

## **MARRIAGE ENRICHMENT**

### **STRONG BONDS**

*Building Ready Families Logo*

Strong Bonds Marriage Enrichment Weekends 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. These events are not intended to be a substitute for marital counseling, nor are they 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. Four curriculums are currently offered. They are *PREP®*, *LINKS*, and *Fearless Marriage*

# MARRIAGELINKS

LASTING INTIMACY THROUGH, KNOWLEDGE, & SKILLS

Falling in love is easy... staying in love is an art. LINKS teaches couples the skills they need to nurture a lasting love. 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.

# PREP®

State-of-the-Art Tools for an Extraordinary Marriage

PREP® stands for Prevention and Relationship Enhancement Program. PREP® is one of the most comprehensive and well respected marriage enhancement programs in the world. PREP® 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® 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.

New in 2015! Fearless Marriage!



Fearless Marriage is a new curriculum from PREP designed to help couples achieve their goals in relationships, family, and marriage. The curriculum is designed to build on each person's existing strengths and add critical life and relationship skills. In particular, Fearless Marriage emphasizes on how we think and react to life events. The goal is to provide couples with a clear picture of what a healthy relationship looks like in such a way that they feel empowered and fully capable of creating their own healthy romantic relationship.

**WHO:** Service Member and Spouse. Strong Bonds Marriage Enrichment Weekends are open to married couples who are members of the Army or Air National Guard. There are separate events for Army and Air National Guard couples. Note: family members must be enrolled in DEERS.

**Can I attend in lieu of drill?** Some Army and Air National Guard units may allow you to attend in lieu of drill. Please check with your unit.

**AIR GUARD WHERE & WHEN:**

Air Guard members should check with their Wing for information on 2015 events.

**ARMY GUARD WHERE & WHEN:**

Date	Event (Priority Unit)	Location
Feb 14-15	PREP (STC)	Columbus
June 13-14	PREP	Columbus
June 20-21	LINKS	Sandusky
July 25-26	Fearless Marriage	Cincinnati
Aug 8-9	Fearless Marriage	Columbus

**UNIT REQUESTED EVENTS:** Seats for these events are in high demand. Funding is available to schedule events for specific battalions/brigades in order to allow couples in your unit priority registration. Check with your unit to see if your Commander has requested an event or to encourage them to do so.

**COST:** IT'S FREE. The total cost of this retreat including lodging, meals, child care, and workshop materials could easily exceed several hundred dollars. Thanks to Strong Bonds funding, this retreat is provided at no cost; though incidentals such as travel, room service, movies and food are not included.

**POC:** Chaplain (Major) Nicholas Chou at 614-336-4117 or [nicholas.a.chou.mil@mail.mil](mailto:nicholas.a.chou.mil@mail.mil)

## Quotes

- "Very beneficial. Thank you. I really appreciate the Guard doing this for families! A great investment in our team members. The Ohio National Guard should continue this program."
- "One of the best gifts/events that the National Guard has done for my family!"
- "Just a great group of people all the way around. Had a great time! I would do other programs with the chance!"
- "This was a wonderful weekend and much needed weekend as husband and wife in the military. A good renewal time for us."
- "Provided a structured forum to discuss relationship/marriage items that were hard for us to discuss outside of this event."
- "The event was great: It gave my wife and I an opportunity to reexamine and understand what is important to us and how to apply the LINKS ideas to our everyday lifestyles."
- "I really enjoyed this weekend, it was great to take time out and focus on our relationship."
- "The event was great: It gave my wife and I an opportunity to reexamine and understand what is important to us and how to apply the LINKS ideas to our everyday lifestyles."