

CREDO MIDLANT FY 15 CALENDAR



All Retreats are FREE (including meals and rooms), and are open to **Active Duty, Reservists** (Active Status) and their **Immediate Family Members**.

For more information or to register please call:

CREDO Norfolk at 757-444-7654

CREDO Groton at 860-694-1144

Retreat registration closes ten (10) days prior to event start date, so register early!

Updated 29Dec14

| Marriage Enrichment Retreat (MER) | | | |
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| | | | Marriage Enrichment Retreats (MER) - MERs focus on deepening married couple's commitment and self-understanding of each other while ensuring space for individual couple time. MERs help enrich marriages and are not a substitute for marital or individual counseling. Topics that are addressed include communication, personality type preferences (MBTI®), intimacy, forgiveness, and conflict resolution. Couples are responsible for arranging their own childcare. |
| 23-25 - Jan | Virginia Beach, VA | Norfolk | |
| 23-25 Jan | Great Lakes, IL | Groton | |
| 6-8 Feb | Concord, NH | Groton | |
| 13-15 Feb | Hartford, CT | Groton | |
| 20-22 Feb | Virginia Beach, VA | Norfolk | |
| 13-15 Mar | Princeton, NJ | Groton | |
| 20-22 Mar | Virginia Beach, VA | Norfolk | |
| 24-26 Apr | Concord, NH | Groton | |
| 1-3 May | Hartford, CT | Groton | |
| 8-10 May | Lancaster, PA | Groton | |
| 15-17 May | Upstate New York | Groton | |
| 15-17 May | Virginia Beach, VA | Norfolk | |
| 12-14 Jun | Great Lakes, IL | Groton | |
| 19-21 Jun | Virginia Beach, VA | Norfolk | |
| 24-26 Jul | Virginia Beach, VA | Norfolk | |
| 24-26 Jul | Princeton, NJ | Groton | |
| 14-16 Aug | Hartford, CT | Groton | |
| 28-30 Aug | Virginia Beach, VA | Norfolk | |
| 18-20 Sep | Virginia Beach, VA | Norfolk | |
| 18-20 Sep | Lancaster, PA | Groton | |

| Personal Resilience Retreat |
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| 9-11 Jan | Virginia Beach, VA | Norfolk | Personal Resilience Retreat (PRR) - Participants often described PRRs as a positive “turning point” in their lives. PRRs provide a safe-space and a proven opportunity for self-reflection, development, and spiritual viewpoints on life issues. This retreat is not designed to fix or diagnose problems; rather it is an opportunity for participants to find personal growth in a supportive community. |
| 6-8 Feb* | Virginia Beach, VA | Norfolk | |
| 27-29 Mar | Exeter, RI | Groton | |
| 10-12 Apr | Virginia Beach, VA | Norfolk | |
| 29-31 May | New Jersey | Groton | |
| 15-17 Jun | Great Lakes, IL | Groton | |
| 7-9 Aug | New Jersey | Groton | |
| 7-9 Aug | Virginia Beach, VA | Norfolk | |
| 4-6 Sep | US Coast Guard | Groton | |
| * Women’s personal retreat. | | | |

| Family Enrichment Retreat | | | |
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| 6-8 Mar | Virginia Beach, VA | Norfolk | Family Enrichment Retreat (FER) – Families in an interactive method, learn practical skills based on proven principals that can help resolve conflict, build encouragement within families, and instill effective discipline to bring out the best in each family member. FERs include time for families to rest and play together. Children must be at least eight years of age, and single parent families are very welcome. |
| 1-3 May | Virginia Beach, VA | Norfolk | |
| 5-7 Jun* | Virginia Beach, VA | Norfolk | |
| 10-12 Jul | Virginia Beach, VA | Norfolk | |
| 17-19 Jul | New Jersey | Groton | |
| 11-13 Sep | Exeter, RI | Groton | |
| *Father/Son Retreat | | | |

| ASIST Workshops | | | |
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| 6-7 Jan | NAVSTA Norfolk Chapel | Norfolk | Applied Suicide Intervention Skills Training (ASIST) - The ASIST workshop is for formal or informal caregivers in any community, group or organization. The program objective is to enhance caregiver skills to intervene with a person at risk of suicide in order to achieve safety for now. The desired outcome for this program is to increase suicide intervention skills and build community networks. |
| 9-10 Feb | SUBASE New London | Groton | |
| 23-27 Feb | SUBASE New London (T4T) | Groton | |
| 3-4 Mar | NAVSTA Norfolk Chapel | Norfolk | |
| 10-11 Mar | NSA Saratoga Springs, NY | Groton | |
| 20-24 Apr | NAVSTA Norfolk Chapel (T4T) | Norfolk | |
| 5-6 May | NSY Portsmouth, NH | Groton | |
| 5-6 May | COMNAVSURFLANT Ministry | Norfolk | |
| 11-12 May | SUBASE New London | Groton | |
| 15-16 Jun | Great Lakes, IL | Groton | |
| 7-8 Jul | COMNAVSURFLANT Ministry | Norfolk | |
| 21-22 Jul | JB Maguire-Dix-Lakehurst, NJ | Groton | |
| 29-30 Jul | NSA Saratoga Springs, NY | Groton | |
| 10-11 Aug | SUBASE New London | Groton | |
| 17-21 Aug | NAVSTA Great Lakes Forrestal Village | Groton | |
| 1-2 Sep | COMNAVSURFLANT Ministry | Norfolk | |
| 22-23 Sep | NSA Mechanicsburg, PA | Groton | |

| SafeTALK Workshops | | | |
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| 14-Jan | SUBASE New London | Groton | SafeTALK - The SafeTALK workshop is for |

