



A Quick Reference Guide to Building, Maintaining, and Restoring Healthy Relationships



WHY HERE	New Marriages	New Parents	Parenting	Pre-Marital Programs	Relationship Counseling	Relationship Enhancement	Adolescent / Teen Counseling	Communication Improvement	Dating	Deployments	Divorce Care	Family Finances
Airman & Family Readiness Center 402-294-4329												
Chapel 402-294-6244												
Family Advocacy 402-294-7886												
Mental Health 402-294-7411												
Military Family Life Consultant 402-681-8387												



Airman & Family Readiness Center

402-294-4329

Spouse-ology

We have partner with the base chapel service in providing this workshop. This is a great workshop for our returning deployed members and their families. There is a Couple's game to learn more about one another's partners and to compete against other couples. Males and Females will be asked a series of questions to anticipate their spouse's response to several questions. Get it right or there is a penalty! The goal of marriage and relationship education is to help couples form and sustain healthy, stable marriages and relationships, which is done by strengthening a couple's relationship skills and it can be fun.

Stabilizing Relationships

Help families cope with trauma and divorce. Interpersonal conflict is causing serious damage and difficulties in our lives. Its destructive effects are straining marriages, embittering our children, and causing discord in our churches. Even our daily commute is often affected by hostility and aggression. What if things could be different? What if every area of your life (yes, even your morning commute) could be free from conflict and strife? What

if ALL of your relationships could be filled with love and excitement? The class will teach participants a set of disciplines or practices that, when diligently applied, become a lifestyle that resolves conflict and creates justice in all of our relationships.

Heart Link Quarterly Workshop

The "Heart Link" is a spouse orientation workshop that is focused on new military spouses that have been part of the military family for five years or less. The workshop delivers information on military culture/lifestyle, introduces various on-base agencies, and provides a platform for networking. Military spouses new to Offutt AFB are also encouraged to attend. The workshop is open to all branch of service.

Building A Healthy Relationship

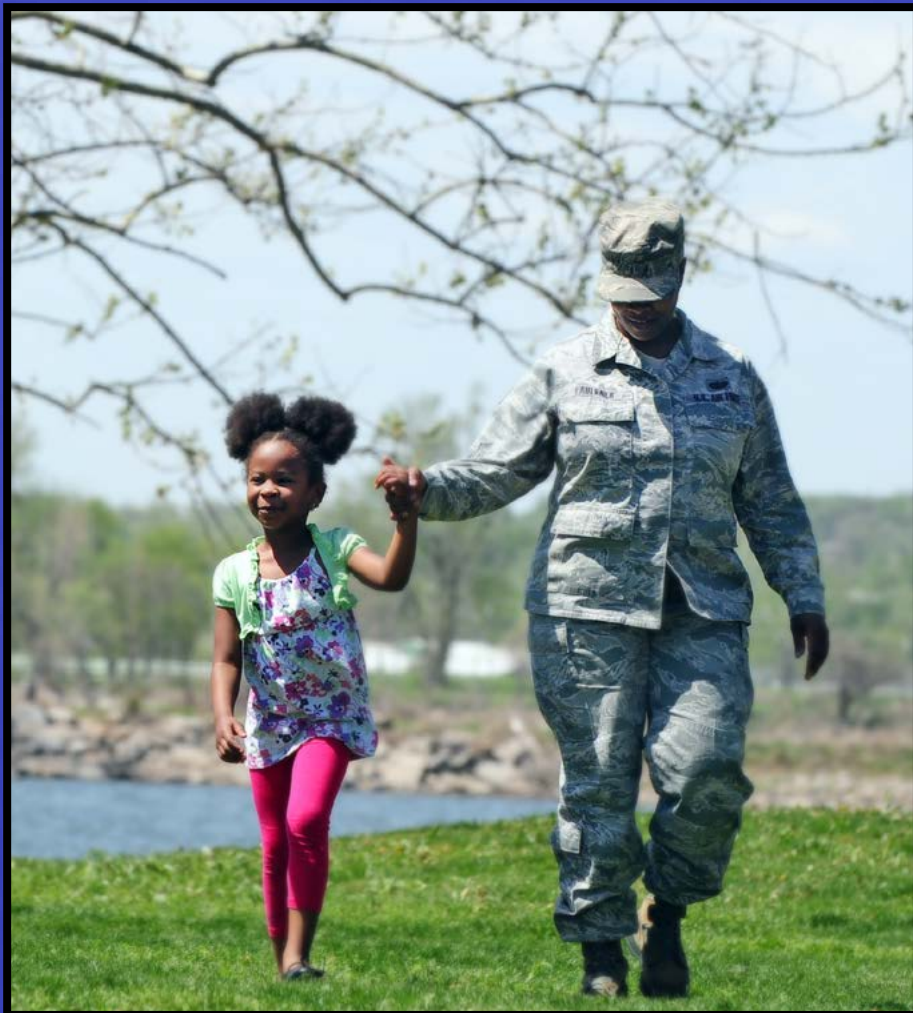
The workshop helps one understand the dynamic of marriage while getting to know their future spouse's personality type. This workshop should help one gain insight into how personality traits affect relationships and how to nurture and avoid conflict. Marriage education like this workshop is designed to help individuals and couples expand their self and partner awareness, increase healthy self-disclosure

