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## *Happy Fall Everyone,*

Wow! How time flies. It's hard to believe we are beginning the holiday ascent to the year end and first of the millennium.

This has been a year of celebration and acknowledgement for me. I am celebrating 10 years of being in my office in La Jolla, and having a successful private practice. I am also about to celebrate 5 years of conceiving and leading *Ready for Love and Marriage* groups.

Also, the State of California and the Board of Behavioral Sciences officially changed our professional title to Marriage and Family Therapist (MFT) from Marriage, Family and Child Counselor (MFCC).

All of these things have helped me to look back at where I've come from and forward to where I am going. In honor of all these anniversaries and changes I am redoing my brochure, flyer and stationery package; and planning a reunion for all the *Ready for Love and Marriage* group participants.

### *Comments from Group Participants*

"I found this group and process extremely helpful."

"I'm very glad I took this course. I got a lot out of it. I'm doing things differently and getting good responses."

"I'm hopeful and excited to meet the man of my dreams soon."

*Ready for Love and Marriage* graduates report:

- ◆ 82% of participants are using the principles
- ◆ 65% have dated since taking the course
- ◆ 84% feel that learning the principles has made a difference in their lives.

I have been hearing from old clients and group members who are getting married, having children, and enjoying life more than they ever have before.

To say the least, my work is very rewarding. I feel so lucky to have chosen a career that can grow with me as I grow both personally and professionally.

With that said, my latest passion has become helping people reach their fullest potential starting with the basics of learning; how learning and language affect one's mental health and emotional well-being...more on this next newsletter.

So as the 1<sup>st</sup> year of the millennium comes to a close, I find myself again honored to help people become the best they can be, and to be a part of their journey.

Thank you for all your hard work, support, and referrals all these years.

I wish you and your families the best this holiday season and always.

Warmly,

### Attention Attention

... all previous *Ready for Love and Marriage* groups participants.

I have received calls from many graduates wanting to have some sort of "follow-up/drop-in/support group". If you are interested, please give me a call and let me know.

I look forward to hearing from you!



*Ready for Love and Marriage* groups are offered quarterly.  
**2001 Groups begin**

**January 17**  
**April 4**

**July 18**  
**September 5**

Reserve your space now! Deposits are now being accepted. Please call for more information.

Fall 2000

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