



Children and Family Services

Promoting Responsible Fatherhood Grant HEALTHY MARRIAGE NEWSLETTER SEPTEMBER 2007

CEDA-Children and Family Services has continued Healthy Marriage services for parents-couples of Early/Head Start children. These services may include Healthy Marriage workshops, Healthy Marriage assessment, treatment, and referral, or Healthy Marriage mentoring. Parent enrollment and information meetings have been held regionally and at Head Start sites since April 2007.

The 1st annual CEDA Healthy Marriage Conference was held on August 10-12, 2007 at the Eaglewood Resort in Itasca, Illinois. The conference was entitled “**Affirming Relationships**”. Conference highlights included a keynote address from Dr. Atty. Paris M. Finner-Williams, Yoga for Couples Class, Workshop presentations, and a panel discussion on Healthy Marriage and Positive Relationships.

Workshop presentations included:

- Couple to Couple Relationships
- Navigating the Pot Holes on the Road to Healthy Relationships
- How to keep the fire burning in Relationships

20 couples attended the conference, and their participation, comments, and evaluations were excellent. The speakers and workshop presenters were excellent.

The pilot program for the curriculum based Healthy Marriage Workshop was initiated at the Ed Presberry/Country Club Hills site on 07/10/07. The workshop group has met weekly on Tuesdays to discuss relationships, communication, intimacy, and other topics. Yolanda Harris, LCSW, is the Healthy Marriage Facilitator for the workshop group. Additional workshop groups are being formed at other Head Start locations.

Kimberly Walton, MSW LCSW has contracted with CEDA as the Healthy Marriage Consultant, and additional Healthy Marriage Facilitators are being hired in order to provide services to all of the sites in the CEDA service area.

Researchers have determined that having a healthy, happy, fulfilling marriage benefits all family members. Below are results from research by the U.S. Department of Health and Human Services and the Healthy Marriage Initiative.

Benefits of Healthy Marriages for Women:

Researchers have found many benefits for women who are in healthy marriages, compared to unhealthy marriages, including the following:

- More satisfying relationship
- Emotionally healthier
- Wealthier
- Less likely to be victims of domestic violence, sexual assault, or other violent crimes
- Less likely to attempt or commit suicide
- Decrease risk of drug and alcohol abuse
- Less likely to remain or end up in poverty
- Have better relationships with their children
- Physically healthier

Chris Frederick ACSW LSW
Male Involvement Coordinator

Note: These services are provided to all eligible persons regardless of race, gender, age, disability or religion.

Sponsored by the U.S. Department of Health and Human Services
Administration for Children and Families – Office of Family Assistance