of thoughts and feelings, improve mutual empathy and intimacy, and develop and enhance the use of effective interpersonal skills including communication, problem-solving, and conflict resolution. The outcome of such skill development optimally would be to help couples reach their fullest relationship potential.

Having Insight Before Marriage

This is the type of workshop that is tailored for individuals and couples who want to understand fully the dynamics of marriage and at the same time gain an insight into how personality traits can affect their relationships. The goal of marriage and relationship education is to help

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couples form and sustain healthy, stable marriages and relationships, which is done by strengthening a couple's relationship skills. This is a must go workshop for new couples who are thinking about marriage!

Insight for Couples Building a Healthy Relationship

Personality / Temperament Assessment. This program teaches participants how to identify the personality style of themselves and others, and how to use the knowledge to benefit them in their lives. Knowing the basic principles of healthy relationships helps keep them meaningful, fulfilling and exciting in both happy and sad times.

Insight View on Money for Couples

Get a grip on your finances and understand your spending habits. Understand how your personality leads those money decisions you make. The class is meant for individuals and couples.

Six Weeks PREP

The one day Prevention and Relationship Enhancement Program workshop is one of the most comprehensive and well respected divorce-prevention/marriage enhancing programs in the world. The one day PREP workshop gives an brief overview of the skills and principles designed for couples to say what they need to say, get to the heart of problems, and increase their connection with each other.

Bundles for Babies

The Bundles for Babies workshop is a 2.5 hour class aimed toward educating expected mothers and fathers on

the birthing process, parenthood, financial management, and Air Force Aid Programs. The curriculum consists of an hour long presentation on the services provided by Family Advocacy. Following the Family Advocacy portion is, a video on child development and needs of the child. Attendees will learn about self-esteem, child rearing, discipline, shaking baby syndrome, and the Back to Sleep Program. The remainder part of the "Bundles for Babies" presentation is completed by the Airman and Family Readiness Center discussing Air Force Aid Society Programs and financial management.

Surviving your Adolescents

The parenting course is designed for adolescents. Most parents know that living with a teenager is no picnic. There are times when you must bite your tongue as they push towards independence. Or, if you sense there is trouble, there are times when you must take charge. This program gives parents a step-by-step approach that will help end the hassles and offer concrete solutions.

Parenting with Style for Couples

The "Parenting with Style" course will uncover parents parenting style, parent's personality, child's personality and how to co-exist by nurturing each other's needs. This is an insightful class to uncover how our personality traits drive our needs and sometimes impede our success with our children. We encourage couples parent with style!

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PURPOSE OF MARRIAGE

Sacred Marriage

Your marriage is more than a sacred covenant with another person. It is a spiritual discipline designed to help you know God better, trust him more fully, and love him more deeply. Could it be that God's primary intent for your marriage isn't to make you happy. . . but holy? And what if your relationship isn't as much about you and your spouse as it is about you and God? This teaching uncovers the mystery of God's overarching purpose for your marriage.

The Meaning of Marriage

Modern culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But the offer of this curriculum declares that these modern-day assumptions are wrong. The Meaning of Marriage offers a vision of what marriage should be according to the Bible and offers instruction on how to have a successful marriage, know God, and love more deeply.

DISCOVERING HOW TO LOVE YOUR SPOUSE

His Needs Her Needs

Have you ever wondered what you need to focus on in order to have a successful marriage? In this classic teaching you will learn how to identify the ten most vital needs of men and women and discover how to satisfy those needs in your spouse. These vital needs will not just make your marriage survive it will make it thrive.

Love and Respect

This revolutionary message cracks the communication code between husband and wife: that unconditional respect is as powerful for him as unconditional love is for her. Based on Ephesians 5:33 and extensive biblical and psychological research this curriculum reveals the power of unconditional love and unconditional respect.

