

Support the Warrior Family ... with hope & a renewed marriage

W2C's Home Life Transition Program

November 2-4, 2018



HLTP Retreat includes skill- building in these seven areas:

Communication

Couples explore "knowing oneself" and feelings. Couples practice active listening skills, examine their behaviors during disagreements, understanding the role of perspective, and learn to clearly state their feelings to avoid misunderstandings.

Hyper-vigilance

Couples learn to identify and overcome the moments they feel "on-guard" while examining the emotional, physical, and spiritual impact this has on the family.

Moral Injury & Guilt

Couples learn to identify and communicate their moral injuries that cause them shame and guilt.

Forgiveness

Couples learn how true forgiveness can strengthen relationships with themselves, their family, and their community.

Grief & Loss

Couples learn how to begin coping with un-addressed grief, how to share grief with loved ones, and how to handle a loved one who does not want to share his or her grief.

Common Areas of Conflict

Couples learn how the issues of money, sex and family can cause conflict in any marriage if not properly addressed.

Formula for Success

Couples learn how to honestly assess their relationship, for better or for worse, while identifying their strengths and challenges as individuals, and as a couple.

If you and your spouse have questions or would like to participate in our next HLTP, visit

www.warrior2citizen.org

email mproberts@warrior2citizen.org

Or call us at 800-958-4650



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- *Home Life Transition Program*™ (HLTP™) is a marital enrichment program designed to help couples identify and address challenges facing their marriage.
- We drew on years of feedback from chaplains, military counselors & other veteran professionals to create a strategy for healing marriages and family relationships.
- The program includes a three-day retreat where participants focus on seven relationship areas through counseling, coaching, psycho-education, experiential exercises, and spiritual activities; including optional follow-up counseling.
- The curriculum promotes healthy, effective communication and problem-solving skills.
- At the retreat, there will be plenty of time for you and your spouse to reconnect in a quiet, relaxing atmosphere. You may also want to meet with one of our counselors or chaplains for personal discussions.

