



# SCHEDULE

## 2011 QUARTER 1

CREDO is a Chief of Navy Chaplains sponsored relationship enrichment program helping improve job performance and enhancing overall quality of life for active duty service members and their families. CREDO was instituted in 1971 to combat the drug culture. Today, there are 11 CREDO units worldwide assisting those in the Marines & Navy.

### JANUARY

7-9 Family Resiliency Weekend  
19-21 Warrior Resiliency/Personal Growth

### FEBRUARY

4-6 Marriage Enrichment One  
11-13 Marriage Enrichment One

### MARCH

4-6 Marriage Enrichment One  
25-27 Marriage Enrichment One

## CONTACT

CREDO Camp Lejeune  
1401 West Road (TT2461)  
Camp Lejeune, NC 28547

[www.mccslejeune.com/credo](http://www.mccslejeune.com/credo)

**For reservations:**  
910.450.1668

Registration is on a first-come; first-served basis.  
All retreats and seminars are free.

Childcare is not provided by CREDO.  
Please contact CDC for childcare assistance.

**C**haplain's  
**R**eligious  
**E**nrichment  
**D**evelopment  
**O**peration

JANUARY - MARCH 2011

910.450.1668  
[WWW.MCCSLEJEUNE.COM/CREDO](http://WWW.MCCSLEJEUNE.COM/CREDO)



RELATIONSHIP TRANSFORMATION  
& RENEWAL EXPERIENCES

## UNIT TEAM BUILDING

This day-long workshop demonstrates how units can maximize effectiveness by developing a more thorough knowledge of each unit member and how he/she contributes to the unit's overall mission. Units can then learn how to efficiently use each member of their team member's differing personality types to compliment and strengthen the unit/command, as a whole. The UTB provides appreciation of individual differences and develops a shared vision, communication and cooperation in units. The end result? Increased mission readiness potential leading to overall mission success.

## WARRIOR RESILIENCY & PERSONAL GROWTH

The 48 hour event allows participants time to process life events, whether they occur on the battlefield or on the home front by the use of various multimedia clips and small group discussion. Previous participants have talked about the benefit of this event in helping them to make positive life changing decisions.

## MARRIAGE ENRICHMENT

### MARRIAGE ENRICHMENT ONE

A 48 hour experience based on the work of Dr. John Gottman. Dr. Gottman's 35 years of compelling research with over 3,000 couples offers a practical and highly effective approach to helping couples bridge communication chasms and to renew their friendship and to develop deeper intimacy with each other.

### MARRIAGE ENRICHMENT TWO

A 48 hour experience based on the work of Dr. Sue Johnson. This retreat focuses on creating and strengthening the marital emotional bond by identifying and transforming the key moments that foster an adult loving relationship. Couples will spend time in small groups with a chaplain/therapist. Attendees must have one or more combat deployments in order to attend the event.



All events require  
advance registration,  
and space is limited.

Please call

**910.450.1668**

for more information or registration.



## FAMILY RESILIENCY

This retreat experience for the family is designed to assist couples in fostering a positive parenting mind-set. During the weekend, participants on the retreat will find a wealth of practical ideas and tips on parenting issues and practices. Key parenting principles will be discussed along with suggestions on how to balance time between work and home. This retreat is for the whole family. Children must be ages 5 or older in order to attend, due to the nature of the weekend experience.

## DEPLOYMENT RESILIENCY

### SINGLE/NEWLY SINGLE MARINES

Assists Marines and Sailors to make better informed decisions in dating and on selecting a partner for a life long commitment. Based on the popular *How Not to Marry a Jerk/Jerkette* by Dr. John Van Epp.

### MARRIED MARINES

This one day marriage enhancing experience will assist couples to enhance existing or develop new communication techniques and conflict resolution strategies to effectively interact with each other. The one day experience may utilize *The 5 Love Languages* by Dr. Gary Chapman or *His Needs, Her Needs* by Dr. Willard Harley