



## LifeSkills Workshops

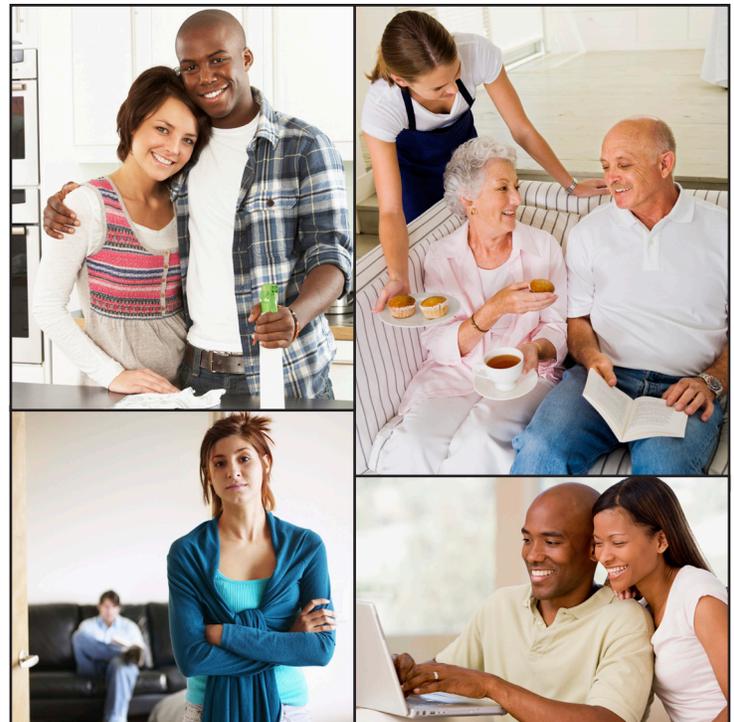
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*workshops offering skills and  
tools to enhance personal  
growth and education*



integral part of



**Marine Corps Family Team  
Building's LifeSkills offer training and  
education workshops based on  
four specialized areas:  
Wellness, Communication,  
Relationships, and Impact.**



## Wellness

### Family Care Plan

Become educated on the basics of a Family Care Plan, along with the significance of it and the importance of always having it updated.

### Aging Parents & Elder Care

Learn to deal with the complexities of assisting elderly adults, and how to make informed decisions concerning elder care, as well as strategies for coping with day-to-day challenges.

### Emergency Preparedness

Receive information on the actions that should be taken to stay informed and be prepared in the event of natural and man made hazards.

## Communication

### Interpersonal Communication

Increase your competence in using more effective communication skills and learn how to promote healthy relationships through communication.

### Conflict Management

Learn to become more aware of conflict. Be empowered to make healthy choices by learning to manage responses to conflict at home and in the workplace.

### Social Networking Safety

Learn the dangers, risks, and positive outcomes of social networking, as well as ways to protect you and your family while you are on the internet and on social networking websites.

### Four Lenses

Discover and focus on what makes everyone an unique individual, focusing on understanding yourself and others.

## Relationships

### Developing Healthy Blended Families

Gain a better understanding of common and practical issues facing blended families, including: stages of blended family development and tips for nurturing and enriching the family relationship.

### Building Lasting Relationships

The challenges of a military lifestyle can place many demands on Marines and their families. Gain practical information and tools to enhance healthy relationships.

### Love Thinks

*(How to avoid falling in love with a Jerk/Jerkette)*  
An eye opening, practical, fun way to learn to follow your heart without losing your mind.

### Prevention Relationship Enhancement Program (PREP)

Pre-marital and married couples learn how to effectively communicate, work together, manage conflict, and preserve and enhance the commitment and friendship with one another.

### Chaplains Religious Enrichment Development Operations (CREDO)

A specialized retreat that help individuals grow toward increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness. Retreats range from warrior resiliency to family retreats.

## Impact

### Safe & Sound at Home

Spouses and family members will gain the ability and confidence to be responsible for their personal safety and the safety of their families, while their Marines are deployed.

### Casualty Notification Process - Scared of "The Call"?

#### The Casualty Process De-Mystified

Minimize the stress and confusion of the casualty process, by hearing a brief overview of the process, the role of the Casualty Assistance Calls Officer (CACO), and information on benefits, support services, and organizations.