



You&Me.WE

A Program of Family Resources
5180 62nd Avenue North
Pinellas Park, FL 33781

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Dear Pamela,

We are pleased to share our first newsletter with you. We hope you find this information helpful and educational. Please pass it along to your family and friends.

Investing In Your Relationship

Is having a successful relationship, like the title of that old television program or more recent film series, a *Mission Impossible?* Marriage statistics indicate that

healthy couples relationships are a challenge to maintain and require periodic check-ups.

The sobering facts:

- Every 10 to 13 seconds someone gets divorced.
- 20 percent of first marriages end in the first five years.
- Infidelity is the #1 reason cited by women when asked about the cause of their most recent breakup.

Good news! Our programs are designed to provide education and skills to develop and maintain healthy relationships.

You&Me.WE is offering two conferences to help couples break such trends and discover new and creative ways to strengthen those relationships.



Well-known psychologist and writer John Van Epp, author of *How to Avoid Marrying a Jerk*, headlines this conference co-sponsored by You&Me.WE and Marriage Works. Starting on Friday evening, September 12th and continuing all day Saturday, September 13th, the sessions will help you discover new and creative ways to get in rhythm with yourself and your partner and express your true desires.

Topics include:

- Positive Touch: Communicate through the Art of Touch
- Developing Habits of Healthy Relationship
- Relationship Rhythm: Becoming a H.O.T. Partner through Latin Dance
- Creativity Connections: The Core of Connection
- Passage to Intimacy
- Why Do They Do That?

More details and registration are available at www.creativerhythms.org, or call 941.708.5894. The cost is \$20 and takes place at Marriage Works.

Creative Rhythms Community Conference
Marriage Works
1007 Manatee Ave. E.
Bradenton, FL 34208
Friday, September 12, 6:30 p.m. - 9:00 p.m.
Saturday, September 13, 8:30 a.m. - 3:00 p.m.



The Mission Possible II Community Conference takes place on Saturday, September 20th at the Seminole Campus of St. Petersburg College. Participants may select from workshop tracks designed for licensed professionals and those open to the general public.

Topics include:

- The Truth & Lies about Gender Differences
- How to Forgive and Ask for Forgiveness
- The Significance of Intimacy
- Wisdom of the Ages: Stories of Successful Relationships Avoiding the Empty Nest Syndrome
- Blended Families: Seeking the Perfect Balance
- An Addict in the Family

Up to six CEs will be awarded to licensed professionals (NUR, PT, PTA and ALF) who attend the full day.

The keynote address by Dawn Hasemann, Ph.D will set the tone for the day: Your Relationship: It's not Just a Job, It's an Adventure.

You&Me.WE has partnered with St. Petersburg College to offer this daylong course at a cost of \$25 per person, \$35 per couple, including a light breakfast, lunch and refreshments.

For more details, or to register click [St. Petersburg College Registration Site](#) or call 727.341.4772. When registering, licensed professionals should indicate that they are seeking continuing education credit.

Mission Possible II Community Conference
St. Petersburg College - Seminole Campus
9200 113th St. No., Seminole, FL 33772
Saturday, September 20, 2008
8:00 a.m. Registration and breakfast
8:30 a.m. - 4:15 p.m. -- Conference

What is Relationship Education, Anyway?



In the late 1970s, professionals observed that traditional marriage therapy resulted in no appreciable reduction in the elevated rate of divorce and out-of-wedlock births. These professionals noted that negative social factors such as marital and family breakdown, drug addiction, school drop-outs, etc., occurred at higher rates among families when divorce, out-of-wedlock pregnancy or both were factors. Adults who were not raised in two-parent families fell into these negative social factors at a much higher rate than would be statistically expected.

Classes are available for learning how to drive, to cook, to sew, to become a lawyer, to name a few. Why shouldn't classes that teach how to be in a relationship be routinely offered, too? Why shouldn't people, both single and married, invest time in relationship education?

In 2006 the federal government began funding demonstration projects to expand the availability of marriage education classes in more than 100 communities nationwide. The "Healthy Marriage Initiative" is designed to improve the well-being of children by providing tools and education to strengthen marriages and families. the result will be stronger families and stronger communities.

Jennifer from St. Petersburg, a recent participant in one of our workshops, said on her evaluation, "I found the most important lesson for me was expectations in relationships. I see that I am unaware of my expectations in relationship and sometimes unreasonable. I will now try to focus on this and make myself more aware." Check our [You&Me.WE calendar](#) for classes available near you.

Upcoming Workshops



Workshops like these can cost up to \$200, but through a federal grant the You&Me.WE program is currently able to offer these classes for FREE.

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

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

Saturday, October 4, 8:30 a.m. - 4:30 p.m.

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

Mission Possible II Community Conference

Saturday, September 20, 8:00 a.m. - 4:15 p.m.

St. Petersburg College - Seminole Campus, 9200 113th St. No., Seminole

Relationship GPS - Tools to Navigate Your Life Together

4 Sessions - Tuesdays, October 7-28, 6:30 p.m. - 8:30 p.m.

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

Saturday, October 18, 8:30 a.m. - 4:30 p.m.

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

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

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

4 Sessions, Tuesdays, September 4-25, 6:00 p.m. - 8:00 p.m.

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

Creative Rhythms Community Conference

Friday, September 12, 6:30 p.m. - 9:00 p.m.

Saturday, September 13, 8:30 a.m. - 4:00 p.m.

Marriage Works, 1007 Manatee Ave. E., Bradenton

Relationship Rhythm - Experience Principles That Relate Dance With Relationships

2 Sessions, Saturdays, September 27 - October 4, 5:00 p.m. - 9:00 p.m.

Websites for Marriage Enrichment

[Smart Marriages](#)

[Healthy Marriage Info](#)

[The First Dance](#)

[Blended Families](#)

[Family](#)

[Divorce Busting](#)

[Healthy Marriage Tips](#)

[American Values](#)

[Marriage Support Group](#)

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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