

About the Retreats

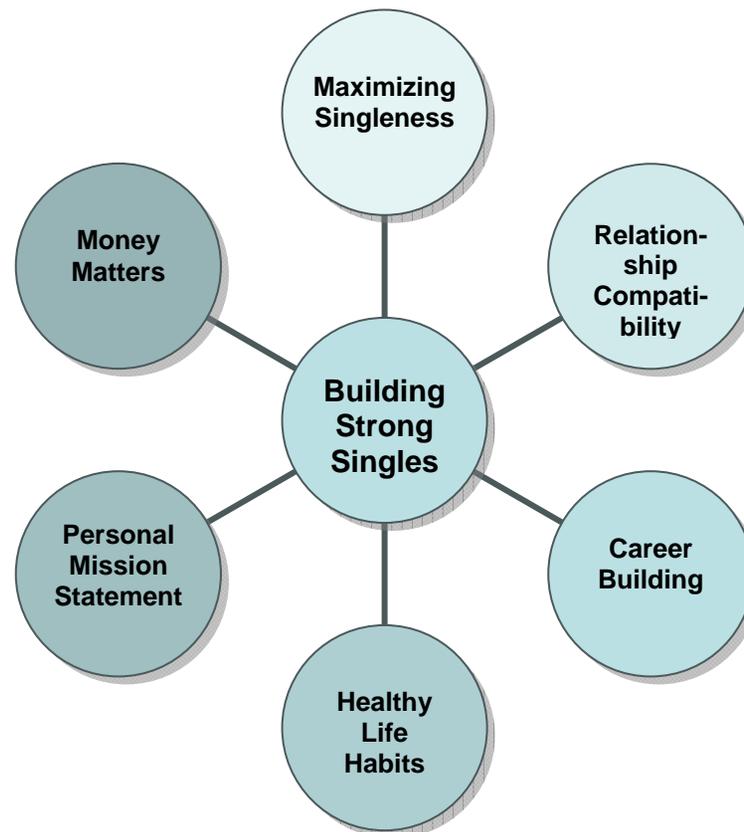
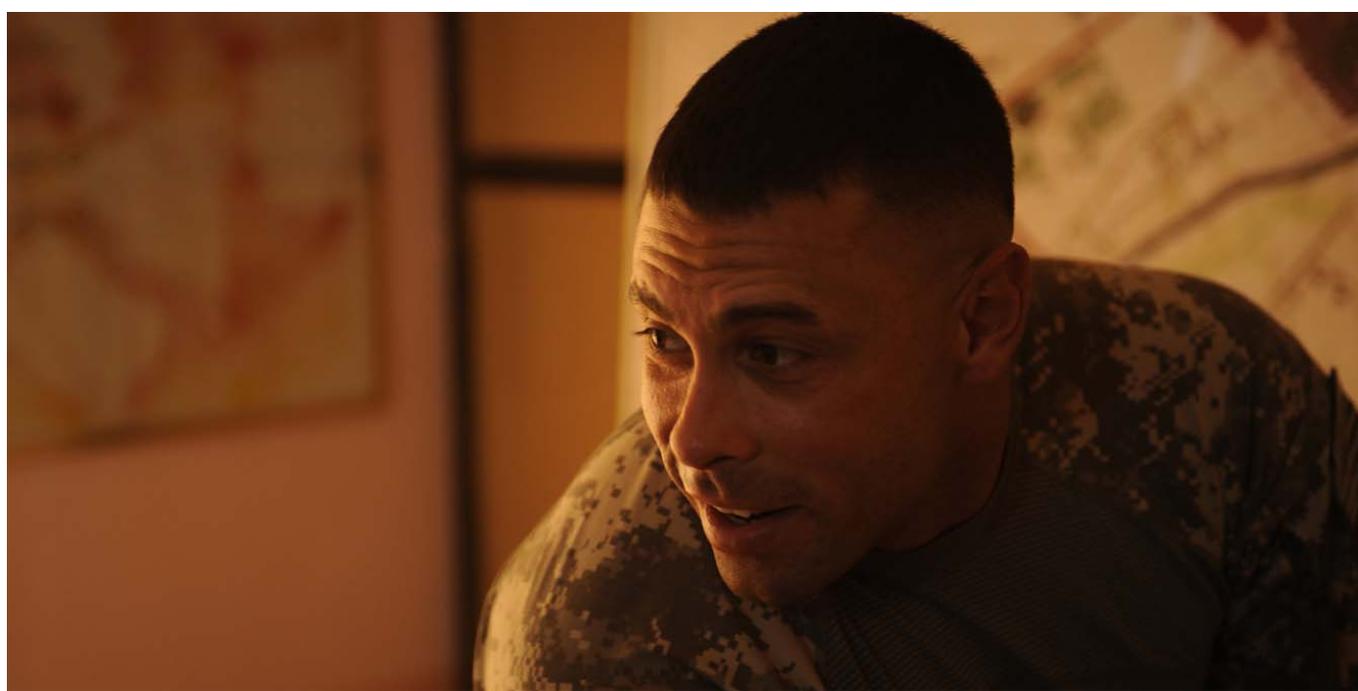
Building Strong Singles Retreats are weekend training events for unmarried Army and Air National Guard service members. The training focuses on developing healthy personal and relational habits. These life skills help attendees navigate through times of transition in our lives. Transitions might include but is not limited to: re-deployment, 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 events 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 or a visit to Game Works or Dave and Busters.

What are the training topics for the weekend?

The training includes two core curriculums: the Seven Habits of Highly Effective People and Premarital Interpersonal Choices and Knowledge (PICK).



The Seven Habits of Highly Effective People is based off of Steven Covey's bestseller. This training helps participants to practically apply personal leadership principles to the tough choices they face every day.

PICK (How to Avoid Falling in Love with a Jerk) teaches a way to build a healthy relationship that keeps the head and heart working together. This program helps singles to explore key areas that foreshadow future marriage success.

A Personal Financial Consultant will also provide a workshop on Money Management and Career Building.

Interested in Attending?

WHO: Single Service Members

WHERE & WHEN:

April 16-18: Columbus

July: 16-18: Cleveland

The retreats begin Friday evening and conclude Sunday afternoon 1600hrs.

COST:

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. (Incidentals such as room service, movies and food/recreation during free time are at your expense.)

HOW:

Registration is available at www.ong.ohio.gov/family or www.jointservicessupport.org

WHAT IS THE DRILL STATUS FOR ATTENDEES?:

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.



Should I attend a
Strong Singles Retreat?



YES!!!

For more information Please contact Chaplain Nicholas Chou at (614) 336-4117 or nicholas.a.chou@us.army.mil

Building Strong Singles

***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)*



Testimonials

"It was refreshing, informative, and renewing."

"This class is helping me with what is going on with my life right now!"

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