



CREDO MIDLANT SCHEDULES - FY 14



All Retreats are FREE (including meals and rooms) and open to **Active Duty, Reservists** (Active Status) and their **Immediate Family Members**.

For more information or to register please call:

CREDO NORFOLK 757-444-7654

CREDO GROTON 860-694-1144

Registration opens 45 Days prior to Retreat start date!

Visit us on **CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION NORFOLK AND GROTON**

<u>Marriage Enrichment Retreats (MER)</u>		<u>Registration Site</u>
15-17 August 2014	Lancaster Host Resort & Conference Center, Lancaster, PA	Groton
22-24 August 2014	TBD	Norfolk
22-24 August 2014	Wyndham Hotel & Resort, Mount Laurel, NJ	Groton
5-7 September 2014	Radisson Hotel Hartford, Hartford, CT	Groton
12-14 September 2014	TBD	Norfolk
19-21 September 2014	Wyndham Hotel & Resort, Mount Laurel, NJ	Groton

<u>Personal Growth Retreats (PGR)</u>		<u>Registration Site</u>
15-17 August 2014	Williamsburg Christian Retreat Center, VA	Norfolk

<u>Family Enrichment Retreats (FER)</u>		<u>Registration Site</u>
8-10 August 2014	Canonicus Camping & Conference Center, Exeter, RI	Groton
8-10 August 2014	Williamsburg Christian Retreat Center, VA	Norfolk
5-7 September 2014	Williamsburg Christian Retreat Center, VA	Norfolk
26-28 September 2014	Williamsburg Christian Retreat Center, VA	Norfolk

<u>Father and Son Retreat</u>		<u>Registration Site</u>
26-28 September 2014	Canonicus Camping & Conference Center, Exeter, RI	Groton

<u>BEARINGS</u>		<u>Registration Site</u>
11-22 August 2014	Naval Station Norfolk, VA	Norfolk

<u>ASIST</u>		<u>Registration Site</u>
7-8 August 2014	CPPD Dam Neck, VA	Norfolk

11-12 September 2014	CPPD Dam Neck, VA	Norfolk
9-10 September 2014	SUBASE New London, CT	Groton
23-24 September 2014	SUBASE New London, CT	Groton

<u>SafeTALK</u>		<u>Registration Site</u>
21 August 2014	COMNAVSURFLANT Ministry Center	Norfolk
19 September 2014	Naval Station Norfolk (TBD)	Norfolk
8 October 2014	SUBASE New London, CT	Groton
12 November 2014	SUBASE New London, CT	Groton
14 January 2015	SUBASE New London, CT	Groton
11 February 2015	SUBASE New London, CT	Groton
11 March 2015	SUBASE New London, CT	Groton
8 April 2015	SUBASE New London, CT	Groton
13 May 2015	SUBASE New London, CT	Groton
10 June 2015	SUBASE New London, CT	Groton
8 July 2015	SUBASE New London, CT	Groton
12 August 2015	SUBASE New London, CT	Groton
9 September 2015	SUBASE New London, CT	Groton

CREDO is a program of the Navy Chaplain Corps.

CREDO programs and personnel are operationally focused, family supportive, and flexible in the provision of ministry. CREDO's efforts are designed to maximize operational impact by offering retreats and training programs that build resiliency, raise self-awareness, and increase confidence in communication skills, conflict resolution, and interpersonal relationship skills. CREDO programs enhance the Navy Chaplain Corps' goal of developing spiritually fit sea warriors and family who are trained in ethics, morally grounded, family supportive, spiritually ready, sustained in one's religious freedom, and mission capable.

Retreat Descriptions

Marriage Enrichment Retreats (MER) - MERs focus on deepening married couple's commitment and self-understanding of each other while ensuring space for individual couple time. MERs help enrich marriages and are not a substitute for marital or individual counseling. Couples are responsible for setting up their own childcare.

Personal Growth Retreats (PGR) - Participants often described PGRs as a positive "turning point" in their lives. PGRs provide an opportunity, and safe place, for self-reflection, personal development, and individual devotion. This retreat is not designed to fix or diagnose problems; rather it is an opportunity for participants to find personal growth in a supportive community.

Family Enrichment Retreats (FER) – Families, in an interactive method, learn practical skills based on proven principals that can help resolve conflict, build encouragement within families, and instill effective discipline to bring out the best in each family member. FERs include time for families to rest and play together. Children must be at least seven years of age.

Father and Son Retreats – Father and Son Retreats – is a weekend opportunity for fathers and their sons to get away from the routines of everyday life, deepen their relationship, and have fun. Selected and proven principles, concepts and activities from other CREDO programs will be utilized to achieve those goals, and there will be plenty of free time to relax and spend time together.

Workshop Descriptions

Applied Suicide Intervention Skills Training (ASIST) - The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping persons at risk of suicide. -Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention, feel challenged and safe. Learn suicide intervention first aid. This workshop is recommended for E5s and above, especially First Class Petty Officers, Chief Petty Officers and Division Officers.

SafeTALK – Meets RA training requirement directed in CNICINST 11103.13 UNACCOMPANIED HOUSING RESIDENT ADVISOR PROGRAM. This three hour training prepares individuals to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a SafeTALK trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Highly recommended to Behavioral Health, SPCs, Military Police, LCPOs LPOs, Barracks RA, and first responders to attend.

BEARINGS - Bearings is a two-week, non-residential course designed to improve 'Zone A' attrition by enhancing Sailors' decision making skills and increasing their awareness of the assistance available to them. This program builds trust, improves values, increases motivation, strengthens Navy pride, and stresses loyalty to the chain of command. Topics include a Personal Growth Seminar, communication skills, professional development, and provides skills for financial well-being, stress/anger management, conflict resolution, information about Navy Benefits, positive alcohol alternatives, and drug abuse prevention. Musters, personnel inspections, and multiple Physical Readiness Tests are conducted