



STRONG BONDS

WORKSHOPS

The Iowa National Guard Family Program and the Chaplain's Office have teamed up to offer your five outstanding programs designed to help with communication, relationships and families.

MARRIED

Laugh Your Way to a Better Marriage

WEEKEND:

January 19-20, 2013 - Sioux City

April 20-21, 2013 - Davenport Area

1 DAY (8 hrs):

November 10, 2012 - Davenport

December 8, 2012 - Camp Dodge Chapel

Prevention & Relationship Enhancement Program

WEEKEND:

February 23-24, 2013 Des Moines

July 27-28, 2013 - Waterloo Area

1 DAY (8 hrs):

FAMILIES

7 Habits of Highly Effective Military Families

This program uses military family examples to help military families endure the difficult OPTEMPO the Iowa Guard has seen in recent years. This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

July 13-14, 2013 - Dayton, IA

Active Military Families

Active Military Families is learning plus fun-filled action that can increase connections and skills for life long success. Active Military Families celebrates strengths of each family and helps members recognize and build on great things about themselves. The program involves short presentations, family learning and experiential games.

February 16-17, 2013 - Dubuque Area

SINGLES

Got Your Back

Join us for a weekend in a resort setting! This retreat is designed to help single service members enhance relationships in their lives with significant others, family members or 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.

February 16-17, 2013 - Dubuque Area



Because our people are our best assets, the Iowa National Guard provides this training to you at no cost.



Iowa National Guard Family Program

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Call Chaplain (MAJ) Gary Selof at (800) 294-6607 x4189, or
SFC Eric Christoffel at (800) 294-6607 x4723 for more information.

LAUGH YOUR WAY
to a Better Marriage

GOT YOUR BACK

