

Get a free  
weekend for two.

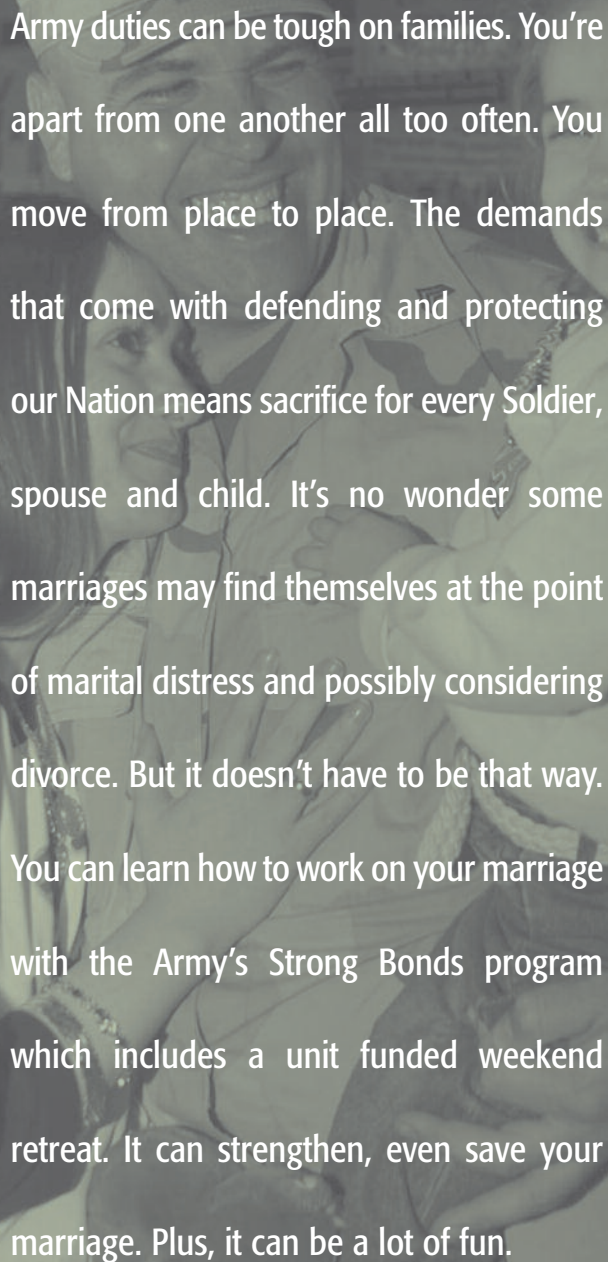
Along with a ticket to  
a stronger marriage.



**Strong Bonds**  
*Building Ready Families*  
[www.strongbonds.org](http://www.strongbonds.org)



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*Building Ready Families*



Army duties can be tough on families. You're apart from one another all too often. You move from place to place. The demands that come with defending and protecting our Nation means sacrifice for every Soldier, spouse and child. It's no wonder some marriages may find themselves at the point of marital distress and possibly considering divorce. But it doesn't have to be that way. You can learn how to work on your marriage with the Army's Strong Bonds program which includes a unit funded weekend retreat. It can strengthen, even save your marriage. Plus, it can be a lot of fun.

## WHAT IS STRONG BONDS?

Basically, it's a chance to work on your marriage and your overall well-being. Strong Bonds is a three-meeting series that combines marriage education, health promotion and increased knowledge about community resources. During these sessions, you'll talk through the challenges of marriage, on a one-on-one basis and in a group setting.

Strong Bonds may help couples who are on the verge of a marital crisis. Its strength is for couples who want to preserve their marriages or who are going through some rocky times and want to smooth things out. You are faced with challenges those outside the Army can't imagine. That's why the Army wants to help. Nurturing your marriage is part of readiness.

93% of the couples who participated in Strong Bonds showed significantly improved relationship quality.



## THE THREE PHASES OF STRONG BONDS

**PHASE 1: Awareness.** Marriage education using the research-based Prevention and Relationship Enhancement Program (PREP), designed to help Army families in both a group and on a one-on-one basis. Health Promotion Specialists provide health screening, assessments and wellness overviews. Phase 1 is held on the installation.

**PHASE 2: Skill Building.** Couples delve deeper into PREP and may include personal interviews with a Community Health Nurse, Health Promotion Fair, or health promotion skill awareness and information about community resources. Phase 2 is held on the installation.

**PHASE 3: Integration.** Couples develop a plan to build upon and maintain the skills learned during Phases 1 and 2. There is time for presentations determined by the command to prepare couples for the next mission. Finally, there are electives such as spiritual intimacy, friendship, fun and the power of commitment. This weekend retreat is held off the installation.

**HOW DO YOU SIGN UP?** To take part in Strong Bonds, you will need clearance from your commander. You will also want to talk to your unit chaplain to find out if the program is in place in your unit. If it is, you may also want to ask if childcare is an option should you need it. And as always, if you are having very serious issues with your marriage, talk to your unit chaplain or healthcare provider. **STRONG BONDS: love for a lifetime!** [www.strongbonds.org](http://www.strongbonds.org)

Unit Chaplain: \_\_\_\_\_ Phone: \_\_\_\_\_ Email address: \_\_\_\_\_