5 Love Languages

Words of affirmation, quality time, gifts, acts of service, physical touching - learning these love languages will get your marriage off to a great start or enhance a long-standing one! The author of this curriculum explains the purpose of each "language" and shows you how to identify

fy the one that is meaningful to your spouse. This teaching reveals intrinsic truths and provides action steps that will help you on your way to a healthier relationship.

COMMUNICATION IN MARRIAGE

Men Are From Mars And Women Are From Venus

In this classic guide to understanding the opposite sex, the author provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors.

For Men / Women Only

The inner lives of both men and women are explored to gain greater insight into how to decode behavior, what makes the other tick, and how to make your spouse happy. Get to the heart of the matter and learn about the eye-opening truths and simple acts that will radically improve your relationship with the spouse you love.

Your Time-Starved Marriage

Discover how to reclaim the time you've been missing and how to maximize the moments you have together. This is not a teaching about being more productive, but one of being more connected. After resolving communication meltdowns, finding time together is the number one relational need of most couples. Your Time-Starved Marriage helps you: Maximize the minutes that matter most in your marriage, recoup the time you've been leaving on the table, maximize the moments you have together and enjoy them more

than you ever imagined.

Laugh Your Way To A Better Marriage

Learn the different ways men and women think, the conflicting levels of libido, and the necessity to forgive. The creator of the curriculum takes the perspective that the key to marital bliss is not romance or destiny -- it's work and skill. Couples need to work hard at maintaining their relationship and to have the skills to pull it off. The longer spouses wait to learn these skills, the greater their chance of wanting to bail. The goal of this study is to help teach you these important skills in order bring relationships to the next level.

Boundaries in Marriage

Learn when to say yes and when to say no - to your spouse and to others - to make the most of your marriage. Only when a husband and wife know and respect each other's needs, choices, and freedom can they give themselves freely and lovingly to one another. Boundaries are the "property lines" that define and protect husbands and wives as individuals. Once they are in place, a good marriage can become better, and a less-than-satisfying one can even be saved.

Art of Marriage Conference

Marriage is expressed by the colorful personalities of each spouse and textured by the circumstances at play in their lives. Blending these to make marriage work is a divinely inspired art form which is challenging, but definitely worth the effort. In this DVD based study you'll find expert teaching, engaging stories, man-on-the-street interviews, humorous

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vignettes and much more to portray the hope and beauty of God's design for marriage.

PARENTING FOCUS

5 Love Languages Of Children

Each child expresses and receives love through one of five different communication styles. And your love language may be totally different from that of your child. While you are doing all you can to show your child love, he/she may be hearing it as something completely opposite. Discover your child's primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior.

Have A New Kid By Friday

Parents learn how to reverse negative behavior in their children - fast! The focus is on changing a child's attitude, behavior, and character. This teaching will offer advice on everything from children rolling their eyes to sibling rivalry to talking back to punching walls - and much, much more.

Sacred Parenting

Instead of discussing how parents can change their kids, Sacred Parenting turns the tables and demonstrates how God uses our kids to change us. You'll be encouraged by stories that tell how other parents handled the challenges and difficulties of being a parent - and how their children transformed their relationship with God. Sacred Parenting affirms the spiritual value of being a parent, showing you the holy potential of the parent-child relationship.

Understanding Your Young Teen

During the pre-teen and teenage years our children experience one of the most significant periods of change they'll face during their life; physically, mentally, emotionally, relationally and spiritually. Mothers and fathers of young teens are presented with new challenges in understanding, communicating with and parenting their children during this time. "Understanding Your Young Teen" offers insights on early adolescent development, new research and cultural changes, and practical applications for parenting and living with young teens.

MARRIAGE RETREATS

Weekend To Remember

The Weekend to Remember is a marriage getaway aimed at strengthening healthy marriages and helping struggling ones - yet in a fun, supportive and non-threatening environment. The getaway weekend is a time to be together as a couple to invest in and strengthen the foundation of your marriage, no matter how firm or fragile it is. By getting away from the distractions of life you can fortify your most important relationship and work toward building wonderful memories together, for decades to come. Go to www.familylife.com/weekend for more details.

Tapping The Source Of Married Love: Exploring Ways Of Praying Together

Spend time with your loved one exploring the many ways prayer can accompany you in married life. This relaxing retreat for couples includes presentations regarding possibilities

for prayer within the Catholic Christian tradition. You will have the opportunity to pray individually and as a couple in the ways you feel drawn.

NEW MARRIAGES

First Five Years Of Marriage

The long-term success of a marriage depends heavily on how well spouses make the adjustment during the first five years. This teaching will offer practical, trustworthy, biblically based answers to the tough questions commonly asked by recently married couples.

