, friendship and intimacy while learning to work through relationship challenges and reducing stress. Benefits include a strengthened relationship, improved balance in your lives, enhanced powers of concentration and increased clarity. The cost is only \$20 per couple.

Relationship Zen
Saturday, June 20
9:00 a.m. - 5:00 p.m.
Lunch included.

Click [HERE](#) to register now!

Check Out Our New Look!



The You&Me.WE website is getting a fresh new look. We are updating our appearance with easier navigation. We are starting to build a community section just for you. The screen shot above gives you an idea of the look and feel of what you will see when you click on www.youandmewe.org in the near future.



How Do You Spell Success? -- Black Marriage Day 2009

The 2009 Tampa Bay Black Marriage Day was a huge success! More than 200 people, including couples, elected officials and community members, enjoyed the celebration at the beautiful Carter G. Woodson Museum's Legacy Garden on Sunday, March 22nd. This event took place in conjunction with National Black Marriage Day which is held annually on the fourth Sunday of March.

A highlight was the announcement of the inaugural members of the Tampa Bay Marriage Hall of Fame. The winning couple in the newlywed category was Philip and Melonie Harris. Their marriage was described as being tested by adversity. They have faced serious health challenges while exhibiting great courage and support for one another.



In the 20+ years of marriage category the winning couple was Rev. Paul B. and Melissa Brown who have been married for 59 years. Their marriage symbolizes commitment and endurance and has weathered many storms with patience and love. Their daughter stated that they are happily married and in love like they have never been before!



Black Marriage Day was established in 2001 to highlight the benefits

of marriage, pay tribute to successful marriages and to promote marriage in the Black Community. It was founded by Washington DC's Nisa Muhammad, executive director of the Wedded Bliss Foundation. Marriage activists in more than 300 cities across the United States participated this year.



Aqui se habla español - Relationship Education in Spanish



You&Me.WE's relationship coach Maida Lasalle has gone the extra mile, translating the "How To Avoid Falling In Love With a Jerk/ette" curriculum into Spanish. Bilingual herself, the effort required much time and preparation, because of the specialized vocabulary of relationship education.

Recently she taught a workshop at the Hispanic Outreach Center in Clearwater. The

participants were engaged, asked questions and enthusiastically discussed the topics. Ms. Lasalle remarked, "I found this class so rewarding because the participants were so hungry for the information." You&Me. WE staff members were particularly heartened when a recently separated couple said they would like to make another go of it at the workshop's conclusion.

News You Can Use

Budget Friendly Summer Fun for Married Couples with Kids

Source: [National Healthy Marriage Resource Center](#)

Sharing quality time with your family can build stronger relationships and foster a sense of well-being for all family members. The family vacation is a traditional part of the American summer and is intended to forge these family bonds in a relaxed environment. We all know that family vacations can often be expensive due to costs such as fuel, rental cars, food, lodging and even plane tickets. Don't despair! There are a variety of ideas for family fun, both inside and outside of the house, that will not break the bank. This tip sheet will offer some direction on how you can make that happen!

If you ask some married couples on a fixed income the best way to keep their kids occupied during the summer, you may be met with confusion or blank stares. In today's economy, fuel, childcare and other financial obligations stretch budgets to the point where there is little money left to finance family fun. Though financial challenges can make vacations and other summer activities seem impossible, effective planning can help create enjoyable and cost-effective summer fun, even if leaving town is not possible.

Summer Camps

National Parks/ Wildlife Refuges

Local Museums and Libraries

Fairs and Festivals

Local Parks and Recreation Programs

Volunteerism

Home Improvement

Neighborhood Cookouts/Block Parties

Camping At Home

These are just a few ideas to get you started thinking about fun, inexpensive ways to share time together. Remember to utilize the resources that are available to you. Your greatest resource is your imagination and creativity!

Click [here](#) to read entire article.

