

# P.I.C.K. 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!**

**Child-care is NOT provided!**

**This event is for current members of the Wisconsin Army National Guard only!**

**Uniform for the weekend 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

### **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:**

7:30 AM-Breakfast (Provided)

8:00-11:00 AM-Training

11:00 AM-Release

### **About Pre-martial Interpersonal Choices and Knowledge (P.I.C.K.)**

Unfortunately, most people do not understand what attaching forces or dynamics operate in their relationships. And yet, there are five adhesive dynamics which create the feelings of attachment in every relationship.

When these dynamics are out of balance, then you overlook signs of future difficulties in order to maintain your emotional closeness.

Without knowing what these forces are and how they are inter-related, most people will form over-attachments of the heart which will override the judgments of the mind.

The P.I.C.K. curriculum seeks to dig into the forces that form relationship bonds and help soldiers identify healthy and unhealthy traits within relationships past, present and future so as to aid in the soldier's choice of future partners and providing the tools to insure that choice is healthy. This curriculum works closely with the popular book "How to Avoid Falling for a Jerk(ette)" which is provided to the soldier at no cost!

**Wisconsin  
Army  
National  
Guard**



### **Registration Process:**

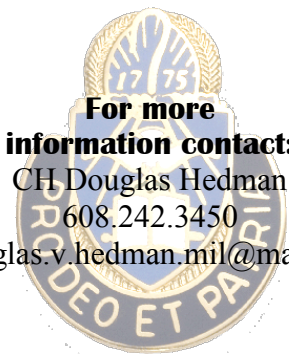
**Go to  
[www.strongbonds.org](http://www.strongbonds.org)**

- 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:**

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