

Workshops and Retreats



Retreats are offered periodically either as an evening event with FREE meals and child care (May, June, July and August) at the La Bella Vista or over weekends (for returning deployers) at a hotel - no child care provided. Through various exercises, these workshops provide the framework for coping with differences and strengthening marriages. For more information call 632-5407.

Key Topics

- **Marriage Benefits & Relationship Principles**
- **Communication Preferences**
- **Active Talk Time**
- **Behaviors to Avoid**

In marriage, as in all things, the perfect can be the enemy of the good.

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**Presented by the
Aviano Integrated Delivery System
(IDS)***

***IDS consists of the Base Chapel, EDIS, Mental Health, the HAWC, Department of Defense Schools, Family Member Support Flight, and Airman & Family Readiness Center working to strengthen our community together.**