



## Announcing a Marriage Retreat for Military Families

Military families are often under a tremendous amount of stress and pressure as military life often brings emotional and psychological stress affecting the veteran, marriage, and the family. Without help relationships are often fractured resulting in frustration, conflict, loneliness, divorce, hopelessness, and the impact of the strife spills onto the children in the family system. Warrior 2 Citizen invites you to participate in a unique experience to address the challenges and to strengthen and heal marriages and families.

Join us on December 4<sup>th</sup> and 5<sup>th</sup> at the YMCA Camp High Harbor (Cartersville, GA) to invest in your marriage by participating in our program, where couples will engage in the activities of the W2C marriage retreat in the serene setting of Lake Allatoona.

<https://ymcaatlanta.org/ymca-locations/camp-high-harbour/lake-allatoona/>

Warrior2Citizen is a non-profit organization offering marriage retreats for over 12 years to all military members, active duty, veteran, retiree, Reserve and Guard. Our mission is to help restore the bonds of love and trust in marriages and families of service members. Couples have experienced immediate improvement in their relationship after attending our two-day confidential marriage retreat.

December 4<sup>th</sup> and 5<sup>th</sup> will be a weekend program that focuses on healing in seven areas of family relationships using counseling, coaching, psychoeducation, experiential exercises, and spiritual activities, all led by professionals who have served in uniform. The agenda for the weekend includes essential issues such as, dealing with conflicts, healthy communication, forgiveness, understanding impact of guilt, and strategies and skills for success. Overall, program attendees independently surveyed reflected that program results show 80% of marriages measurably strengthened, with over 30% of these couples renewing their wedding vows.

An additional unique aspect of the W2C marriage retreat is the follow up counseling offered to couples for up to five months (twice monthly) free of charge.

After attending the W2C Program, participants have given the following testimonials: *"It was far better than any Strong Bonds™ I've been to! It made a big difference in our marriage"* *"Made me think of better ways to handle the issues of daily life"* *"The Warrior2Citizen team was outstanding, and our marriage definitely has reached the next level because of the counselor."* *"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 Warrior2Citizen retreat, I left a better and more confident person."*

Our program is FREE. The entire cost of the program, meals and lodging is paid for by donations and there will be no cost to you. We request a refundable \$150 reservation fee, to be refunded at the end of the weekend. Registration is on a first come first served basis limited to 30 couples and the deadline to register is Nov 29<sup>th</sup>.