

SINGLES ENRICHMENT WEEKENDS

STRONG BONDS

Have you ever heard the saying, “An ounce of prevention is worth a pound of cure”?

Strong Bonds Singles Enrichment Weekends focus on developing healthy personal and relational habits so that you are better prepared to make that next big life decision. These life skills help attendees navigate transition times in life. 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. The curriculums are designed to be highly engaging, fun, and meaningful for today's young adults.

These events also offer single Service Members an opportunity to interact with other Service Members in a fun and interactive setting. Each event includes a recreational outing compliments of the USO of Central Ohio. The 2015 events include outings such as, a scenic riverboat cruise, a Dave and Busters outing, and a zip line tour through Hocking Hills Canopy Tours.

Weekend events are conducted at some of the premier hotel and resort locations around the state. The two curriculums currently offered are PICK aka “How Not to Fall in Love with a Jerk(ette)” and Got Your Back.



Until Every One Comes Home®



PICK aka “How Not to Fall in Love with a Jerk(ette)”



If you are currently in a relationship and want to make sure that you “don’t mess up a good thing” or if you see yourself being in a relationship in the future, then this weekend training may be for you! PICK a Partner (also known as How to Avoid Falling in Love With a Jerk) teaches a way to build a healthy relationship that teaches how to follow your heart without losing your mind.

New in 2015! Got Your Back



Got Your Back is a fun, interactive, and relevant curriculum that focuses on helping individuals to improve understanding and decision-making in their relationships. The goals include helping individuals handle stress more effectively, limit destructive communication patterns, understand safe and unsafe relationship dynamics, and be more intentional about expectations and actions in seeking successful relationships with others.

WHO: Service Member. Strong Bonds Singles Enrichment Weekends are open to unmarried Service Members in the Army or Air National Guard. There are separate events for Army and Air National Guard Service Members.

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	Outing
March 7-8	PICK (STC/1191 EN)	Columbus	Dave and Busters
April 11-12	Got Your Back (1191EN)	Columbus	Dave and Busters
July 25-26	Got Your Back	Cincinnati	B&B Riverboats
Aug 8-9	PICK	Columbus	Hocking Hills Canopy Tours

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 Service Members 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 these events including lodging, meals, child care, and workshop materials could easily exceed several hundred dollars. Thanks to Strong Bonds funding, these events are provided at no cost; though incidentals such as travel, room service, movies and food are not included.

HOW: Event information and links to online registration will be posted on the Ohio National Guard Family Programs Website at:
http://www.ong.ohio.gov/frg/FRG_retreats.html

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

Quotes

- "I plan on telling every single Soldier in my unit that this training is a must!!!"

- "This event helped me think about what is going on in my life. It gave me a new perspective."
- Great course, well presented. Great use of time. One of the best courses of instruction I've attended in almost 30 years in uniform. Definite tools I'll use in my own life."
- "I loved the location and the format. I like that the outline was less structured. It felt more like a group interaction rather than a class."
- "Very good weekend. It was refreshing, informative, and renewing."
- "This event helped me a lot by re-assuring me of things about myself and by helping me through my break-up by knowing I did the right thing. Also, it helped me to understand why I have made some of the decisions that I have in my life."