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**Dear Pamela,**

Welcome to the second issue of ***You&Me.WE Update***. Our goal is to share news of Family Resource's relationship education programs in Pinellas and Manatee counties as well as information that will be useful to you. Please send your ideas, suggestions and comments about the newsletter to Editor, Kitty Rawson, [krawson@family-resources.org](mailto:krawson@family-resources.org).

"Relationship GPS: Tools To Navigate Your Life Together" workshop participant comments --

*"What a wonderful opportunity for couples to come together and learn how to strengthen their marriage / relationship. My only regret is that we didn't take this class sooner."* -- Tanya, St. Petersburg (11.08.08)

*"I was very pleased with the professionalism and knowledge of the speakers. Your staff was genuinely interested and you could tell they liked the line of work and human services they were providing."* -- Sandra, Largo (11.08.08)

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## Insta-Marriages! Bulk-Rate Divorce! Spoof website offers real relationship advice to men



The You&Me.WE program of Family Resources has launched a humorous marketing campaign called "EasyEddy.com." This campaign includes billboards that point out some myths on marriage like "Marriage means: Your troubles are over!" and "Marriage means: SAVING 50% ON RENT!" Visit [www.EasyEddy.com](http://www.EasyEddy.com) to preview the entire campaign concept, which pokes fun at unhealthy approaches to marriage to underscore that they are different from healthy marriages.

The campaign includes billboards and radio and television advertising during the Tampa Bay Lightning hockey games and other male-oriented programming. The edgy tone of the messages is aimed towards men, a follow up to the more female-oriented "[IHateHimSoMuch.com](http://IHateHimSoMuch.com)" campaign that ran through September. Billboards are located throughout Pinellas and Manatee counties. See the location list below.

"The ultimate goal of the 'EasyEddy.com' campaign is to spread awareness in the community, draw attention to the importance of relationship education and to encourage participation in the many fun and interactive relationship education opportunities that You&Me.WE offers," said You&Me.WE program director Carol Jones.

To read the entire article, please click [here](#).

## Annual Conferences Highlight September

Two annual conferences in September, one in Manatee County and one in Pinellas County, garnered high praise from participants. Workshops and speakers focused on tools and techniques which contribute to healthy, joy-filled relationships with significant others. Here are brief reviews of each.



### **Second Annual Mission Possible Community Conference: It's All About Relationships!**

Participants at the second annual Mission Possible Community Conference in Pinellas County spent the day in workshops offered in a relaxed, yet highly educational format. The conference name refers to the fact that improving relationships to strengthen couples is a Mission Possible. Keynote speaker Dawn Hasemann, PhD., a licensed clinical psychologist, opened the event with an informative speech that covered relationship stages, communication skills and intimacy. This opening served as a prelude for many of the workshop opportunities which followed. Licensed professionals seeking continuing education credits heard presentations on "The Truth & Lies about Gender Differences," "Identifying & Intervening with Addicts" and "How to Forgive and Ask for Forgiveness." Continuing education credits were awarded through St. Petersburg College.

Additional workshops for the general public covered topics like "Blended Families: Seeking the Perfect Balance," "How to Forgive and Ask for Forgiveness," "Wisdom of the Ages, Stories of Successful Relationships," "Avoiding the Empty Nest Syndrome," "An Addict in the Family" and "The Significance of Intimacy."

Attendees enjoyed a light continental breakfast after registering for the conference and a box lunch at mid-day. A conversational buzz highlighted the breaks as presenters and participants continued their discussions after the workshops ended.



### **Creative Rhythms Community Conference**

Creative Rhythms, the You&Me.We conference in Manatee, was certainly inspiring in that it presented familiar information in a very different way. Presentations began on Friday evening with John Van Epp, PhD., author of *How To Avoid Falling in Love With a Jerk*. Van Epp presented well-researched and immediately applicable guidelines for achieving relationship goals and avoiding future mistakes. Van Epp's presentation continued through Saturday morning, followed by several break-out sessions which furthered the creative theme.

Each workshop encouraged individuals and couples to dream with both their hearts *and* their heads and to fill their important relationships with all the fun and passion they can. The workshops were designed to leave participants with energy and momentum to express their hearts' desires, to unlock their imagination and encourage them to regain a sense of fun.

Workshops involved a wide variety of activities and approaches including an art project, sensual massage, attachment and bonding techniques, effective teamwork through salsa dance, using unconscious or subconscious resources and avoiding bad habits within a marriage.

You&Me.WE partnered with Bradenton's Women's Resource Center and Marriage Works for the conference. The partnerships further strengthened connections with agencies and businesses in the area and offered a creative learning experience for those who attended. Participants had the opportunity to dream at the highest level, to brainstorm possibilities and to discover something that could strengthen their relationships.