Editor's note: Here are a few ideas to get you started: [National Park Service](#); [Great Explorations Children's Museum](#); [Children's Museum of Tampa](#); [Pinellas County Libraries](#); [Florida State Parks](#); [Manatee County Parks](#); [Volunteer Match](#); [Florida Museums](#); [Doityourself.com](#)

Economic Advice from www.TWOOFUS.org

The recently launched www.TWOOFUS.org web site, recently launched by the National Healthy Marriage Resource Center, is a dynamic site chock full of information. The following two videos, each less than two minutes, offer valuable tidbits on personal finance.

[Socking Money Away for a Rainy Day video](#)

[Creating a Plan B in Case of Job Loss video](#)

Snapshots of Wedding Planning During a Recession



While a recession won't stop most people from getting married, more engaged couples are scaling back their wedding spending. As many as 75 percent of brides-to-be say they will make some adjustments to their budget due to the economy, according to a study commissioned by David's Bridal.

Spending is down in a variety of areas:

- The average amount spent on an engagement ring in 2008: \$3,215. The expected average amount that will be spent in 2009: \$2,939
- The average cost of a wedding in 2007: \$28,704. In 2008: \$21,814, a drop of 24 percent.

Spending in other areas also saw a marked decline from 2007 to 2008:

Wedding dress: **-31** percent Rehearsal dinner: **-34** percent

Reception food service: **-53** percent Wedding cake: **-33** percent

Wedding favors: -9 percent

Limo rental: -24 percent



Other ways couples are saving money:

- To save costs on photography, some brides are turning to student photographers.
- Do-it-yourself invitations. Overall spending on invitations dropped 34 percent, according to *The Wedding Report*.

Sources: [David's Bridal](#), *The Wedding Report*

FAIR USE NOTICE: This e-newsletter/site contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We make such material available in our efforts to advance understanding of marriage, family, couples, divorce, legislation, family breakdown, etc. We understand this constitutes a 'fair use' of such material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107, the material on this site is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes. For more information: <http://www.law.cornell.edu/uscode/17/107.shtml>. If you wish to sue copyrighted material from this site for purposes of your own that go beyond 'fair use,' you must obtain permission from the copyright owner.

For more information about fair use, see <http://www.copyright.gov/fls/fl102.html>.

News from Beyond Tampa Bay



[ABC News](#)

Five Tips to Recession Proof Your Relationship Tough Financial Times Can Cause Couples Stress

February 15, 2009

Kit Yarrow, a consumer psychologist and professor of psychology and business at Golden Gate University in San Francisco, offers these five tips to help couples recession-proof their relationships.

Tip 1: Expand your definition of "wealth" and "security" to include all of your riches --

good health, hobbies, pets, friendships and, most importantly, your spouse and family.

Tip 2: Flexibility in the face of change is the best defense. Uncover the secret psychological expectations you have about what a "husband" or "wife" should be and consider expanding those concepts to meet new economic realities.

Tip 3: In times of uncertainty, it helps to create as much predictability in you life as you can -- scheduling the good (and the uncomfortable) does just that. Set up weekly budget meetings that include not only talking about finances, but also the best ways to handle anxiety, feelings and your marriage. Also schedule weekly meetings of a more romantic nature to keep the emotional aspects of your relationship strong.

Tip 4: Be aware that stress and anxiety deplete emotional resources of every kind -- everyone has a little less resilience right now, and everyone needs a little more support. That gap can be the start of misunderstandings that can mushroom into real conflicts. Don't jump to conclusions, focus more on your spouse and less on yourself.

Tip 5: Focus on what you can do, and avoid panic around what you can't do. Remember, fear is just a warning bell -- worrying does not solve problems, it short-circuits rational thinking. Be mindful and stay in the present. Reach out for help, and also help others -- it's empowering.