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| 3-Feb | NAS Oceana Chapel | Norfolk | any individuals, groups, communities or organizations wanting to be alert to persons with thoughts of suicide and to connect them to suicide intervention resources. The program objective is to help participants recognize people thinking of suicide, their invitations for help and learn to apply basic TALK steps. The desired outcome for this program is to increase the number of people in the community who are alert to suicide and take the first steps to help a person with thoughts keep safe. |
| 11-Feb | SUBASE New London | Groton | |
| 4-6 Mar | SUBASE New London (T4T) | Groton | |
| 9-11 Mar | NAVSTA Norfolk (T4T) | Norfolk | |
| 7-Apr | COMNAVSURFLANT Ministry | Norfolk | |
| 8-Apr | SUBASE New London | Groton | |
| 13-May | SUBASE New London | Groton | |
| 2-Jun | COMNAVSURFLANT Ministry | Norfolk | |
| 10-Jun | SUBASE New London | Groton | |
| 8-Jul | SUBASE New London | Groton | |
| 4-Aug | COMNAVSURFLANT Ministry | Norfolk | |
| 12-Aug | SUBASE New London | Groton | |
| 9-Sep | SUBASE New London | Groton | |

| <u>Marriage Enrichment Workshops</u> | | | |
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| 9-Jan | Little Creek Base Chapel | Norfolk | <u>Marriage Enrichment Workshop</u> – This workshop covers many of the same topics as the MER (above) but does so in a more condensed format. |
| 21-22 Jan | NAVSTA Gt Lakes | Groton | |
| 13-Feb | Little Creek Base Chapel | Norfolk | |
| 13-Mar | NAVSTA Norfolk Chapel | Norfolk | |
| 10-Apr | COMNAVSURFLANT Ministry | Norfolk | |
| 8-May | COMNAVSURFLANT Ministry | Norfolk | |
| 12-Jun | COMNAVSURFLANT Ministry | Norfolk | |
| 10-Jul | COMNAVSURFLANT Ministry | Norfolk | |
| 14-Aug | COMNAVSURFLANT Ministry | Norfolk | |
| 11-Sep | COMNAVSURFLANT Ministry | Norfolk | |

| <u>Pre-Marital Workshops</u> | | | |
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| 21-Jan | Little Creek Base Chapel | Norfolk | <u>Pre-marital Workshop</u> – These workshops use the same proven concepts of CREDO MERs and the goal of healthy dating in order to give engaged couples a deeper sense of what constitutes communication, intimacy and commitment in a relationship. |
| 18-Feb | Little Creek Base Chapel | Norfolk | |
| 18-Mar | COMNAVSURFLANT Ministry | Norfolk | |
| 15-Apr | COMNAVSURFLANT Ministry | Norfolk | |
| 20-May | COMNAVSURFLANT Ministry | Norfolk | |
| 17-Jun | COMNAVSURFLANT Ministry | Norfolk | |
| 15-Jul | COMNAVSURFLANT Ministry | Norfolk | |
| 19-Aug | COMNAVSURFLANT Ministry | Norfolk | |
| 16-Sep | COMNAVSURFLANT Ministry | Norfolk | |

| <u>Healthy Dating Workshops</u> | | | |
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| 27-Jan | NAVSTA Norfolk Chapel | Norfolk | <u>Healthy Dating</u> – Dating is fun! This is a |
| 24-Feb | NAVSTA Norfolk Chapel | Norfolk | |

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| 24-Mar | Little Creek Base Chapel | Norfolk | workshop for single Sailors and dating couples designed to equip individuals with proven, effective, interpersonal relationship skills in communication, safety, conflict resolution, and boundaries used in other CREDO programs. The goal is to increase a person's self-awareness in order to contribute to an increased level of |
| 28-Apr | COMNAVSURFLANT Ministry | Norfolk | |
| 26-May | COMNAVSURFLANT Ministry | Norfolk | |
| 23-Jun | COMNAVSURFLANT Ministry | Norfolk | |
| 28-Jul | COMNAVSURFLANT Ministry | Norfolk | |
| 25-Aug | COMNAVSURFLANT Ministry | Norfolk | |
| 22-Sep | COMNAVSURFLANT Ministry | Norfolk | |

| <u>Team Building Workshops</u> | | | |
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| | Scheduled with individual commands or installations as needed or desired. | | <u>Team Building</u> – This workshop helps builds the morale of sections, offices, and staffs by revealing personal type preference, the type preferences of co-workers, and the impact those differences have on the work environment—both negative and positive. |
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CREDO is a program of the U.S. Navy Chaplain Corps.

Chaplains Religious Enrichment Development Operation (CREDO) programs and personnel are operationally focused, family supportive, and flexible in the provision of ministry. CREDO Mid Atlantic’s efforts are designed to meet these service demands by 1) maximizing operational impact, 2) offering standard retreat and training programs, and 3) clarifying responsibilities. Retreats are strictly voluntary and are held over the weekends. CREDO retreats and workshops enhance the Navy Chaplain Corps goal of developing spiritually fit sea warriors and family who are trained in ethics, morally grounded, family supportive, spiritually ready, sustained in her/his religious freedom, and mission capable.

Attire for Retreats & Workshops

CREDO strives to provide a relaxed training environment that is conducive to personal introspection and learning of military personnel without the constraints of and concerns for rank structure. For this reason, the uniform of the day for CREDO retreats and workshops is civilian attire that is in keeping with good order and discipline.