



What general training topics will be offered during the weekend? All participants will attend the following workshops: **Maximizing Singleness, Charting Your Course, Effective Communication, and Post Traumatic Growth.**

About the Retreats

Singles at the Crossroads Retreats are **weekend training events** for unmarried Army and Air National Guard service members. The training focuses on **developing healthy personal and relational habits**. These life skills help attendees navigate transition times in our lives. Times of transition might include but is not limited to: redeployment, the beginning/ending of key relationships, or simply an up and coming significant life decision.

Is this training just another Death by PowerPoint? While there will be a lot of content offered at these retreats, we intend to make these retreats fun and interactive. There will also be some optional recreational activities scheduled into the weekend. Possibilities might include taking in a **Major League Baseball Game, a beach outing on Lake Erie, or dinner at Game Works or Dave and Busters.**



What optional training topics will be offered during the weekend? Participants will also attend a selection of breakout sessions based on their interest: **Dating and Other Disasters, Money Matters, Things To Do Before You Say I Do, Single Parenting, Surviving Divorce, and Meeting God at the Crossroads.**

What is the drill status for those who attend? Just as other Strong Bonds events (such as the marriage retreats), **some Army and Air National Guard units or wings may elect to allow the service member to attend in lieu of drill.** Check with your unit or wing to coordinate this arrangement.

Is there any cost involved? IT'S FREE! The total cost of this retreat including lodging, meals, and workshop materials could easily exceed several hundred dollars. Thanks to Strong Bonds funding, this retreat is provided at no cost. Although incidentals such as room service, movies, and free time food/recreation is not included.



Interested in Attending?

When and where will these events occur? See below the 2009 schedule with Saturday evening activities listed.

18-19 APR Columbus Area

Activities: Columbus Clippers baseball game or Game Works at the Easton Town Center



27-28 JUN Toledo Area

Activities: Beach Outing at Maumee Bay State Park or visit Cabela's in Dundee, MI



18-19 JUL Cleveland Area

Activities: Cleveland Indians baseball game or Dave and Busters



YES!!!

How do I register for this event?

Register by logging in online at:

www.guardfamily.org

You can find more information and a link to register at the Ohio National Guard Family Programs Website:

www.ong.ohio.gov/family

For more information Please contact Chaplain Nicholas Chou at (614) 208-2325 or nicholas.a.chou@us.army.mil

Singles at the Crossroads Retreats

Attention Single Service Members of the Army and Air Guard!



Attend a Fun and Interactive Life Skills Training at NO COST

(You May Be Able to Attend In lieu of a Drill Weekend)

Brought to you by:
The Ohio National Guard Chaplain
&
Family Readiness Offices