

# CREDO MIDLANT FY 16 CALENDAR



All Retreats are FREE (including meals and rooms), and are open to **Active Duty, Reservists** (Active Status) and their **Immediate Family Members**.

**For more information or to register please call:**

**CREDO Norfolk at 757-444-7654**

**CREDO Groton at 860-694-1144**

**Retreat registration closes ten (10) days prior to event start date, so register early!**

*Updated June 23, 2016*

<b>Marriage Enrichment Retreat (MER)</b>			
16-18 Oct	Virginia Beach, VA	Norfolk	The <b>Marriage Enrichment Retreat (MER)</b> weekend offers the opportunity for committed couples to explore how they may grow together in intimacy and love. Couples on this retreat will reflect upon and actively explore the health of their relationship by looking together at where they are in their relationship, how they got there and where they want to go.
20-22 Nov	Great Lakes, IL	Groton	
04-06 Dec	Virginia Beach, VA	Norfolk	
04-06 Dec	SUBASE, New London	Groton	
08-10 Jan	Virginia Beach, VA	Norfolk	
22-24 Jan	Lakehurst, NJ	Groton	
05-07 Feb	Virginia Beach, VA	Norfolk	
04-06 Mar	Virginia Beach, VA	Norfolk	
11-13 Mar	SUBASE, New London	Groton	
15-17 Apr	Virginia Beach, VA	Norfolk	
13-15 May	Great Lakes, IL	Groton	
13-15 May	Saratoga Springs, NY	Groton	
20-22 May	Virginia Beach, VA	Norfolk	
24-26 Jun	Virginia Beach, VA	Norfolk	
24-26 Jun	SUBASE, New London	Groton	
22-24 Jul	Virginia Beach, VA	Norfolk	
26-28 Aug	Virginia Beach, VA	Norfolk	
26-28 Aug	SUBASE, New London	Groton	
09-11 Sep	Lakehurst, NJ	Groton	
23-25 Sep	Virginia Beach, VA	Norfolk	

<b>Personal Resilience Retreat</b>			
06-08 Nov	Virginia Beach, VA	Norfolk	The <b>Personal Resilience Retreat (PRR)</b> provides a safe space for us to tell our stories in the midst of a supportive community. This retreat is not designed to fix or diagnose problems. It is a chance to get to
19-21 Feb	Virginia Beach, VA	Norfolk	
01-03 Apr	Virginia Beach, VA	Norfolk	
01-03 Apr	Great Lakes, IL	Groton	
08-10 Apr	SUBASE, New London	Groton	

10-12 Jun	Virginia Beach, VA	Norfolk	know yourself better. Your mind will be opened to a new way of looking at yourself through a variety of activities designed to revitalize your mind, body and spirit.
10-12 Jun	Lakehurst, NJ	Groton	
08-10 Jul	Saratoga Springs, NY	Groton	
12-14 Aug	Virginia Beach, VA	Norfolk	
26-28 Aug	Great Lakes, IL	Groton	

<b><u>Family Enrichment Retreat</u></b>			
22-24 Jan	Virginia Beach, VA	Norfolk	The <b>Family Enrichment Retreat (FER)</b> offers families an opportunity to learn practical skills based on proven principals that will strengthen, support, and empower your family to grow closer and stronger. You will learn steps to resolve conflict, ways to encourage each other, and steps for effective discipline. You will discover how to bring out the best in each other and how to build on the strengths of your family.
18-20 Mar	Virginia Beach, VA	Norfolk	
22-24 Apr	Lakehurst, NJ	Groton	
29-01Apr-May	Virginia Beach, VA	Norfolk	
13-15 May	Virginia Beach, VA	Norfolk	
20-22 May	SUBASE, New London	Groton	
08-10 Jul	Virginia Beach, VA	Norfolk	
22-24 Jul	Great Lakes, IL	Groton	
05-07 Aug	SUBASE, New London	Groton	
09-11 Sep	Virginia Beach, VA	Norfolk	

<b><u>ASIST Workshops</u></b>			
22-23 Oct	Lakehurst, NJ	Groton	The <b>Applied Suicide Intervention Skills Training (ASIST)</b> is for formal or informal caregivers in any community, group or organization. The program enhances caregiver skills to intervene with a person at risk of suicide in order to achieve safety for now. The desired outcome for this program is to increase confidence in one's suicide intervention skills and build community networks.
03-04 Nov	Norfolk, VA	Norfolk	
09-10 Nov	Portsmouth, NH	Groton	
08-09 Dec	SUBASE, New London	Groton	
05-06 Jan	Norfolk, VA	Norfolk	
12-13 Jan	Lakehurst, NJ	Groton	
09-10 Feb	Portsmouth, NH	Groton	
01-02 Mar	Norfolk, VA	Norfolk	
01-02 Mar	SUBASE, New London	Groton	
12-13 Apr	Saratoga Springs, NY	Groton	
03-04 May	Norfolk, VA	Norfolk	
10-11 May	Newport, RI	Groton	
01-02 Jun	SUBASE, New London	Groton	
06-07 Jul	Norfolk, VA	Norfolk	
09-10 Aug	Portsmouth, NH	Groton	
06-07 Sep	Norfolk, VA	Norfolk	

