



Think of it as recon
techniques for the heart.

The Single Soldier Program.



YOU'VE BEEN THROUGH A LOT AS A SOLDIER. THE WRONG RELATIONSHIP COULD BE MORE INTENSE THAN ANY OF IT.

Maybe you're in a relationship now, and are thinking about taking it further. Or perhaps you just left or lost a relationship and are contemplating taking that kind of risk again. Maybe you're not with anyone special, but you know it might happen some day. No matter what your "relationship status" is right now, it's smart to take part in the Strong Bonds Single Soldier Program. One weekend could make a major difference in how you date and perhaps, who you choose for a lifetime.

IT'S A CHANCE TO GET AWAY FROM IT ALL. AND IN TOUCH WITH EVERYTHING.

With the Strong Bonds Single Soldier program, you and other Soldiers from your unit will attend training off-site for a retreat weekend. So along with learning important life skills, you'll also have a really good time, relaxing, having fun and getting to know the Soldiers in your unit.

The Strong Bonds Single Soldier Program is offered by Army Chaplains with the full support of your Commanding Officer. It's open to single Soldiers In the Army, Army Reserves and National Guard.

LEARN HOW TO CHOOSE A PARTNER. WISELY.

The Strong Bonds Single Soldier Program uses a nationally recognized program called Premarital Interpersonal Choices and Knowledge, or P.I.C.K. The P.I.C.K. program covers two basic areas: the head and the heart. With P.I.C.K., you'll learn the importance of building safe relationships, while knowing what to look for in a dating partner. You'll find out about the five key areas to explore when considering a long-term relationship with someone (part of the "head knowledge" of the program.) You'll also learn more about the dynamics of trust, reliance, commitment and sexual touch — the "heart" aspects of a relationship.

After one weekend, you'll know how to examine your priorities, choose a partner more wisely and build skills that will help you for the rest of your life.

To find out more, talk to your Army Chaplain or your Commander, or visit www.strongbonds.org. Because the healthiest relationships are strong from the start.

