

PROJECTED DATES FOR STRONG BONDS EVENTS 2011-2012

Month Dates City Requested	January 2012 27-29 Baltimore			March 2012 23-25 Lancaster		May 2012 18-20 Ocean City, MD			July 2012 27-29 Ocean City, MD
# of Instructors	2 Single Chaplains (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	1 Chaplain Couple (2)	3 Chaplain Families (10 max)
# of Participants	15 Single SMs (15)	10 Couples (20)	10 Couples (20)	10 Couples (20)	10 Couples (20)	10 Couples (20)	5 Couples (10)	5 Couples (10)	27 Families (100 max)
Purpose of Retreat	Single and Single Again Retreat	Couples Phase 2	Couples Phase 3	Couples Phase 1	Couples Phase 2	Couples Phase 1	Couples Phase 2	Couples Phase 3	Family Retreat
Program Used	How to Avoid Marrying a Jerk	Laugh Your Way- Flag Page	The Five Love Languages	Laugh Your Way to a Better Marriage	Laugh Your Way-Flag Page	Laugh Your Way to a Better Marriage	Laugh Your Way-Flag Page	The Five Love Languages	Stephen Covey's 7 Habits of a Highly Effective Family
Preferences	King Size Beds/Tea m Event	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Romantic for Couples/ King Size Beds	Connecting Rooms if needed/Kid Friendly Food/Ocean/ Pool

*\*Until contracted, all retreats are subject to change dates, location, and number of participants.*

Couples: There are three phases. Phase 1, Laugh Your Way to a Better Marriage, is open to any Service Member who is married and who has not already attended this retreat. Phase 2, The Flag Page, and Phase 3, The Five Love Languages, are available to you once you complete the previous phase.

Families: Any Service Member with children between 8-18 may attend. There is no programming and no childcare for children younger than 8. At this time, there is only one phase for families so you may only attend one time. It is recommended to attend as a family, not while one member is deployed.

Single and Single Again: Any Service Member who is legally divorced, widowed, or has never married may attend. No significant others may attend with you (unless they are also Single Service Members). This program is intended to help you discover what to look for and what to avoid in a potential mate.

For questions about the retreats, eligibility or registration information contact:  
CH Will Barnes 302-326-7718 or JoAnn Brooks 302-326-7269



## **Have you heard about Strong Bonds Couples Retreats and ever wondered what it was all about????**

***Q: What if I already have a good relationship with my spouse?***

Great! And it can get even better! You will definitely learn some things and have a great weekend away together!

***Q: Ok, so my spouse and I have a few problems and aren't getting along as much as I would like, will this help????***

Couples retreats are NOT therapy sessions, instead they are informative and fun weekends that will help give you the tools to strengthen your relationship with your spouse. You will learn more about yourself, your spouse, and have time away together-to focus on each other and why you fell in love in the first place! You will be glad you attended!

***Q: Do I have to talk about myself, what do I have to do once I get there and how long are these "sessions"????***

You must attend all the scheduled portions but your participation and how much you talk is definitely up to you. You will not be called upon to share anything, participation in conversation is completely voluntary. You will watch 4 funny but enlightening videos during the course of the weekend. See below for a description of the sessions and their run time.

The Laugh Your Way to a Better Marriage Video Sessions:

The Tale of Two Brains (session 1 Friday night- 73 min, session 2 Saturday morning- 55 min) - laugh till you hurt as Mark explains what he calls "the laws of relational physics" - how men and women are wired differently and why.

Why Does He/She Do That?(Saturday morning 45 min) - through a tool called the Flag Page (you will participate in the Flag Page in the Phase 2 retreat at a future date!), Mark is able to show husbands and wives a new way to discover what makes their spouse tick.

The #1 Key to Incredible Sex (Saturday morning session 1- 39 min, Saturday afternoon session 2- 35 min) - this is it...the "yo mama" session you've been waiting for. Mark goes through the five steps couples need to know to experience incredible, mind blowing, married sex...don't miss it!

How to Stay Married and Not Kill Anyone (Sunday morning 35 min) - through this session, viewers will discover the power of forgiveness in their marriage...or what Mark likes to call, "The Reset Button".

That's a mere 6 hours spread over 3 days!

***Q: Ok, it sounds interesting but how much does it cost????***

It's FREE! The hotel is paid for and the meals are paid for from Friday evening until you leave on Sunday afternoon. You will have to pay for your gas down there and back as well as whatever activity you choose to do during your free time on

Saturday on your "date" night. You will even get reimbursed for your mileage and tolls 5-10 business days after returning home!

***Q: That can't be possible, how can it be free? What's the catch????***

These retreats are paid for entirely by Strong Bonds funds which come from the US ARMY and US AIR FORCE to provide our Soldiers and Airmen the ability to work on their personal relationships. YES, it is free to stay at this fabulous hotel! YES, all the meals are provided! YES, you get Saturday night to do whatever you and your spouse would like to do! The only "catch" is that we ask you to come prepared to have a good time with your spouse and LAUGH! (We think that part is going to be easy!)

***Strong Bonds-Building Ready Families!***