



# ProSAAM

Program for Strong African American Marriages

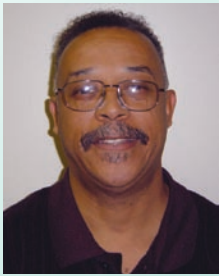
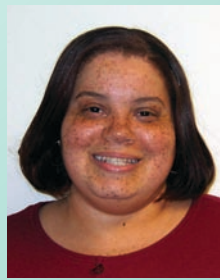
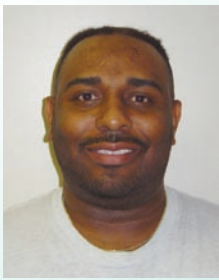


## THE SPIRIT OF PROSAAM

The ProSAAM project is based on two main beliefs.

- African American couples are very interested in programs designed to improve their relationships. Surveys show that African American couples recognize the importance of marriage and want to do everything they can to build strong marriages that will benefit their families and communities. Because African American couples are open to learning communication and problem-solving skills, both of which make relationships better, we have a wonderful opportunity to strengthen marriages in our community. We can respond to that opportunity by providing couples with a program that will strengthen their relationships and help them to achieve the goals that they have set for themselves.
- Marriage is founded on religious faith. By offering marriage enrichment from a religious viewpoint, we have the opportunity to reach many married couples and to help them bring faith into their marriages while learning the skills that will strengthen their relationships. This provides a second kind of support for marriage. Another way to place marriage in a religious setting is to emphasize the importance of prayer. Prayer can soothe an angry heart, so combining prayer with the problem-solving and communication skills taught in ProSAAM can make marriages even better. Therefore, one of ProSAAM's main goals is to show how the combined influence of prayer and relationship skills can improve marriages.





Strong, lasting marriages provide a safe harbor from the stresses of life! This is one of many reasons to be concerned about strengthening marriage in our community. Strong marriages bring health and wealth to the community by helping adults to stay well physically, psychologically, and spiritually and by giving children stable homes in which to grow and develop. By giving married couples a chance to improve their relationships, we can lead our community to greater strength. By taking part in ProSAAM, we can help lead the country in a new effort to strengthen marriage within a religious framework.

ProSAAM is a partnership between the community and the University of Georgia. By drawing on the creative abilities of many community partners and the University's researchers, together we can change the landscape of marriage in America. It is our hope that this approach to marriage enrichment will make a real difference in the lives of African American couples! Our goal is to increase the number of years that African American couples remain together in satisfying marriages.

It is time to begin a new movement to strengthen marriage in the African American community! If the church leads the way, others will follow. The church should be at the forefront of this effort because the belief that marriage is founded on religious faith is especially strong among African American couples. It will be important for pastors, ministers, and church groups to play a central role in bringing effective marriage enrichment programs to African American couples. When churches approve and support such programs, couples get involved. At the same time, marriage ministries can have a very positive influence on African American couples, thereby creating stronger church members, stronger congregations, and stronger communities.

