

## W2C's Home Life Transition and Child Resiliency Program

- Home Life Transition Program™ (HLTP™) is a marital enrichment program designed to help couples identify and address challenges facing their marriage.
- Child Resiliency Program (CRP) is a child-centered program designed to help children cope with the trauma and struggle experienced in military and first responder families.
- We drew on years of feedback from chaplains and military counselors to create a strategy for healing marriages and family relationships.
- In a four-day retreat, families focus on seven relationship areas using counseling, coaching, psychoeducation, experiential exercises, and spiritual activities.
- Healthy, effective communication and problem-solving skills are taught.
- Time is built in for families to reconnect in a quiet, relaxing atmosphere.
- Meeting with one of our counselors or chaplains for personal discussions is also possible.



### HLTP/CRP Retreat includes skill-building in these seven areas:

#### Communication

Families practice active listening skills, examine their behaviors during disagreements, and learn to clearly state their feelings to avoid misunderstandings.

#### Hypervigilance

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

Families learn how true forgiveness can strengthen relationships in the marriage, their family, and their community.

#### Grief & Loss

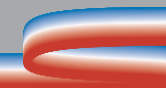
Families learn how to begin coping with unaddressed grief, how to share grief with loved ones, and how to handle a loved one who does not want to share his or her grief.

#### Common Areas of Conflict

Couples learn how the issues of money, sex, and family can cause conflict in any marriage if not properly addressed. Parents learn that their struggles affect their children, and both parents and children learn to recognize and deal with this.

#### Formula for Success

Families learn how to honestly assess their relationship, for better or for worse, while identifying their strengths and challenges as individuals and as a family, and how to effectively resolve problems.



## What couples say about the Home Life Transition Program.

- *There is a nice balance between counselors and chaplains. I especially like the fact that the people giving marital advice and guidance have actually been married for longer than 20 years.*
- *It was far better than any Strong Bonds™ I've been to!*
- *Made me think of better ways to handle the issues of daily life.*
- *The HLTP team was outstanding and our marriage definitely has reached the next level because of the counselors.*
- *I was floored by the positive impact that was laid upon my once-failing marriage.*
- *After completing the retreat we decided to renew our wedding vows in August. One of the chaplains from the retreat will preside over the ceremony.*
- *By combining all of the information I learned at the HLTP™ retreat, I left a better and more confident person.*



## Why you and your spouse should consider HLTP and CRP

The HLTP and CRP is a process that begins with an initial online questionnaire which is completed approximately 30 days prior to the retreat weekend, and repeated over the program's lifespan to measure program effectiveness.

Our counselors and chaplains will use this information to better address the specific needs that YOU identify as important to YOU.

During the retreat, couples and families have the opportunity for private conversations with chaplains and counselors to address specific issues and to begin a relationship with their counselor/chaplain team.

When couples and families return to their daily lives after the retreat weekend, they are encouraged to continue working with their W2C counselor or chaplain to practice the skills they acquired to effectively address the issues that they identified. The W2C counselors and chaplains are committed to providing bi-weekly counseling over five-months of no-cost after-care to our couples.

If you and your spouse would like to find out how to participate in our next HLTP/CRP,

go to

[http://warrior2citizen.org/sign\\_up\\_for\\_home\\_life\\_transition\\_program](http://warrior2citizen.org/sign_up_for_home_life_transition_program)

Or call us at 800-958-4650

Welcome them home  
... with hope.