Copyright © 2009 ABC News Internet Ventures

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

7 Ways to Boost Your Sex Life When the Dow Plunges

According to an article by Deborah Kotz, sales of condoms, sex toys, massage oils and lubricants continue to boom despite the downturn in the economy. Wondering whether these sales apply more to singles than married folks, she contacted psychologist Ian Kerner, a New York City-based sex therapist, who said, "I haven't seen it pan out that way. I'm seeing a lot more couples with mismatched libidos, often guys who are unemployed or stressed about their job security and experiencing low-level depression, which has a deleterious effect on their desire." And wives are left feeling, well, undesired.

Kerner recommends that couples 1) invest in their relationship, 2) pick up those proverbial pom poms, 3) think five parts positive for every one part negative, 4) hug it out, 5) share their sex dreams with one another, 6) make sex a top priority and 7) appreciate the economic value of sex.

(c) 2009 *U.S. News & World Report*

Copyright © 2009, Tribune Interactive

Click [here](#) to read entire article.

FAIR USE NOTICE: This e-newsletter/site contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We make such material available in our efforts to advance understanding of marriage, family, couples, divorce, legislation, family breakdown, etc. We understand this constitutes a 'fair use' of such material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107, the material on this site is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes. For more information: <http://www.law.cornell.edu/uscode/17/107.shtml>. If you wish to sue copyrighted material from this site for purposes of your own that go beyond 'fair use,' you must obtain permission from the copyright owner.

For more information about fair use, see <http://www.copyright.gov/fls/fl102.html>.

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 You&Me.WE workshops and retreats.

All program and registration information is available on the program website, www.youandmewe.org, or interested persons may call 866.600.6064.

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

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

Relationship GPS - Tools to Navigate Your Life Together

Saturday, May 16, 9:00 a.m. - 5:00 p.m.
Family Resources, 5180 62nd Ave. No., Pinellas Park
Click [HERE](#) to register now.

Relationship Zen for Couples - Tools to Take on Your Journey Together

In addition to a full relationship education curriculum, learn to balance your lives, improve concentration and increase clarity through simple yoga techniques.
Cost: \$20 per couple

Saturday, June 20, 9:00 a.m. - 5:00 p.m.
Family Resources, 5180 62nd Ave. No., Pinellas Park
Click [HERE](#) to register and pay now.

Relationship Ed. for Singles-- Learn To Follow Your Heart Without Losing Your Head

Those who complete a total of 8 contact hours will receive a \$25 Publix or gas gift card.

Saturday, May 9, 9:00 a.m. - 5:00 p.m.
St. Raphael Catholic Church, 1376 Snell Isle Blvd., St. Petersburg
Click [HERE](#) to register now.

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

Saturday, June 6, 9:00 a.m. - 5:00 p.m.
Family Resources, 5180 62nd Ave. No., Pinellas Park
Click [HERE](#) to register now.

You&Me.WE Couples Retreat at the Don CeSar Beach Resort

Learn about gender differences, deepening communication and making change stick!
Cost: \$149 per couple which includes - 1 night hotel stay, dinner, breakfast, lunch all instruction and materials.

Friday July 31 - Saturday, August 1
Friday - 6:00 p.m - 9:00 p.m.
Saturday - 9:00 a.m. - 4:30 p.m.

Don CeSar Beach Resort, 3400 Gulf Blvd., St. Pete Beach
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
Just a few spaces left!

Saturday, May 2, 9:00 a.m. - 5:00 p.m.
DaySpring Conference Center, 8411 25th St. E, Parrish
Click [HERE](#) to register now.

Rediscovering You - A Retreat Not Just for Women

Those who complete a total of 8 contact hours will receive a \$25 Publix or gas gift card.

Saturday, May 30, 9:00 a.m. - 5:00 p.m.
DaySpring Conference Center, 8411 25th St. E, Parrish
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

[Join Our Mailing List!](#)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to pmiller@family-resources.org by krawson@family-resources.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Family Resources | 5180 62nd Avenue North | Pinellas Park | FL | 33781