

Strong Bonds Marriage Enrichment Weekends

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.

So what do these retreats cost? . . . It's free! Registration fees could easily exceed \$400, however, this workshop is provided at no cost.

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

Member to attend in lieu of drill. Check with your unit.

Three curriculums are currently offered. They are *PREP*[®], *LINKS*, *Laugh Your Way to a Better Marriage*, and *the Eight Habits of a Successful Marriage*.

PREP[®] Part 1 and Part 2

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*[®] has proven so effective that it has been featured on "20/20," "48 Hours," and "Oprah".

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.



LINKS

Falling in love is easy... staying in love is an art. While the communication skills learned in *PREP*[®] 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.

The 8 Habits of a Successful Marriage

Based on Stephen R. Covey's No. 1 bestsellers The 7 Habits of Highly Effective People and The 8th Habit. This **marriage workshop** offers a framework for applying a universal, self-discovery approach that enables couples to communicate about their problems and resolve them successfully. Participants: 1) clearly define their vision as a family unit; 2) build a common sense of purpose, values, and goals; 3) learn a process to accomplish family goals; and 4) discover how to achieve better communication as spouses.

NEW THIS YEAR: PREP[®] Part 2

PREP[®] Part 2 will be a new event for 2013. PREP Part 2 will build upon the concepts from PREP Part 1 and will add training on Stress & Relaxation, Hidden Issues, and working together as a team toward common goals.

Registration/Additional Details

Registration will open around December 2012.

For more information on how to register,

visit the

Ohio National Guard

Family Programs Website at:

www.ong.ohio.gov/frg/FRG_retreats.html

**Registration closes two weeks in advance
of each event.**

Military members are not required to be on orders. Hotel accommodations will be reserved & paid by the program. Some meals are provided. Couples are responsible to pay for any incidentals such as room service and movies. Child care is provided. Dress is business casual.

Friday night arrival is only available for couples that live more than 50 miles away and do not live in an adjacent County from the event.

2013 DATES AND LOCATIONS

30 Couples Per Event

LINKS: Sat/Sun 16-17 February 2013
Columbus, Ohio

LYW: Sat/Sun 23-24 February 2013
Dayton/Cincinnati, Ohio

8 Habits: Sat/Sun 16-17 March 2013
Cambridge, Ohio

PREP 1: Sat/Sun 13-14 April 2013
Sandusky, Ohio

LYW: Sat/Sun 18-19 May 2013
Columbus, Ohio

8 Habits: Sat/Sun 22-23 June 2013
Toledo, Ohio

PREP 1: Sat/Sun 13-14 July 2013
Cincinnati, Ohio

LYW: Sat/Sun 27-28 July 2013
Cleveland, Ohio

PREP 2: Sat/Sun 17-18 August 2013
Columbus, Ohio

LINKS: Sat/Sun 7-8 September 2013
Cincinnati, Ohio

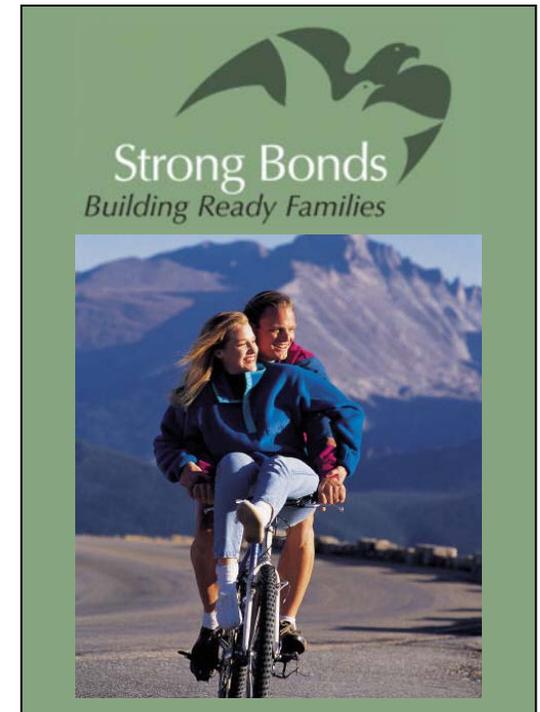
For More Information

For more information, please contact Staff Sergeant Susan Menendez at

susan.l.menendez@us.army.mil

or (614) 336-4118.

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.**

What's new for 2013?

CHILD CARE PROVIDED

PREP[®] Part II

Testimonials

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

"My husband and I got so much out of this retreat. This is invaluable!"