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Mission Statement

The Marriage Enrichment Program improves communication and conflict resolution, and strengthens commitment to strengthening and sustaining healthy marriages for low-income Cambodian, Vietnamese, Laotian, Thai, Hmong, Samoan, Tongan, Guamanian and Hispanic participants in the Greater Long Beach area. CAA believes that healthy marriages make family members healthier, wealthier, happier, and live longer.

Don't Delay Your Happiness

Attend the Healthy Marriage Training
Free of Charge

All participants will receive a
Certificate & \$ 20 upon completion

If Interested in the training, please call:
(562) 988-1863

Khmer: Ms. Chanthol Oung, ext. 269

Mr. Kevin Tran, ext. 270

Mr. Jimmy Cheam, ext. 271

Lao/Thai/Hmong: Ms. Melody Moua, ext. 273

Vietnamese: Ms. Cindy Ha, ext. 252

Spanish: Ms. Adriana Villalba, ext. 274

Samoan: Mrs. Sala Mataalii: (310) 538 0555



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**Cambodian Association
of America**

Marriage Enrichment Program



1 purpose:
Building a Strong, Healthy Marriage



Why is the Marriage Enrichment Project needed?

CAA recognizes that Asian Pacific Islander and Hispanic families face serious pressures, socio-economic hardship, and cultural norms that undervalue women and define gender roles. This leads to depression, divorce and a breakdown in family functioning. Researchers estimate that 49% of first marriages in the United States will end in divorce (The California Healthy Marriage Coalition). The U.S government spends about \$112 billion for social costs a year (Benjamin Scafidi) and taxpayers must pay the bill.

Fact sheets compiled by the Fatherhood Initiative show that the breakdown of the family has negatively affected children's lives in many following ways. Children of divorced parents are:

- Twice as likely to drop out of school compared with classmates who live with two parents;
- 11 times more likely than children from intact families to exhibit violent behavior; and,
- 7 out of 10 children incarcerated in juvenile correction facilities grew up in a single parent environment.

Therefore, the MEP was launched to strengthen marriages through two main activities. These activities include 1) Marriage Enhancement and Marriage Skills Training, and, 2) a Public Awareness Raising Campaign.

I. Marriage Enhancement and Marriage Skills Training

It is great when you marry or partner with the right person from the beginning. However, if you have married or partnered with an imperfect spouse/partner, you should not be hopeless! Research suggests that married life can be enriched through marriage skills training.

If you want to sustain a healthy marriage, based on partnership, trust, mutual expectations and respect, and two-way communication, the Marriage Enrichment Project can help you by providing a free of charge training on:

- Effective communication skills;
- Effective Listening skills;
- Problem solving skills;
- Reduction of anger skills;
- Management of family budget skills;
- Relationship enhancement skills
- Understanding gender roles and responsibility in the family;
- Understanding cultural norms and their relationship within a healthy marriage; and
- Access to marriage resources.



Who is Eligible for the Training?

Any married couples and individuals who are interested in partnership or marriage.

How long is the Training?

Each group training consists of five, two-hour sessions, held over a 5-week period. Special schedules can also be arranged according to the availability of the participants. Each participant who completes the 10-hour training will receive \$20 and a Certificate of Completion as incentives.

What languages are available?

The training is available in English, Khmer, Lao, Thai, Vietnamese, Khmu, Hmong, Spanish, and Samoan languages, taught by native speaking educators.

II. Public Awareness Campaign

In addition to class trainings, CAA is making great efforts at increasing community awareness of the importance of a healthy marriage and skills to enhance it, through ethnic media (radio, newspaper, and tv), and printed materials (flyers, posters, t-shirts and billboards). CAA is also organizing awareness campaigns in different special and national ceremonies, and through community outreach, and door-to-door awareness raising. Each year, there are 72 radio segments, 36 television segments, 500 posters, and 60 outreach sessions, which are aimed at reaching at least 5,000 people living in Long Beach and the surrounding communities.