2013 Schedule

Transportation: CREDO does not provide transportation to any of our retreats.

Childcare: At this time CREDO Northwest DOES NOT provide childcare for any of its retreats. Please contact CREDO NW to sign up for any of the following events:

Marriage Enrichment Retreats (MERs)
July 12-13, 2013
August 9-11, 2013
September 13-15, 2013

Marriage Workshops
July 26-27 @ Whidbey Island

ASIST Workshops
July 9-10 @ NAS Whidbey Island
August 6-7 @ NAVSTA Everett
September 24-25 @ Naval Base Kitsap

Personal Resiliency Retreat
September 20-22, 2013

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CREDO NORTHWEST STAFF

CHAPLAINS
CDR Michael Hakanson, CHC, USN, Director
LCDR Bill Stewart, CHC, USN, Dep. Director

RELIGIOUS PROGRAM SPECIALISTS
RP2 Matthew Memarian
RP3 Anthony Ventura
RPSN Tiffany Jimenez

HISTORY

CREDO started in 1971 as the Chaplains Response to the Emerging Drug Order, as a chaplain-led experiment to confront the use of drugs by sailors and Marines. By 1976, CREDO had developed into a new form of retreat ministry that was applicable to a broad spectrum of personal and spiritual issues. This change in scope resulted in the change in name to Chaplains Religious Enrichment Development Operation.

PHILOSOPHY

Our program is distinctly spiritual and builds trust by facilitating an experience of unconditional acceptance resulting in a heightened sense of personal responsibility, and a deeper commitment to community. Individuals are encouraged to share ONLY that with which they feel comfortable. Each person identifies and defines their own goals and moves at their own pace. CREDO invites reflection, but does NOT attempt to “fix” people or “force” anyone to work on perceived issues. Instead, we affirm each person as a unique creation of God with value and significance.

MISSION

To provide a program of retreats to enable military members and their families to develop personal and spiritual resources.

ELIGIBILITY

All CREDO retreats are open to all active duty military and their immediate family members, and members of reserve components in an active status and their immediate family members at no cost to themselves or their commands.
Marriage Enrichment Retreats (MERs)
The MER begins on Friday evening and ends with lunch on Sunday. The setting is the “Inn at Gig Harbor” and is designed to enhance the ability of a couple to get away from distractions and focus on their marriage relationship. Each couple will receive a private hotel room & bath with meals for the weekend, all FREE OF CHARGE for eligible participants.

Applied Suicide Intervention Skills Training (ASIST)
The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential. Learn how to:

• Recognize Invitations For Help
• Reach Out And Offer Support
• Review The Risk Of Suicide
• Apply A Suicide Intervention Model
• Link People With Community Resources

Family Enrichment Retreat (FER)
The Family Enrichment Retreat (FER) is based around “Survival Skills for Healthy Families” which is a 12-hour Family Wellness program presented to families in a retreat setting. Learn About:

• Parents in Healthy Families
• Children in Healthy Families
• Adult Relationships—Couples in Healthy Families
• As Children Grow—Change in Healthy Families
• Solving Family Problems
• Sex, Drugs, and You—Passing on Your Values to Your Children

Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants. The course is a proven model for teaching skills, enhancing healthy family interactions, and investing family members in each other and their community.

Personal Resiliency Retreat (PRR)
The PRR is a time to invest in yourself. This retreat provides an opportunity for facilitating individual growth and building resiliency in an atmosphere of a trusting community. It also offers a place to decompress and re-focus, in order to better handle stress and other painful or emotional issues. The CREDO PRR helps improve a person’s ability to perceive, understand and manage emotions in order to succeed in life. Research has shown one of the critical and often overlooked keys to successful change and personal growth is emotional health. The CREDO PRR centers on understanding more about yourself and how to move ahead toward a more fulfilling and successful life. We will examine the issues surrounding our emotions and give you tools to interact with others in your life. CREDO aims to help you develop insights and skills to enhance your life and relationships.