DEPLOYMENT FOCUS

Marriage Success: Pre, During, Post-Deployment

Everyone who has been deployed knows that it is hard on you and your family. We also know it is not just the

deployment itself that's difficult, but everything that happens before and after the deployment contributes to the overall challenge. This seminar is geared toward making the deployment cycle transitions a little smoother and healthier. You will learn strategies on how to prepare for leaving, how to stay connected while apart, and how to successfully reengage upon return. Learn how to grow your marriage and strengthen your bond through it all.

Military Marriage Manual

Tactics for Successful relationships is an invaluable aid to members of the military and their spouses and families. This teaching presents advice for couples on a range of issues, both extraordinary and mundane, both those specific to military marriages and those common to all marriages.

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Counseling Services

- Individual
- Marital
- Healthy Thinking Class

Family Advocacy Strength-based Therapy

- Counseling for Couples and Families
- Voluntary
- No entry in medical record (some exceptions may apply)

Prevention and Relationship Enhancement Program

PREP is a five week relationship skills training class for couples. Couples will learn skills to improve communication, enhance intimacy, learn to work as a team, and to increase happiness and decrease stress. Also available in a one-day, eight-hour course.

Anger Management

This is a four session class designed to help individuals recognize anger signals, identify obstacles to managing anger, explore the impact of anger on the body, and develop strategies for minimizing the negative impact of anger.

Resource Library

Family advocacy has a library of relationship resources in books and videos for rent. Titles include: Mark Gungor: Laugh Your Way to a Better

Marriage; Chapman: The Five Love Languages; Janis Abrahms Spring: "After the Affair: Healing the pain and rebuilding trust..." and many more.

Parenting with Love and Logic (8 - 18 years old)

- Identify the four steps to responsibility, who has the control and offer appropriate choices in order to share the control
- Identify if the problem belongs to the child or parent, set limits and use empathetic responses
- Design consequences and strategy for resolving a problem situation or behavior

1-2-3 Magic-Manage Difficult Behavior in Children 2 - 12 years old

- Offers easy-to-follow steps for disciplining children without yelling, arguing or spanking.
- STOP obnoxious behavior
- Avoid Talk-Persuade-Argue-Yell-Hit! Syndrome
- Deal with the six kinds of Testing and Manipulation
- Handle misbehavior in public

5 Love Languages of Children

- Each child expresses and receives love through one of the five different communication styles. As parents we need to know what style speaks to our child and use it effectively to communicate our love.

New Parent Support Program

NPSP is a FREE service provided for parents! We can answer questions as well as give you reliable information about taking care of yourself and your child(ren). Parenting topics range from newborn care and sleep to toilet training and discipline! **Services Provided:** During pregnancy/adoption, after baby comes home and up to 3 years of

age, children ages 0 - 3 whether it is your first or fifth child. Home and/or office visits before and after delivery by Registered Nurses, Individualized prenatal education, marriage or individual counseling, Information on children's growth and development, Breastfeeding Support, free resources, lending library - resources available for check-out.

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Military Family Life Counselors

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MARRIAGES AND RELATIONSHIPS

Building A Healthy Marriage

Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries.

The Military Spouse: Commander And Chief On The Homefront

This presentation focuses on the accomplishments, challenges, and sacrifices involved in the life of a military spouse.

Challenges Faced By Dual-Military Couples

When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges.

Matri-Money: Money And Marriage

The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication.

Principles For Healthy Relationships And Marriages

This presentation focuses on topics such as the origins of personal attitudes towards relationships, the characteristics of a healthy relationship, the importance of positive self-esteem, the stages of marriage, tips for writing love letters, and tools for building a healthy relationship.

Mission Based Marriages

This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthen-



ing and protecting the marriage, and practicing effective problem-solving techniques as a couple.

Creating a Healthy Marriage

This presentation focuses on helping participants create a healthy marriage. Objectives include discussing the myths surrounding marriage, examining the stages of marriage, understanding the behaviors that cause / intensify marital conflict, and practicing strategies for creating and maintaining a healthy marriage.

COMMUNICATION

Three C's of Communication

This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment).

Communication and Assertiveness Training

This presentation focuses on providing participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication, and the importance of

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being assertive.

Communication Training

This presentation focuses on providing participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, and typical roadblocks to effective communication.

DIVORCE

Recovering From Divorce

Topics covered in this presentation include the definition of divorce, the stages of grief / loss, possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way.

