

# Strong Bonds

## The Kentucky National Guard Strong Bonds Program Overview

Building Strong and Ready Families

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## CHANGES IN THE STRONG BONDS PROGRAM

### FY11

- Strong Bonds Funding \$121,000
- Spouses authorized Invitational Travel Order (ITO) to cover meals and mileage
- Service Members authorized split training with IDT travel orders for meals only
- Event registration by direct email to KYNG SB POC

### FY12

- Strong Bonds Funding \$100,000
- Spouses no longer authorized ITO
- Contracted Meals
- Service Members and Spouse attend in **Volunteer** status only
- Event registration via [www.strongbonds.org](http://www.strongbonds.org)



## **What is the Strong Bonds program?**

Strong Bonds is a chaplain-led program for commanders which builds relationship resiliency. The Strong Bonds mission is to increase Soldier and Family readiness through relationship education and skills training.

Four Strong Bonds programs applied to the Army Force Generation cycle help Single-Soldiers, Couples and Families to thrive in the turbulence of the military environment.

Attendees voluntarily participate in a Strong Bonds offsite retreat format designed to maximize relationship training impact. The retreat or “get away” provides an emotionally safe and secure training environment in which to address the effect of military lifestyle stressors.



## **Strong Bonds curriculum empowers couples to...**

- Replace communication danger signs with proactive strategies for respectful talking and listening.
- Explore sharing fun and satisfying intimate needs by working as a team to nurture and support each other.
- Practice managing stress and reducing the negative effects of stress on a relationship.
- Recognizing and communicating issues and expectations, including planning for the future.
- Acknowledge long-term satisfaction through the gift of commitment.
- Face the challenges of deployment and re-integration as a team.
- Develop ground rules for engaging in important conversations respectfully and productively.

## **Strong Bonds curriculum empowers singles to...**

- Provides singles with decision-making skills and relationship building skills
- Helps singles clarify values, define boundaries, communicate better, and identify a suitable mate in a healthy way
- Teach singles how to face the challenges of deployment and re-integration.



- The Kentucky National Guard **FY 12 Strong Bonds Marriage Conference Weekend** offers married couples a FREE weekend get away in a retreat format designed to maximize training impact. The retreat or “get away” provides an emotionally safe and secure training environment in which to address the effect of military lifestyle stressors.
- Couples are in a volunteer status only. All lodging, meals, and training material will be paid using Strong Bonds funding. The only cost to couples will be their travel to and from the event and any activities they choose during non-training periods.
- **Registration should be completed on-line by visiting the Strong Bonds (SB) website, [www.strongbonds.org](http://www.strongbonds.org)** . This can be accomplished anywhere you have internet access. Couples can find additional information on Strong Bonds programs on this website.
- There are five Marriage Conference Weekends scheduled for FY12 as follows: 13-15Jan12, 9-11Mar12, 1-3Jun12, 27-29Jul12, and 17-19Aug12. Married couples who have not attended one of these trainings previously may select the one that best fit their schedule via [www.strongbonds.org](http://www.strongbonds.org)



- The Kentucky National Guard **FY 12 Strong Bonds Single Conference Weekend** offers singles a FREE weekend get away in a retreat format designed to maximize training impact. The Strong Bonds Single Soldier program is designed to help you establish relationship goals and gain essential skills to help you make a good choice prior to picking a partner for life.
- Singles are in a volunteer status only. All lodging, meals, and training material will be paid using Strong Bonds funding. The only cost to singles will be their travel to and from the event and any activities they choose during non-training periods.
- **Registration should be completed on-line by visiting the Strong Bonds (SB) website, [www.strongbonds.org](http://www.strongbonds.org)** . This can be accomplished anywhere you have internet access. Singles can find additional information on Strong Bonds programs on this website.
- There are Two Single Conference Weekends scheduled for FY12 as follows: 8-10Jun12, and 24-26Aug12. Singles who have not attended one of these trainings previously may select the one that best fit their schedule via [www.strongbonds.org](http://www.strongbonds.org)



## **How to register for a Strong Bonds event**

1. Go to [www.strongbonds.org](http://www.strongbonds.org)
2. Click on "Find A Event"
3. Click on "Army National Guard"
4. Click on "Strong Bonds Couple" (marriage retreat) or "Strong Bonds Single" (single retreat)
5. Under the Community tab select Kentucky (from drop down menu)
6. Click on "KYNG Strong Bonds Marriage Conference" or "KYNG Single Conference"
7. Read the information and then click on "Register"
8. Instead of placing the service members SSN # use 000-00-0000
9. In the special needs block put the service members unit information
10. Under the block "How many additional people will you bring" select "1" and add your spouse information. If you are registering for a Single's event you will skip this block
11. Click on "Complete" and an automated email will be sent to the email address you provided to let you know your registration is complete. Once approved by SB personnel you will receive another automated email titled "Registration Approved" These emails may have attachments containing additional information.