

Fearless Marriage

Strong Bonds Weekend Event

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. 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

Saturday:

- 7:30 AM-Breakfast (Provided)
- 8:00 AM-Training
- 12:00 PM-Lunch (Provided)
- 12:00-3:00 PM- Training
- 3:00 PM-Release from training for free time (Dinner voucher provided)

Sunday:

- 7:00 AM-Breakfast (Provided)
- 7:30 AM- Worship Service (Optional)
- 8:00-11:00 AM-Training
- 11:00 AM-Release

(Childcare is Available - Please provide information during registration)



**Wisconsin
Army
National
Guard**



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"**

Fearless Marriage is a new curriculum from PREP designed to help couples achieve their goals in relationships, family, and marriage. The curriculum is designed to build on each person's existing strengths and add critical life and relationship skills. In particular, Fearless Marriage emphasizes on how we think and react to life events. The goal is to provide couples with a clear picture of what a healthy relationship looks like in such a way that they feel empowered and fully capable of creating their own healthy romantic relationship.

Participants will learn to:

- An approach that helps couples identify and overcome barriers and meeting the goals that they have set by drawing on the positive qualities they share.
- A focus on helping participants discover new ways to cope with the on-going stress that is common among today's families.
- Further emphasis on structured communication, acceptance and the maintenance of a strong positive relationships (such as friendship, fun, and positive connects).
- Replace communication danger signs with strategies for respectful talking and listening.
- Look at the warning signs of dangerous patterns in relationships



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