



## CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION

### CREDO MID-ATLANTIC



Supporting Sea Services personnel and their families, CREDO programs enhance spiritual well-being and inspire hope in the lives of participants, helping them grow in healthy relationships, spiritual expression, positive moral thinking, and resiliency. Our goal is to build trust and facilitate an experience of unconditional acceptance that invites reflection and offers practical skills for change.

For more information or to register please call or email:

**(757) 444-7654**

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**[https://www.cnic.navy.mil/regions/cnrma/om/religious\\_programs.html](https://www.cnic.navy.mil/regions/cnrma/om/religious_programs.html)**

#### RETREATS

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The **Marriage Enrichment Retreat (MER)** weekend and one-day events offer opportunities for committed couples to explore how they may grow together in intimacy and love. Participants reflect upon and actively explore the health of their relationships through lenses of personality, “love languages,” and evidence-based practices for successful marriage. Weekend events include all meals and lodging!

The **Family Enrichment Retreat (FER)** one-day event offers families an opportunity to learn practical skills based on proven principals that will strengthen, support, and empower family bonding and development. Through conflict management, mutual encouragement, and effective discipline, participants discover how to bring out the best in each other and build on their strengths.

The **Personal Resilience Retreat (PRR)** one-day event provides participants a space to share and grow within supportive community. This workshop does not replace or preempt counseling, but provides research-based tools to develop self-knowledge, and to set and reach personal goals. PRRs utilize combined workshop curricula (listed below) to create unique learning opportunities for each command or personal growth context.

#### WORKSHOPS

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The **Pre-Marital Workshop (PMW)** provides an opportunity for engaged couples to explore those topics most important to a healthy relationship—communication, intimacy, expectations, and boundaries.

The **Personal Resilience Workshop (PRW)** is a half-day event (often combined to form PRRs, as above) that affords participants opportunities to identify, plan, and execute strategies for effective personal development. Modules are 2-3 hours each, and include:

1. MBTI personality and temperament tool
2. ARSENAL personal and team resilience assessment
3. Immunity to Change (pending CNIC approval) personal change process
4. Change Your Lens series on perspective and outlook
5. ViaME character strengths assessment
6. Other options can often be accommodated by request

#### LivingWorks

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**Applied Suicide Intervention Skills Training (ASIST)** two-day training is for formal or informal caregivers in any community, group or organization. The program enhances caregiver skills and confidence to intervene with a person at risk of suicide.

**SafeTALK** 3-hour training is designed to help participants recognize persons at risk of suicide, respond to their invitations for help, and apply basic intervention steps to connect them with appropriate helpers.

**SuicideTALK** is a 90-minute training designed to familiarize large groups with safe intervention skills, and to invite participation in more in-depth training.