DEPLOYMENT AND REINTEGRATION

Reigniting The Passion After Deployment

This presentation focuses on strategies for rebuilding and maintaining an intimate connection after a spouse / significant other returns from deployment.

Reintegration

Topics covered in this presentation include the importance of the reintegration process, reintegration checklists for soldiers in various family / living situations, the various chal-

lenges involved in adjusting to role changes after deployment, common post-deployment reactions, and positive and negative coping mechanisms.

Reintegration Challenges For The Single Service Member

The goal of this presentation is to prepare the families of service members for the reintegration process. Topics include common problems associated with return from deployment, issues that may occur if a divorce was initiated during deployment, the phases of reintegration, myths and misconceptions surrounding reintegration, and guidelines for supporting a service member during the reintegration period.

Reunion: It's A Process, Not An Event

Topics covered in this presentation include expectations for reunion/reintegration, the phases of a typical reunion, effective communication strategies, tips for a successful reunion, and techniques that can aid in a smooth transition.

Redeployment Issues For Children

This presentation seeks to aid parents in helping their children through the redeployment of a family member. Topics include the emotional cycle of deployment; the stages of deployment; what to expect during the deployment process; typical physical, emotional, and behavioral responses in children; the stages of child development; and strategies for a successful transition.

Return Reunion Workshop For Spouses

The purpose of this workshop is to help military spouses through the process of reuniting with a service member. Objectives include understanding what each party has experienced during the service member's deployment, planning for the reunion and its aftermath, recognizing potential roadblocks to a successful reunion, establishing goals for the post-deployment relationship, and practicing techniques for a successful homecoming.

Reunion Briefing

The goal of this presentation is to help service members understand the reintegration / reunion process.

Topics include the importance of reunions, common reactions to reintegration, changes that may result from deployment, positive coping strategies, potential roadblocks, and tips for a successful reunion.

Making Marriage Work After Deployment

This presentation focuses on marital issues that may result from deployment. Topics include typical pre-deployment marital issues, changes that may occur in each person as a result of deployment, the challenges of reuniting and adjusting to life post-combat, and tips for maintaining a stable relationship throughout the deployment/reintegration process.

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SINGLES

Healthy Relationship Skills for Singles

This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship.

PARENTING

Effective Discipline Ages 2- 5

The purpose of this presentation is to help parents discipline young children effectively. Objectives include learning the stages of child development, understanding how children think and feel, practicing effective methods of discipline, and knowing when to seek help.

Effective Discipline For Pre-teens Ages 10 - 12

The purpose of this presentation is to help parents discipline older children effectively. Topics include recognizing the characteristics of preteen development, maintaining good communication, practicing effective methods of discipline, establishing rules and consequences, working with other caregivers, taking special circumstances (e.g. the deployment of a parent) into account, and knowing when to seek help.

Effective discipline ages 13 - 17

This presentation addresses the im-

portance of effectively disciplining teenagers. Objectives include recognizing the characteristics of teenage development, maintaining good communication, practicing effective methods of discipline, establishing rules and consequences, working with other caregivers, taking special circumstances (e.g. the deployment of a parent) into account, and knowing when to seek help.

From Couplehood To Parenthood

This presentation aims to prepare parents for the transition into parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father.

Preparing For Your Parents Deployment

This presentation focuses on helping children and adolescents prepare for a parent's deployment. Topics include things to expect during deployment, positive aspects of deployment, characteristics of deployment-related stress, coping strategies and resources, tips for staying connected with the deployed parent, and the positive aspects associated with a parent's deployment.

Parenting Teenagers

This presentation aims to teach parents how to deal with teenagers. Topics include the characteristics of teenage development, components

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of the parent's role in a teenager's life, communication challenges and tips, strategies for effective discipline, and ways to address deployment-related issues.

Parent - Child Communication

This presentation focuses on helping parents communicate effectively with their children. Topics include the benefits of effective communication, typical developmental issues for various age groups, ways to help children process their feelings, basic principles of effective parent/child communication, how to communicate during conflict, and tips for discussing deployment with children.

ANGER

Anger Management

This presentation is geared towards

adults who need help managing anger. Topics include defining anger, identifying one's "anger style," increasing self control through personal awareness, practicing techniques to manage one's own anger, and adopting new strategies to calm other angry people.

Controlling Anger

This presentation is geared towards adults who need help managing anger, particularly within the context of relationships. Topics include defining anger and its warning signs, learning to recognize when anger is creating problems, utilizing strategies to help manage anger before it gets out of control, and knowing when to seek help from an outside source.

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Any service member who needs assistance, please reach out and connect with us.