

2009 - 2010

PREP DATES

October 22-23

Register by Oct 16

December 10-11*

Register by December 1 for free childcare

January 21-22

Register by January 11 for free childcare

March 18-19

Register by March 8 for free childcare

April 15-16*

Register by April 5 for free childcare

May 20-21

Register by May 10 for free childcare

June 17-18

Register by June 7 for free childcare

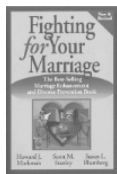
July 15-16

Register by July 5 for free childcare

September 23-24

Register by September 13 for free childcare

**CPREP Classes based on Biblical principles*



This is what other couples had to say about



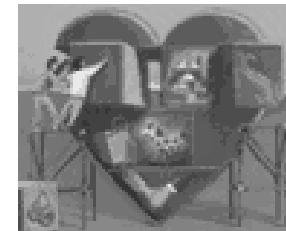
PREP:

- ◆ “PREP helped me learn to communicate without holding my feelings inside.”
- ◆ “I now have the tools to make my marriage stronger and become a good listener not just a speaker.”
- ◆ “PREP taught me how to discuss things with my husband without making him feel threatened.”
- ◆ “With new skills, my marriage will work, I understand my spouse and listen to what he says.”
- ◆ This program is going to work and it has made a big difference.”

Marines and Sailors eligible for PREP participation include couples that are:

- Engaged or married
- Not involved in domestic violence treatment.

Prevention and Relationship Enhancement Program



Fighting For Your Marriage

2009 - 2010





Prevention and Relationship Enhancement Program

PREP is a two-day skills training program established by Dr. Howard J. Markman of the University of Denver of Marital and Family Studies.

PREP teaches married and engaged couples communication skills and ground rules for handling conflict and promoting intimacy. The program's aim is to prevent marital problems including divorce.

Child care is available and will be provided by the Child Development Center.

**Sessions are held 8:00 a.m. to
4:00 p.m. Thursday and Friday**

Twenty Years of Research...

PREP is based on *20 years of research* funded in part by the National Institute of Mental Health (NIHM). NIHM findings reveal destructive styles of arguing serve as the best indicator of divorce.

Topics Include....

Problem solving, building fun and friendship into your relationship, how to handle issues in an effective way, sensual/sexual enhancement, steps in forgiveness, how to identify and handle expectations, how to raise concerns constructively and how to gain and maintain a safe environment to talk about sensitive subjects using the speaker/listener technique.

Three-Day Workshop Format, However...

PREP is conducted in a 3-day workshop format, however to make it more available to Marines and Sailors in training, we use a 2-day schedule. Couples listen to lectures with other couples. They spend much of their time practicing skills or in special discussions. The uniform is civilian attire. Both the husband and wife or fiancée must be present.

Enriches Marriage...

Couples taking part in a University of Denver study report healthier relationships and stronger communication skills. Years after attending PREP training, couples report rich marriages. *Researchers say PREP couples are half as likely to divorce and also have fewer instances of physical violence than the average population.* PREP couples tend to enjoy greater relationship enhancement and happier, upbeat marriages.

Enhanced Sharing Opportunities...

PREP is education, not therapy or domestic violence treatment. The skills taught at PREP lead to healthy communication.



For more information and for registration please call or visit the Protestant Chapel, building 1541.

Phone 830-6464