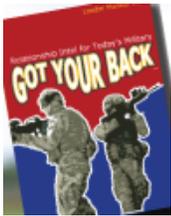
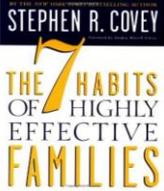
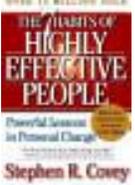


Strong Bonds 2012

Strong Relationships Mean a Strong Guard!



Event name, date & location	Event Description
<p>Survival Skills for Healthy Families</p> <ul style="list-style-type: none"> 21-22 JAN 12 Rapid City <p>Invitees: parents with their children ages 7 and older. Single parents: foster, step and grand! Onsite childcare available for children 6 and younger.</p> 	<ul style="list-style-type: none"> Healthy Parents and Healthy Children. Healthy Change in Families. Passing on Your Values to Children: "Sex, Drugs, and You!" <p>Go to www.familywellness.com for more!</p>
<p>Got Your Back for Singles</p> <ul style="list-style-type: none"> 21-22 JAN 12 Rapid City 10-11 MAR 12 Sioux Falls <p>Invitees: Singles and singles-again of any age!</p> 	<ul style="list-style-type: none"> Communication danger signs. Stress management. Learn the brain science behind love. Healthy choices regarding commitment, including why fatherhood matters. Forgiveness, infidelity and unhealthy relationships. <p>Check out www.prepinc.com and www.daveramsey.com/fpu/military/.</p>
<p>Laugh Your Way to a Better Marriage</p> <ul style="list-style-type: none"> 21-22 JAN 12 Rapid City 10-11 MAR 12 Sioux Falls 15-16 JUN 12 Sioux Falls (led by ANG; ARNG welcome) <p>Invitees: Married Soldiers or Airmen and their spouses.</p> 	<p>Laugh Your Way to a Better Marriage is education aimed at helping couples re-discover the fun in their marriage! Presenter Mark Gungor's comedic yet honest approach gives couples techniques for strengthening marriage. Includes introduction to Ramsey's Financial Peace University. Go to www.laughyourway.com and www.daveramsey.com/fpu/military/.</p>
<p>Strong Bonds for Leaders</p> <ul style="list-style-type: none"> 11 FEB 12 Pierre <p>Invitees: Officer O-3+, Warrant officer W-3+ and NCO's E-7+.</p> 	<p>Enhance your leadership by learning about the key program commanders can use to build, strengthen and preserve Guard families.</p>

<p>Strong Bonds Post Deployment</p> <ul style="list-style-type: none"> • 10-11 MAR 12 Sioux Falls <p>Invitees: Recently redeployed Soldiers and Airmen with their families. Childcare will be available for children 6 and younger.</p>		<p>Strong Bonds Post Deployment is designed to help Service Members & Families find the new normal after deployment. Training includes “change”, “communication”, “anger”, “sex & intimacy”, and guilt. Separate training will take place for children and youth.</p>
<p>7 Habits of Highly Effective Families</p> <ul style="list-style-type: none"> • 18- 19 AUG 12 Rapid City <p>Invitees: parents with their children ages 7 and older. Single parents: foster, step and grand! Onsite childcare available for children 6 and younger.</p>		<ul style="list-style-type: none"> • Making family priority in a turbulent world. • Creating a family mission statement. • How to move from “me” to “we.” • How to solve problems with better communication. • Celebrating unity while also celebrating differences!
<p>7 Habits of Highly Successful Singles</p> <ul style="list-style-type: none"> • 18- 19 AUG 12 Rapid City <p>Invitees: Singles and singles-again of any age!</p>		<ul style="list-style-type: none"> • Resolve work/life imbalance. • Understand your potential and vision for future. • Identify important goals and time management skills. • Improve interpersonal communication. • Apply universal principals for a balanced life.



For more information and frequently asked questions, check us out on Facebook! Search South Dakota National Guard Strong Bonds.

Chronological List of Events

January 21-22, 2012	Survival Skills for Healthy Families	Rapid City
January 21-22, 2012	Got Your Back for Singles	Rapid City
January 21-22, 2012	Laugh Your Way to a Better Marriage	Rapid City
February 11, 2012	Leader’s Strong Bonds	Pierre
March 10-11, 2012	Strong Bonds Post-Deployment	Sioux Falls
March 10-11, 2012	Got Your Back for Singles	Sioux Falls
March 10-11, 2012	Laugh Your Way to a Better Marriage	Sioux Falls
June 15-16, 2012	Laugh for Married led by ANG	Sioux Falls
August 18-19, 2012	7 Habits of Highly Successful Families	Rapid City
August 18-19, 2012	7 Habits of Highly Successful Singles	Rapid City
August 18-19, 2012	Laugh Your Way to a Better Marriage	Rapid City

Strong Bonds 2012 Registration Form

To reserve your spot, please complete this form and:

Mail: SDNG State Chaplain's Office, 2823 West Main St, Rapid City, SD 57702-8186

OR fax: 605-737-6665

OR email: leah.j.braun@us.army.mil

√ date and location of your choice

_____	January 21-22, 2012	Survival Skills for Healthy Families	Rapid City
_____	January 21-22, 2012	Got Your Back for Singles	Rapid City
_____	January 21-22, 2012	Laugh Your Way to a Better Marriage	Rapid City
_____	February 11, 2012	Leader's Strong Bonds	Pierre
_____	March 10-11, 2012	Strong Bonds Post-Deployment	Sioux Falls
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_____	August 18-19, 2012	7 Habits of Highly Successful Singles	Rapid City
_____	August 18-19, 2012	Laugh Your Way to a Better Marriage	Rapid City

Registration Deadline: two weeks prior to events.

A follow up letter confirming your registration and further details will be sent to you upon receipt of this registration.

Service Member's Name and Rank _____

Spouse's Name _____

Mailing Address _____ **City, State, Zip** _____

Your Phone () _____ **Your e-mail** _____

Spouse's Phone () _____ **Spouse's email** _____

Your Military Unit _____

Important note: lodging and the majority of meals are provided free of charge. Due to changes in Strong Bonds guidance spouses no longer receive mileage to drive to and from events. Check with your unit or wing about split-training a drill or UTA.