

Strong Bonds Retreat

*Courtyard by Marriot
Alexandria, Virginia
8-9 March 2008*

- Who:** Married couples of the Virginia National Guard
- What:** Marriage Enrichment Retreat
- When:** 8-9 March 2008
- Where:** Courtyard by Marriott Pentagon South
Alexandria, Virginia

Why: Marriage Enrichment Retreat is specially designed for returning soldiers and their spouses. Through the partnership with the Family Programs Office and the State Chaplain's office, this program offers tips and guidance on keeping a marriage strong and nurturing a lasting love after a long deployment. The retreat will serve as a platform for couples to communicate and spend time together in a very comfortable setting. The 2 day retreat will include the Prevention and Relationship Enhancement Program (PREP®) as well as other lessons that concentrate on knowing your soul mate, disciplines of a healthy family, stress reduction and much more. This is **not** therapy. The Marriage Enrichment Retreat is a way to enhance what already is good in your individual relationship!



For more information on how to register or if you have questions, please contact Kay Baber via email kay.baber@us.army.mil or by phone 1-888-483-2682 ext 6129.

"A valuable and enjoyable investment of time in our family's future." C.D.

"I encourage all couples to attend. I have a wonderful marriage, but it was good to learn some new techniques to make it better. It was wonderful to be able to spend time as a couple in a beautiful place." A.T.

"This seminar is a wonderful way to help re-integrate previously deployed soldiers with their spouse." Anonymous

Strong Bonds Retreat Registration Form Courtyard by Marriott Alexandria, Virginia 8-9 March 2008

We're doing pretty well. Why should we consider attending a Marriage Enrichment Retreat?

Because the Marriage Enrichment Retreat is **NOT** therapy. Every couple starts off their relationship committed to make it work. The Marriage Enrichment Retreat provides concrete strategies and tools to help building strong relationships for married couple after deployments.

Soldier's Name _____

Last

First

Middle initial

Rank: _____ Unit: _____ Soldier's SSN: _____

Spouse's: _____ Spouse's SSN: _____

Last

First

Middle initial

Address: _____ Home Phone: _____

Street

_____ Work Phone: _____

City

State

Zip

*Soldier's Email: _____ *Spouse's Email: _____

*Registration confirmation and correspondences will be sent via email.

Please complete and return by 15 February 2008

Please fax this form to Kay Baber at 434.298.6202 or mail to:

Virginia National Guard
ATTN: Family Programs –Kay Baber
Building 316, Fort Pickett
Blackstone, VA 23824

