LifeSkills Training and Education

CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATIONS (CREDO)

CREDO offers retreats that help people grow toward increase functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness. CREDO offers the following core program and services:

- **Personal Growth Retreat (PGR)** this retreat provides couples with the opportunity to explore ways to keep their martial relationship healthy and to deal with conflicts which may arise. This experience enables participants to explore the emotional, physical, and spiritual component of their marriage, and to grow closer as a couple.
- **Spiritual Growth Retreat (SGR)** this retreat is designed to assist participants in the pursuit of a more meaningful spirituality. Focus is placed on gaining and expanding spiritual resources to better meet the daily demands of life.
- **Warrior Resiliency Retreat (WRR)** WRRs are courses of instruction designed to reduce stresses associated with combat setting and arduous deployments. CREDO, in conjunction with commanders and unit chaplains, will deliver tailored programs to address Combat Operational Stress Control (COSC), pre and post deployment training, and personal growth and resiliency training to enhance military readiness and unit cohesion.
- **Family Retreat** is desinged for parents and children to encourage the development of healthy families. It is based upon the Survival Skills for Healthy Families model. Families will learn specific skills to enhance family cohesion, resolve conflict, and build upon the strength in their family.

re·treat *noun*

- a time for you and your spouse to grow closer as a couple

PREVENTION RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

PREP is a relationship enhancement program that teaches couples how to effectively communicate, work together as a team to solve problems, manage conflict without damaging closeness, and preserve and enhance commitment and friendship. It is designed for pre-marital and married couples.