

TAKE A VACATION ON US!!!

FY12 STRONG BONDS WORKSHOPS

Need an opportunity to get away for some marital reconnection or family time? Take a vacation on us. Below are the dates and locations for FY12 Strong Bonds Workshops.

Laugh Your Way to a Better Marriage

January 21-22, 2012-Council Bluffs

July 21-22, 2012- Waterloo

The “Laugh Your Way...” workshop was developed by Pastor Mark Gungor, in which he takes a humorous look at the differences between men and women and will you're your rolling in the aisles with laughter. This course will help couples see how they are made and embrace those differences or similarities in their mates.

7 Habits of Highly Effective Military Families

July 28-29, 2012- Dayton

The 7 Habits of Highly Effective Military Families is one of the best programs to help military families learn how to stay focused, stay positive, and set goals for themselves and their families.

Prevention & Relationship Enhancement Program

January 14-15, 2012- Des Moines

February 25-26, 2012- Sioux City

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

Interpersonal Choices & Knowledge

February 18-19, 2012- Dubuque Area

Join us for a weekend at a ski resort!!! This retreat is designed to help single service members enhance relationships in their lives with significant others, family members, and co-workers. We will cover personality types, take an interest inventory for career planning, and learn what to look for in finding your soul mate.

All workshops are FREE of charge. Family Members are placed on Invitation Travel Orders and reimbursed mileage, lodging and per diem. Please contact Amanda Wicker at 515-261-8786 or via email at Amanda.wicker@ang.af.mil to register.