### **Marriage and Financial Stress**

With the financial markets apparently in chaos and the economy seemingly on the decline, many couples are experiencing financial stress. The site provides suggested resources:

- [NHMRC FAQ on Finances in Marriage \(PDF - 99 KB\)](#) The NHMRC has compiled common questions about finances and marriage and research-based answers to those questions.
- [Getting to Know You, Your Co-Spender, and Money](#) - A Fact Sheet and exercise from The Ohio State University Extension intended to help you and your co-spender examine expectations regarding handling your finances.
- [Money Mechanics: Communication \(PDF\)](#) - An Iowa State University Extension Fact Sheet and Quiz designed to encourage healthy communication between you and your partner about finances.
- [The Importance of Communication in Learning to Manage Money \(PDF\)](#) - A Fact Sheet from The Ohio State University Extension intended to help you and your partner discuss managing your money and reaching your financial goals.
- [Your Money Matters \(PDF\)](#) - A Fact Sheet from the University of Florida IFAS Extension designed to help couples who wish to marry discuss money matters openly and honestly. Includes brief case studies.
- [Managing Two Incomes: Yours, Mine, and Ours \(PDF\)](#) - A Fact Sheet from The Family and Workplace Connection® concerning advantages and drawbacks to different ways of managing two incomes.
- [Smartaboutmoney.org](#) - A Web site resource center sponsored by the National Endowment for Financial Education, a non-profit organization. Find ways to manage money and keys to financial planning, including household budget worksheets, financial assessments and more. NEFE's Financial Literacy Resource Center found on this Web site houses many free resources and tools.



**News Beyond You&Me.WE**

## Information to use now

Following are a series of articles drawn from other publications. Two are relevant to our current economic times. The third is about a recent study of families with children with attention-deficit hyperactivity disorder (ADHD). The recently released study indicates that parents of children with ADHD may be more likely to divorce than couples who do not have a child with ADHD.

Just a few paragraphs of each article are included here, to serve as an introduction. Simply click on the link provided to see the entire article.

### **Melody's Money Survival Guide: What Not to Do During a Credit Crisis**

#### **Here Are the Five Things You Should Not Do in These Tough Economic Times**

**By MELLODY HOBSON**

**Sept. 25, 2008 -**

With the nation's financial crisis on everyone's minds, many Americans are worried about how to keep their money safe. Is this the time to move your cash?

In this edition of Melody's Money Survival Guide, "Good Morning America" takes a look at the five things you should not do with your money right now.

#### Do Not Hide Your Money in a Mattress

When people panic, it's basically their brains saying, "There is danger. You have to do something." If, however, you have been prudent before the turbulence hit, the sensible thing may be to resist the urge to act.

To read the entire article, please click [here](#).

### **WHEN DISPUTES OVER HOUSING COSTS THREATEN YOUR MARRIAGE**

**Chicago Tribune**

**By Ellen James Martin**

**September 26, 2008**

Did you and your spouse buy a home in recent years using an adjustable-rate mortgage that started with an affordable "teaser rate"? Are you now facing a whopping increase in your monthly payments due to an upward adjustment in your ARM? Are you even fearful of foreclosure?

If so, this financial crisis -- coupled with the overall economic Downturn -- could be exerting tremendous stress on your marriage. However, there are many ways to shield your relationship from harm, says Robert Scuka, a therapist and executive. . .

To read the entire article, please click [here](#).

**Children who have ADHD can strain marriages**  
**Study: Extra stress is fuel for divorce**  
**By Marilyn Elias**  
**USA TODAY, October 21, 2008**

Parents of children with attention-deficit hyperactivity disorder are almost twice as likely as other parents to divorce by the time their child is 8 years old, a new study suggests

A child's disruptive behavior doesn't in itself cause marriages to flame out, but it probably pours fuel on other stresses that spark marital conflict, say psychologists William Pelham Jr. and Brian Wymbs of the State University of New York-Buffalo.

To read the entire article, please click [here](#).

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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.

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)

No workshops are scheduled in December.

*Relationship GPS - Tools to Navigate Your Life Together*

4 Sessions - Tuesdays, January 6 - 27, 6:30 p.m. - 8:30 p.m.

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

Saturday, January 24, 8:30 a.m. - 4:30 p.m.  
Family Resources, 5180 62nd Ave. No., Pinellas Park

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

Saturday, January 10, 8:30 a.m. - 4:30 p.m.  
Family Resources, 5180 62nd Ave. No., Pinellas Park

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

No workshops are scheduled in December.

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

4 Sessions - Thursdays, January 8 - 29, 6:00 p.m. - 8:00 p.m.  
Women's Resource Center, 1926 Manatee Ave. W. Bradenton



## 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

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