



MARRIAGE AND FAMILY WELLNESS NEWSLETTER

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THEME: MOVING MARRIAGES FROM SURVIVING TO THRIVING



Our team ignited the city of Owerri, southeast of Nigeria with love, learning, healing, laughter, and transformation as couples, singles, marriage counselors, professionals, and families gathered for the first-ever to engage one another. Remain In My Love (RIML) Marriage Conference in Owerri, Nigeria ended in glamor.

What began as a vision to strengthen marriages and families became an unforgettable experience filled with deep conversations, practical teachings, emotional healing, and joyful connection. From the moment attendees arrived at the conference venue to the closing, the atmosphere was filled with excitement and suspense. On arrival, participants expressed a burning desire to learn, reconnect, heal, and grow. They left empowered, refreshed, and inspired.

A GLOBAL EXPERIENCE EVEN FOR VIRTUAL PARTICIPANTS

The impact of the conference extended beyond Owerri as participants also joined virtually through Zoom from different parts of the world. This global participation created an even richer experience reinforcing the mission of Remain in My Love. Filling the gap in marriage and relationships was evident in the manner every topic was addressed, couple differences, family life, emotional wellness, communication, and relationship growth.

The hybrid nature of the conference reflected RIML's growing vision of reaching homes and families both locally and internationally.

A CONFERENCE FILLED WITH LIFE-CHANGING TEACHINGS

The conference featured insightful sessions from experienced speakers, counselors, psychologists, and relationship experts who addressed real-life marital challenges affecting homes today. Each session sparked honest conversations and practical learning experiences that deeply resonated with attendees. Importantly, these topics took into account the contextual issues that affected relationships in Africa, particularly within the Nigerian society.

FEATURED SPEAKERS & TOPICS



FR. DR. VINCENT ARISUKWU
Healing the Wounds of Love

Everyone wondered what the wounds of love meant. But Fr. Dr. Arisukwu delivered a deeply emotional and transformational session that both exposed and addressed psycho-spiritual and emotional healings within marriage. Many attendees described the session as healing, reflective, and life-changing.

Participants Learned:

- How unresolved emotional pain affects relationships
- The importance of forgiveness and communication

- Healing after disappointment and betrayal
- Rebuilding emotional connection between spouses
- And practical ways to engage one's partner in a safe and nurturing way



PROF. CHIOMA ASUZU
Understanding In-Law Syndrome in Marriage

Prof. Asuzu highlighted one of the most relatable topics discussed during the conference. Discussion around inlaws generated strong audience interaction leading participants to share personal experiences and ask practical questions.

Participants Learned:

- Establishing healthy marriage boundaries
- Managing external interference in marriage
- Protecting marital unity
- Respecting extended family without losing marital independence



DR. KENNETH UWAJEH
The Impact of Depression in Marriage

Our mental health expert, Dr. Uwajeh, took the conversation on emotional wellness to a different level. He enlightened participants on the values of closeness since depression's major weapon is distancing.

Participants appreciated the openness and sensitivity with which mental health issues were discussed.

- How to create safe and satisfying relationships
- How to promote dignity and respect within marriage

Participants Learned:

- How to recognize silent emotional struggles
- How to identify depression signs within relationships
- How to support emotionally overwhelmed spouses
- How to create safe spaces among couples



MRS. ANASTACIA IGWE
The Power of Food for Men

Mrs. Anastacia Igwe delivered a practical session that addressed the important issue of food in marriage relationships. An interactive and engaging session, filled with curiosity about the role of maintaining healthy diet within marriage.

Participants Learned:

- How to care for and nurture their marriage through healthy diet
- The connection between emotional health and food
- How to appreciate and support one's spouse through good food
- How good food can contribute in building peaceful and joyful homes

REAL QUESTIONS! REAL ANSWERS! REAL IMPACT!

One of the most impactful moments of the conference was the open interaction and question-and-answer session. Participants asked sincere and heartfelt questions and the speakers answered with honesty, compassion, practical examples, and professional insight leaving many attendees encouraged and hopeful.



SR. DR. ROSANNA EMENUSIOBI
Abusive Partners in Marriage

Sr. Dr. Emenusiobi nicely exposed the difficult realities of abuse within relationships and marriages. Her provocative session led to sensitive conversations that seemed often ignored among couples in today's society.

Participants Learned:

- How to recognize signs of abuse in marriage
- How to avoid emotional and psychological abuse
- How to seek professional help and build a healthy support system.



Questions From Participants Included:

- **How do couples manage interference from in-laws?**
- **Can trust truly return after betrayal?**

- How can spouses communicate without constant arguments?
- How do couples survive financial pressure together?
- What should someone do when emotional distance enters marriage?



MOMENTS OF JOY, CONNECTION & CELEBRATION

Beyond the teachings, the conference created opportunities for bonding, friendship, relaxation, and celebration. The atmosphere throughout the event was warm, welcoming, and deeply engaging. Participants felt the entire program was therapeutic in the following ways:

- Couple dance sessions
- Fun breakout activities
- Networking opportunities
- Emotional bonding exercises
- Interactive discussions
- Group photographs and social moments



TESTIMONIES FROM ATTENDEES

Mr. J: “We came expecting a conference, but we are leaving with a renewed understanding of our marriage.”

Lady T: “The sessions on communication and emotional wellness changed my perspective completely.”

Angie: “This conference helped us discuss issues we had ignored for years.”

Miss Clare: “The atmosphere was peaceful, practical, and transformational.”

“A SUCCESSFUL PILOT PROGRAM IN OWERRI.”

To conduct a first marriage conference with nearly fifty couples and singles was overwhelmingly successful. The Owerri edition demonstrated the growing need for practical, emotionally healthy, and spiritually grounded marriage support systems. Offering couples opportunity to address relationship issues is crucial.

THE SUCCESS OF THIS CONFERENCE WOULD NOT HAVE BEEN POSSIBLE WITHOUT:

- The dedicated RIML team
- Our speakers and facilitators
- Volunteers and organizers
- Media and support partners
- Virtual participants across the world
- Every attendee who came with an open heart

This historic gathering has laid a strong foundation for healthier homes, stronger relationships, and thriving families.

LOOKING AHEAD

As we reflect on the success of the 2026 Owerri Marriage Conference, one thing remains clear: healthy marriages create healthy families, and healthy families build strong societies.

Remain In My Love (RIML) remains committed to helping marriages move from merely surviving to truly thriving. This is only the beginning.

More conferences, mentorship programs, workshops, counseling initiatives, and family support projects are coming soon.

We are also excited about our upcoming August Women's Meeting Program, specially designed to inspire, empower, and strengthen women in their faith, family life, and personal growth. Stay tuned for more details.





REMAIN IN LOVE. REMAIN IN UNITY. REMAIN IN GROWTH.

STAY CONNECTED WITH RIML

FOR COUNSELING, INQUIRIES, PARTNERSHIP OPPORTUNITIES, OR SUPPORT REGARDING MARRIAGE AND FAMILY MATTERS, PLEASE CONTACT US THROUGH OUR OFFICIAL COMMUNICATION CHANNELS.

PHONE: (+234) 09034148835

WHATSAPP: (+234) 09034148835

FACEBOOK: REMAININMYLOVEINC

INSTAGRAM: @REMAININMYLOVEINC

YOUTUBE: @REMAININMYLOVEINC

ALSO, WATCH OUT FOR JUNE NEWSLETTER VOL. 2, WHERE WE WILL BRING YOU MORE INSPIRING STORIES, PRACTICAL MARRIAGE INSIGHTS, TESTIMONIES, AND UPDATES FROM THE RIML COMMUNITY.

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