

## **Strong Bonds Marriage Retreats**

Strong Bonds Marriage Retreats offer military couples a fun and refreshing time to reconnect with the love of your life! These weekend retreats are conducted at some of the premier hotel and resort locations around the state. It's our way of saying thank you for the sacrifices you and your family make every day.

Strong Bonds Marriage Retreats are not intended to be a substitute for marital counseling, nor is this group therapy. Instead, you'll gain practical information based on world-class curriculums developed from years of research. As a couple, you'll practice relationship-building skills, as well as share intimate moments.



The retreats are designed to strengthen relationships, inspire hope and rekindle marriages. You and your spouse will gain skills that fortify your marriage as you enjoy a time of relaxation, recreation, fellowship, and fun.

### **So what do these retreats cost? . . . It's free!**

The total cost of a retreat could easily exceed \$400. Thanks to special funding, however, this workshop is provided at no cost.

**Can I attend in lieu of drill?** Some Army and Air National Guard units may elect to allow the

service member to attend in lieu of drill. Check with your unit to coordinate this arrangement.

Three curriculums are currently offered. They are **PREP**<sup>®</sup>, **LINKS**, and **Laugh Your Way to a Better Marriage**.

### **PREP**<sup>®</sup>

**PREP**<sup>®</sup> stands for Prevention and Relationship Enhancement Program. **PREP**<sup>®</sup> is one of the most comprehensive and well respected marriage enhancement programs in the world. **PREP**<sup>®</sup> has proven so effective that it has been featured on "20/20," "48 Hours," and "Oprah".

**PREP**<sup>®</sup> is a skills based curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with one another. Couples also learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

**PREP**<sup>®</sup> teaches couples effective communication skills and how to avoid the communication danger signs that can lead to marital discord. Couples discover how to express concerns constructively. These communication skills are foundational for every successful marriage.



## **LINKS**

Falling in love is easy... staying in love is an art. While the communication skills learned in **PREP**<sup>®</sup> are foundational, the **LINKS** Program teaches couples the skills they need to nurture a lasting love.

The **LINKS** Program shows couples how to regularly revitalize the dynamic *links* of their marriage with the *Relationship Attachment Model* (R.A.M.). This model illustrates how couples grow closer by meeting one another's needs for an open, trusting, and fulfilling relationship.



### **Laugh Your Way to a Better Marriage**

**Viva La Difference!** Gain fresh insight into why men and women see life so differently. In **Laugh Your Way**, author and teacher Mark Gungor helps couples deal with tough issues in a way that is fun and non-threatening. **Laugh Your Way's** great content and unique approach has yielded one of the highest success rates in the country.

You will **Laugh Your Way** through this retreat with Mark Gungor's video based messages. Topics include "The Tale of Two Brains" and "The #1 Key to Incredible Sex". Your presenter will facilitate the weekend, and walk your group through the entire Laugh Your Way experience including the insightful Flag Page program.

## Registration/Additional Details

To register for Strong Bonds Marriage Retreat go to [www.jointservicessupport.org](http://www.jointservicessupport.org)

Military members are not required to be on orders; however spouses will be reimbursed for travel outside the commutable area. Hotel accommodations will be reserved & paid by the program. All meals are provided. Couples are responsible to pay for any incidentals such as room service and movies. No child care is provided. Dress is business casual.

Strong Bonds Marriage Retreats are open to ALL branches of service (Air Force, Army, Coast Guard, Marine Corps, Navy) and veterans from the Global War On Terrorism.

## NEW THIS YEAR

This year, an optional Friday night arrival has been added. Registration begins at 7PM with a brief program from 8-9PM. Friday night arrival is optional for all events except for the following events (Mar 19-21 Salt Fork, July 16-18 Punderson, Jul 30-Aug 1 Maumee Bay). (Due to contract obligations, Friday night arrival is mandatory for these three events.)

The event continues Saturday morning at 9AM and will conclude in time for you and your spouse to enjoy a relaxed evening on your own. Sunday's session begins with breakfast and runs from 9AM to 12PM.

## For More Information

For more information, or if you are unable to register on-line please contact Chaplain Andrew Aquino, at (614) 336-7377. Expect registration confirmation within 2 weeks of receipt.

## 2010 DATES AND LOCATIONS

### 40 Couples Per Retreat

LINKS: Sat/Sun 12-14 February 2010

Ramada Inn - Toledo, Ohio

– Registration Closes: 29 January

PREP: Sat/Sun 12-14 March 2010

Cleveland, Ohio

– Registration Closes: 26 February

\*MANDATORY THREE DAY EVENT

PREP: Sat/Sun 19-21 March 2010

Salt Fork State Park - Lore City, Ohio

– Registration Closes: 05 March

LINKS: Sat/Sun 23-25 April 2010

Netherlands Plaza - Cincinnati, Ohio

– Registration Closes: 09 April

Laugh Your Way: 30 April-02 May 2010

Hilton Garden Inn – Beaver Creek, Ohio

– Registration Closes: 16 April

LINKS: Sat/Sun 16-18 July 2010

Punderson State Park - Newbury, Ohio

– Registration Closes: 02 July

\*MANDATORY THREE DAY EVENT

PREP: Sat/Sun 30 July-01 August 2010

Maumee Bay State Park - Oregon, Ohio

– Registration Closes: 16 July

\*MANDATORY THREE DAY EVENT

Laugh Your Way: 20-22 August 2010

Hilton Polaris – Columbus, Ohio

– Registration Closes: 06 August

To register for a Strong Bonds Event go to:

[www.ong.ohio.gov/family](http://www.ong.ohio.gov/family)

or directly to the registration website at

[www.jointservicessupport.org](http://www.jointservicessupport.org)



Best Friends Forever is what Marriage is all about!

## *MARRIAGE ENRICHMENT WEEKENDS*

The Ohio National Guard Chaplain and Family Program Office have teamed up to offer you a **FREE MARRIAGE RETREAT**.

\* Open to ALL branches of service and veterans from the Global War On Terrorism

### What's new?

\* *Laugh Your Way to a Better Marriage*

\* Optional Friday night arrival

### Testimonials

*“This is a fantastic program and we are grateful that the Ohio National Guard offers it.”*

*“This program was wonderful. It was very educational and the materials were awesome! Thank you so much!”*