<b><u>SafeTALK Workshops</u></b>			
06 Oct	Norfolk, VA	Norfolk	The <b>SafeTALK</b> is for any individual, and required for Barracks RAs, wanting to be alert to persons with thoughts of suicide and to connect them to suicide intervention resources. The program is designed to help participants recognize people thinking of suicide, their invitations for help, and learn to apply basic TALK steps.
01 Dec	Norfolk, VA	Norfolk	
03 Feb	Norfolk, VA	Norfolk	
05 Apr	Norfolk, VA	Norfolk	
07 Jun	Norfolk, VA	Norfolk	
02 Aug	Norfolk, VA	Norfolk	

### Marriage Enrichment Workshops

09 Oct	Norfolk, VA	Norfolk	The <b>Marriage Enrichment Workshop (MEW)</b> offers couples an opportunity to explore how they may grow together in intimacy and love. Couples will learn new tools for their communication toolbox.
13 Nov	Norfolk, VA	Norfolk	
11 Dec	Norfolk, VA	Norfolk	
08 Jan	Norfolk, VA	Norfolk	
12 Feb	Norfolk, VA	Norfolk	
11 Mar	Norfolk, VA	Norfolk	
08 Apr	Norfolk, VA	Norfolk	
13 May	Norfolk, VA	Norfolk	
10 Jun	Norfolk, VA	Norfolk	
08 Jul	Norfolk, VA	Norfolk	
12 Aug	Norfolk, VA	Norfolk	
09 Sep	Norfolk, VA	Norfolk	

### Pre-Marital Workshops

21 Oct	Norfolk, VA	Norfolk	The <b>Pre-Marital Workshop (PMW)</b> provides an opportunity for engaged couples to explore those topics most important to a healthy relationship—communication, intimacy, expectations, and boundaries.
18 Nov	Norfolk, VA	Norfolk	
16 Dec	Norfolk, VA	Norfolk	
20 Jan	Norfolk, VA	Norfolk	
17 Feb	Norfolk, VA	Norfolk	
16 Mar	Norfolk, VA	Norfolk	
20 Apr	Norfolk, VA	Norfolk	
18 May	Norfolk, VA	Norfolk	
15 Jun	Norfolk, VA	Norfolk	
20 Jul	Norfolk, VA	Norfolk	
17 Aug	Norfolk, VA	Norfolk	
21 Sep	Norfolk, VA	Norfolk	

### Healthy Dating Workshops

27 Oct	Norfolk, VA	Norfolk	The <b>Healthy Dating Workshop (HDW)</b> gives singles, and dating couples, the chance to learn more about each other while equipping individuals with proven, effective skills in communication, safety, conflict resolution, and boundaries.
18 Nov	Portsmouth, NH	Groton	
24 Nov	Norfolk, VA	Norfolk	
10 Dec	SUBASE, New London	Groton	
29 Dec	Norfolk, VA	Norfolk	
26 Jan	Norfolk, VA	Norfolk	
28 Jan	Saratoga, Springs, NY	Groton	
18 Feb	Portsmouth, NH	Groton	
23 Feb	Norfolk, VA	Norfolk	
03 Mar	SUBASE, New London	Groton	
22 Mar	Norfolk, VA	Norfolk	
26 Apr	Norfolk, VA	Norfolk	
28 Apr	Lakehurst, NJ	Groton	
12 May	Portsmouth, NH	Groton	
24 May	Norfolk, VA	Norfolk	

26 May	SUBASE, New London	Groton	
23 Jun	Saratoga Springs, NY	Groton	
28 Jun	Norfolk, VA	Norfolk	
26 Jul	Norfolk, VA	Norfolk	
11 Aug	Portsmouth, NH	Groton	
23 Aug	Norfolk, VA	Norfolk	
01 Sep	SUBASE, New London	Groton	
22 Sep	Saratoga Springs, NY	Groton	
27 Sep	Norfolk, VA	Norfolk	

<u>Team Building Workshops</u>			
	Scheduled with individual commands or installations as needed or desired.		The <b>Team Building Workshop (TBW)</b> is designed to build understanding and morale of groups by revealing personal type preferences and group type preference through a series of personality type inventories and experiential activities that highlight how differences may be used constructively.

**CREDO is a program of the U.S. Navy Chaplain Corps.**

**Chaplains Religious Enrichment Development Operation (CREDO)** Supporting the Sea Services personnel and their families, CREDO offers resources to strengthen the lives of the Department of the Navy’s most important asset—our people! CREDO uses a spiritual care model that looks beyond behaviors to affirm each person as a unique creation of God with value and significance. CREDO seeks to enhance spiritual well-being and inspire hope in the lives of its participants by helping them to achieve a level of personal maturity that is manifested 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. **Office Phone Number to inquire or register: 757-444-7654.**

**Attire for Retreats & Workshops**

CREDO strives to provide a relaxed training environment that is conducive to personal introspection and learning of military personnel without the constraints of and concerns for rank structure. For this reason, the uniform of the day for CREDO retreats and workshops is civilian attire that is in keeping with good order and discipline.