May 2018

May 9-10 @ 0800 each day in Bldg 749
ASIST
Suicide intervention skills training. A must for all victim advocates and Suicide Prevention Coordinators.

May 16 @ 0800-1100 in Bldg 749
Resilience and Problem Solving Workshop; Overcoming Stress and Brain Overload.
Come and learn skills and strategies to help you manage the stress and busy-ness that your days bring.

Marriage Enrichment Workshop
May 24 @ 0830 in Bldg. 749
Deepen and Strengthen your marriage; learn key & crucial skills to enhance your relationship.
*Communication & Conflict
*Practical Application
*Keeping Love Alive

CREDO Retreats in MAY, JUNE, JULY — Registration is OPEN NOW
*Family Enrichment 4-6 MAY *Marriage Enrichment 18-20 MAY *
Marriage Enrichment 22-24 JUNE * Family Enrichment 13-15 JULY

Let CREDO bring a workshop to your space (leadership, character, MBTI, etc.)
For information call 904-542-3923, email leemon.brown@navy.mil