

# Ready Set Grow

Commander Charles K. Springle Training Center | Bldg 797 | Brewster Blvd

## Maintaining a Healthy Marriage During Deployment



Open to all authorized patrons

Did you know that marriages & relationships can grow stronger when couples are apart?

Do you want to learn communication skills to feel connected even during deployment?

**Answered Yes? Then this workshop is for you! In just 90 minutes you will:**

**Understand some of the challenges that marriages face when couples are apart |  
Learn ways to keep your marriage healthy and even strengthen it during deployments |  
Recognize the importance of effective communication skills | Identify ways to promote  
your own growth and development while you and your spouse are apart**

**Three opportunities available to you:**



Tue, 13 Mar 0930 | Wed, 14 Mar 1600 | Thu, 15 Mar 1230

Light snack provided



Reservations required, space limited. Call 451-2864 for more information and to register.

A CDC voucher available for workshops for CDC registered participants.

Dress Code: Civilian Attire (no uniforms)

**Program offered by the Counseling Services Branch  
and presented by Military & Family Life Consultants.**