

Active Relationships for Married Military Couples Strong Bonds Weekend Event

Wisconsin
Army
National
Guard

Strong Bonds events are weekend retreat-style trainings that are geared towards helping soldiers and their families develop communication and relational skills. The goal is to enhance the readiness of soldiers by providing a solid foundation in their families at home.

Lodging and Meal costs for the weekend are provided.

Child care is not provided

Uniform is Business Casual

Here is a general schedule that one can expect for a Strong Bonds weekend:

Friday Night:

6:00 PM-Registration Begins

6:30 PM-Dinner (Provided)

7:00-9:00 PM-Ice Breaker/Training Intro (Children with child-care)

Saturday:

7:30 AM-Breakfast (Provided)

8:00 AM-Training (Children with child-care)

12:00 PM-Lunch (Provided, children eat separately)

12:00-3:00 PM- Training

3:00 PM-Release from training for free time (Dinner voucher provided)

Sunday:

7:30 AM-Breakfast (Provided)

8:00-11:00 AM-Training

11:00 AM-Release



Registration Process:

Go to

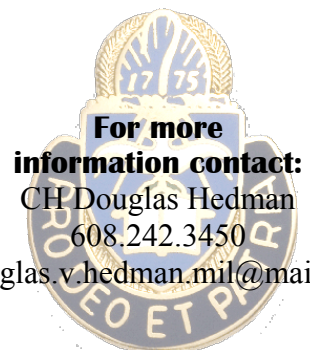
www.strongbonds.org

- 1. Go "Events" then click "Find an Event"**
- 2. Choose "ARNG"**
- 3. Click the type of event desired**
- 4. When the site asks for credentials click cancel**
- 5. Use drop-down to find "Wisconsin"**
- 6. Click event, read details and click "Register"**

Active Relationships is marriage enrichment program that focuses on several Of the major aspects of married relationships. Over the weekend attendees with the guidance of a trained chaplain, learn discuss and practice strategies of managing emotions (i.e. anger), positive/negative communication, preparation for conflict resolution, and aspects of improving/supporting continued romance in marriage relationships.

Here is a brief list of the modules that will likely be discussed:

- Timing Communication
- Emotions and Your Body
- Planning to Manage Upsets
- Getting Rid of Destructive Behaviors
- Controlling Your Own Happiness
- Compassion and Forgiveness
- "Being Real"
- Anger Handled Well- P.O.W.E.R.
- Money: Styles, Roles and Responsibilities -S.M.A.R.T. Resolution Skills
- Predictors of Relationship Satisfaction
- Biology of Love
- Little Ideas of Staying Close



**For more
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**Dates can be found on the Strong Bonds Webpage
under Register**