



## The Alpha Community Education Foundation Announces the Launch of Couple Tune-Up – A Program Designed for Relationship Success

*Just like our vehicle runs best when we give it routine maintenance, our couple relationship needs regular care too...*

When we neglect our vehicle, it starts to break down, causing us major inconvenience, stress and often requires expensive repairs. Sometimes it becomes such a burden on us that we decide it is best to just get rid of it. Then we end up starting over with another vehicle that will suffer the same fate if we neglect to give it the attention it needs.

When we neglect to give our couple relationship regular attention and care, the same thing happens. The result is often a continuum of despair that goes from subtle annoyance to outright warfare and too often ends in a decision by one or both people to end it.

Our Couples Tune-Up program gives you the tools and supports to keep your relationship running smoothly so that it can enhance your life.

We are pleased to partner with Dana Joy Cohen. Dana is a Licensed Marriage and Family Therapist holding a B.A. in Psychological and Behavioral Sciences from Penn State University, an M.A. in Human Sexuality Education from Widener University, and an M.A. in Marriage and Family Therapy from La Salle University.

Dana has dedicated the past 20 years to working with individuals, couples, and families specializing in substance abuse recovery. Dana is a certified facilitator for your Prepare/Enrich couples assessment and looks forward to working with couples to better their relationship.

### **About the Alpha Resource Center:**

No matter where you are in your relationship – single, separated, divorcing, dating or remarrying – our goal is to effectively serve your needs: Strengthen marriages when possible, offer expert guidance through divorce, encourage better choices after divorce.

The passion and goal behind our caring is to stop the Marriage-Go-Round. A troubled relationship affects every part of life in a very negative way. We know divorce hurts. We want to:

- Prevent the climbing 50%, 60%, and 70% divorce rates in first, second, and third marriages
- Reduce harmful relationship stress
- Inspire you to make good life decisions
- Ensure that children are fully protected and prioritized for greater resilience during and after divorce

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### **Media Contact:**

Joanna DiRenzo, Chief Operating Officer

[jdirenzo@alpharesourcecenter.org](mailto:jdirenzo@alpharesourcecenter.org)