

PERSONAL RESILIENCY RETREAT

This retreat is designed to foster holistic personal growth: physically, psychologically, emotionally and spiritually.

Desired retreat outcomes:

- Increased self-awareness, including how your personal history shaped your life
- Strengthen resiliency
- Develop coping and resiliency skills
- Develop problem-solving skills
- Establish personal growth goals
- Take greater responsibility for personal decisions
- Enhance social wellness through friendship, family cohesion, and social support
- Develop spiritual fitness by deepening one's sense of purpose in life

Participating in this retreat can equip and empower you to develop a better state of positive self-regard using proven problem-solving and resiliency skills.

TEAM BUILDING WORKSHOP

Our three-hour Team-Building Workshop will help you build a more effective and cohesive team which understands and leverages personality preferences to increase productivity and maximize workflow. Using MBTI (Myers-Briggs Personality Type Indicator), your team will learn about the keys to effective group dynamics: communication, cooperation, trust, and fun.

Contact our office to schedule a Team-Building Workshop for your work center or department (we can come to your site, or you come to ours).

FOR RETREAT DATES, VISIT:

www.facebook.com/CREDO.Southeast

To register or for more info –
Email: CNRSE_CREDO@navy.mil
Call: (904) 542-3923

Retreats run 1900 Fri. – 1030 Sun.; include all meals on Sat. & breakfast on Sun.; refreshments are provided throughout the retreat.

MARRIAGE ENRICHMENT RETREAT

This retreat is designed to assist married couples in developing and strengthening a healthy marriage. Conflict is inevitable in life and marriage – how couples resolve conflict can determine marital satisfaction. Couples who effectively resolve conflicts will reduce the frequency and intensity of marriage problems thus leading to lasting and loving relationships.

Desired retreat outcomes:

- Increase self-awareness, and appreciation for one another's personality differences
- Strengthen friendship and intimacy
- Develop skills to resolve and prevent conflict from building up over time
- Develop effective communication skills
- Develop problem-solving skills
- Discover your "love language" using the "The Five Love Languages" (Military Edition)
- Have fun!!

Childcare is NOT provided for children at Marriage Enrichment Retreats

Marriage Enrichment Retreats are not intended for couples struggling in marriage or contemplating divorce. Contact our office for marriage counseling and/or resource referral.

FAMILY ENRICHMENT RETREAT

This retreat is designed to help military families increase positive functioning by strengthening individual and family resiliency. Your family will learn family wellness and life skills.

Desired retreat outcomes:

- Develop effective communication skills
- Develop problem-solving skills
- Enhance understanding of roles and boundaries in healthy families
- Enhance understanding of parenting strategies and tactics
- Discover your family's love languages using the "The Five Love Languages"
- Have family fun!!

Participating in this retreat can strengthen the bond of family love.

**Childcare IS provided for children (7 years-old and younger) at Family Enrichment Retreats **

MISSION READINESS BRIEFS

Commander's Mission Readiness briefs with elements designed specifically to build character strength, values, and decision making skills.

Briefs include:

- Operational Stress Control
- Sexual Assault Prevention
- Domestic Violence
- Suicide Prevention

We also offer workshops to enhance personal resiliency, problem-solving, marriage and family life, parenting, communication, and more!

CREDO RETREATS

CREDO retreats began in earnest in 1971 with the Personal Growth Retreat but as the demographics and dynamics of military culture changed, CREDO programming expanded. CREDO helps people thrive and flourish amidst the challenges of military life.

CREDO Southeast invites you to join us for one of our Friday night to Sunday afternoon all-inclusive retreats where you can enjoy a calming environment away from work and other stressors. Our retreats are designed to reduce your stress, build resilience, and help you achieve your goals. You will have the opportunity for real personal reflection and growth during a memorable weekend that will enhance your quality of life. All retreats are no-cost to you – CREDO provides meals and lodging. Just think, a weekend without cooking or cleaning or housework or chores... Registration is first-come, first-served, and our retreats fill up quickly... so register early!

WHO IS ELIGIBLE?

Active duty and their family members are eligible for retreats (including Reservists in an active status). Marriage and Family Retreat participant couples must be legally married when registering. Retreat dates are subject to change or cancellation/postponement due to contract and attendance requirements.

SATISFACTION RATE OF 99%!

Come to one of our CREDO retreats and you'll see why military members, couples, and families have an awesome weekend, can't hardly wait to come again, and wholeheartedly recommend CREDO retreats to others.

CREDO PROGRAMS:

- Strengthen the religious, moral, and spiritual well-being of Department of the Navy (DON) service members, civilians, and families.
- Increase the readiness and resilience of service members, civilians, and families in support of DON's Strategic Plan for Religious Ministry and the Chief of Naval Operations' Sailing Directions.
- Respect and value all who attend our retreats, workshops or training seminars.
- Have been developed specifically to meet the religious, moral, and spiritual needs of DON service members, civilians, and their families.
- Are religious, but not-faith-group specific, events formatted as retreats, workshops, and seminars.
- May include the expression of religious beliefs representative of the chaplains and participants in a manner that honors the rights of all to determine their own religious convictions and beliefs.



*Chaplains Religious Enrichment
Development Operation*

CREDO Jacksonville

Retreats
Workshops
Training



STAFF

Chaplain Dan Stallard, CDR, USN

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For more information –

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E-mail: CNRSE_CREDO@navy.mil

Visit: www.facebook.com/CREDO.Southeast

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