

About PREP®

PREP stands for Prevention and Relationship Enhancement Program.

PREP offers a fresh approach that is both basic and straightforward. The workshop and materials teach couples the skills they need to nurture a lasting love. Key topics include expectations, commitment, forgiveness, feeling understood, and sensuality.

PREP is **NOT** therapy and is probably unlike anything you have been exposed to before. No “encounter” group or sharing of personal concerns, no dry psycho-babble.... Simply thrilling insights into a more loving, growth-filled relationship!

PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

PREP has proven so effective that it has been featured on “20/20,” “48 Hours,” “Oprah,” and in the printed media.



PREP IS FOR YOU IF

- You are a married couple
- You and your spouse want things to be even better in your relationship

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know **HOW** to accomplish a healthy and fulfilling marriage. **PREP** can provide concrete strategies and tools to build a rewarding marriage.

Will we be expected to tell a bunch of strangers what our problems are?

No. This is not group therapy. It is an educational and practical application opportunity to learn what works in marriage (and what makes marriage work). It's not necessary to share short-falls with the group. Your confidentiality is important and will be protected.

Is this a religious program?

No. No particular denominational teachings are included in “Marriage Enrichment: the **PREP** Approach.”

What does the workshop cost?

It's free! People ordinarily pay \$150 for the workshop and materials and the total cost of the retreat, including hotel and food can easily exceed \$300. Thanks to special funding, however, this workshop is provided at no cost. Military members are not required to be on orders; however **Spouses** of military members will be required to be put on Invitational Orders so they can be reimbursed by the government for travel to and from the event if residing outside the commutable area. Hotel accommodations will be **reserved & paid** by the program. We do not pay for incidentals such as room service, movies and babysitting fees. 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.

Why would Major Commands give people a day's pay to attend a Marriage Enrichment Workshop?

The Ohio National Guard cares about your family relationships. It's a huge boost to family readiness.

Plus, if you become more effective at open communication while knowing how to keep discussions from escalating into arguments, it will benefit you at work as well as your home.



What You'll Learn

Enjoying the good times: More than “Don't Worry, Be happy,” learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

Viva La Difference! Gain fresh insight into why men and women see life so differently. You'll leave with a whole new appreciation for who you are and whom you love.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.



About LINKS

LINKS is a follow-on Marriage Enrichment Weekend. If you have already attended a PREP weekend you may want to attend a LINKS weekend. LINKS is a program developed by Dr. John Van Epp from Medina, Ohio and stands for *Lasting Intimacy through Nurturing, Knowledge and Skills*. Through the use of the Relationship Attachment Model couples will learn to attain balance in their relationship. LINKS is a different approach to marriage enrichment but with the same goal as PREP...a better marriage.

To register for a PREP or LINKS Workshops go to www.guardfamily.org

PREP and LINKS are open to married couples of the following services:

- National Guard or Reserve- regardless of deployment history
- Air Force, Army, Coast Guard, Marine Corps, Navy
- Traditional (part-time), Retired, Veteran

Saturday's events begin at 9:00.am, continue all day (include lunch and dinner) and 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 8 am to 12 pm. Dress is business casual. 40 couples per workshop.

* Please note; if you as a spouse or significant other have never received travel pay from the National Guard before you must bring a voided check to the workshop to facilitate travel reimbursement. Travel reimbursement is for those individuals who live outside the commutable area (commutable areas are those who reside in the county of the event or any of the adjoining counties).

For more information, or if you are unable to register on-line please contact **Chaplain Andrew Aquino, at (614) 366-7377**. Expect registration confirmation within 2 weeks of receipt.

2009 PREP DATES & LOCATIONS

Workshops are Saturdays & Sunday mornings

14-15 February 2009

Columbus, Ohio

Registration Closes: February 1

21-22 March 2009

Cambridge, Ohio

Registration Closes: March 7

25-26 April 2009

Cleveland, Ohio

Registration Closes: April 18

25-26 July 2009

Toledo, Ohio

Registration Closes: July 18

8-9 August 2009

Columbus, Ohio

Registration Closes: July 24

15-16 August 2009

Dayton, Ohio

Registration Closes: August 2

22-23 August 2009

Cincinnati, Ohio

Registration Closes: August 7

2009 LINKS DATES & LOCATIONS

14-15 March 2009

Mansfield, Ohio

Registration Closes: March 1

18-19 April 2009

Toledo, Ohio

Registration Closes: April 4

2-3 May 2009

Columbus, Ohio

Registration Closes: April 18

To register for a PREP or LINKS go to:

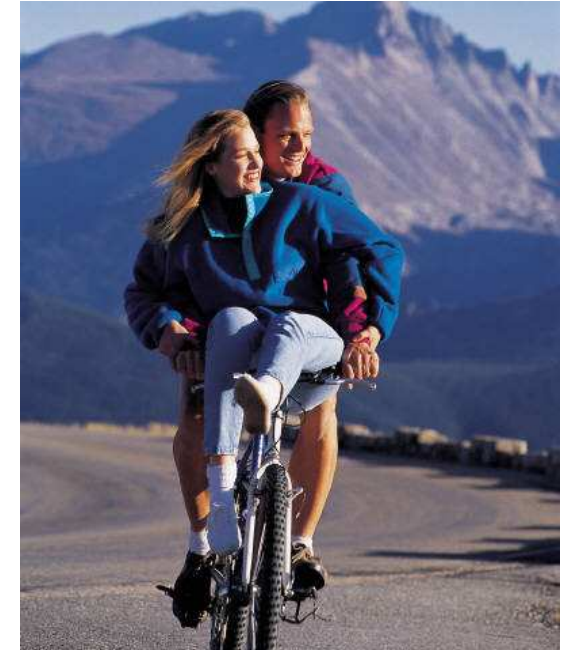
www.ong.ohio.gov/family

or directly to the registration website at

www.guardfamily.org *

*Be sure to login or click "Join" in the upper right-hand corner of guardfamily.org page

You are invited to a free
Marriage Enrichment Weekend!



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 two truly outstanding marriage enrichment weekends. **PREP & LINKS** are:

- Open to all branches of service
- Open to retirees from the Global War On Terrorism
- Online registration

What's new?

- LINKS... a follow on to PREP

Read on to learn more about this exciting opportunity and how to register for it!