Domestic Violence Awareness Month 2012

# Home is Not a War Zone: Bringing Peace to Relationships

## October 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 1 Call your in-laws (or future in-law) and thank them for your partner | 2 Contact the Chaplain's Office and sign up for this (or next) year's Credo Marriage retreat | 3 Put the kids to bed (early) and share dinner, by candlelight, at your kitchen table | 4 Write a post-it note to tell your partner why you are glad he/she chose you | 5 Invite another healthy couple over (or out) for dinner together | 6 Make a "life" list together and hang it on the refrigerator |
| 7 Hold a "State-of-the-Union" meeting with your partner | 8 Sign-up to take a MWR class or trip together | 9 Do something with your partner that he/she may enjoy, but you may not. (Watch football, etc.) | 10 Text your partner a love message | 11 Repeat your wedding vows to your spouse | 12 Go to the movies and have a movie night | 13 Ride bikes (or take a walk) in the park with your entire family |
| 14 Work on a "Do It Yourself" home project together | 15 Write poems to one another and read them aloud | 16 Get up early and do Yoga together | 17 Turn on some of your favorite songs and dance together in the middle of the living room | 18 Make dinner together (get the kids to help) | 19 Write a love letter to your spouse or partner | 20 Volunteer your time in a community organization together |
| 21 Cut off all electronic devices and make a commitment to talk today | 22 Write down 2 personal and 2 relationship goals and share them with your partner | 23 Kiss in the rain. Not raining? Kiss in the shower | 24 Create a "love box" for your partner with a few of his/her favorite things | 25 Write "I Love You" in a different language - Tell them to figure out what it says | 26 Declare your love to your partner (in a public setting) | 27 Pack a sunset picnic |
| 28 Give each other pedicures | 29 Pick out clothes that you want your partner to wear to bed tonight | 30 Play two rounds of hide and seek (create a "prize" when the partner is found) | 31 Pull out some old pictures and create a collage of your family, together | | | |

Make the commitment to participate in at least three DVAM activities at your installation this month.

This may not be EASY but will be *worth* the effort.

Family Advocacy Program

The Fleet & Family Support Center

CNIC ★ FLEET ★ FIGHTER ★ FAMILY

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