LifeSkills Training and Education

RELATIONSHIP SERIES

Developing Healthy Blended Families

This workshop is designed to help Marines and family members gain a better understanding of the common and practical issues facing blended families. Topics discussed include stages of blended family development, and tips for nurturing and enriching the family relationship.

Building Lasting Relationships

The challenges of a military lifestyle can place many demands on Marines and their families. This workshop provides practical information and tools to enhance healthy relationships.

COMMUNICATION SERIES

Interpersonal Communication

This workshop is preventive in nature, to increase competence in using more effective communication skills, and to promote healthy relationships through communication. It helps Marines and families learn how to communicate with one another in an effective manner, thereby supporting self-sufficiency and operational readiness in the field.

Conflict Management

The Conflict Management workshop addresses interpersonal conflict and is designed to help Marines and their families become more aware of conflict; empowering them to make healthy choices by managing their responses to conflict, both at home and in the work place.

Social Networking Safety

This workshop addresses the dangers and risks, as well as positive outcomes, associated with social networking. It provides Marines and their families with information on how to protect themselves and family members, and ways to stay safe while on the internet, and on social networking sites.

re·la·tion·ship *noun*
- a connection, association, or involvement

MARINES