

Domestic Violence Awareness Month 2012

Home is Not a War Zone: Bringing Peace to Relationships

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	<p>Family Advocacy Program</p>  		

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.

