

Got Your Back for Individual Soldiers 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. Soldiers and their families will be able to spend an entire weekend at nice locations across the state at no cost!

Lodging and Meal costs for the weekend are covered by the Strong Bonds programs. Your only responsibility is to sign up and show up!

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

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.

Participants will learn to:

- Replace communication danger signs with strategies for respectful talking and listening.
- Look at the warning signs of dangerous patterns in relationships
- Manage stress and reduce the negative effects of it on their lives, including alcohol abuse
- Explore personal needs and expectations and the role that decision-making plays in realizing them.
- Learn the brain science behind love and how to enjoy making decisions while "in love".
- Acknowledge the long term satisfaction possible through healthy choices regarding commitment, including why fatherhood matters.
- Discuss forgiveness, infidelity and know when to end an unhealthy relationship.

What's Unique about Got Your Back?

Got Your Back helps participants to set their goals and commit to what they want for themselves in life. Individuals are helped to see how small decisions and actions can help them realize their most important goals in both personal and professional relationships.

**Wisconsin
Army
National
Guard**



Registration Process:

**Go to
www.strongbonds.org**

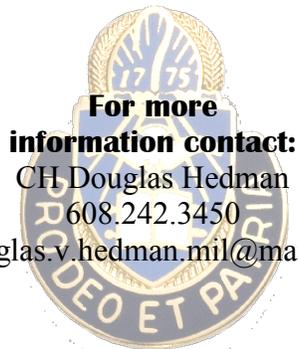
- 1. Go "Events" then click "Find an Event"**
- 2. Choose "ARNG"**
- 3. Click the type of event desired**
- 4. When the site asks for credentials click cancel**
- 5. Use drop-down to find "Wisconsin"**
- 6. Click event, read details and click "Register"**

**For more
information contact:**

CH Douglas Hedman

608.242.3450

Douglas.v.hedman.mil@mail.mil



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