

LEARN TO LOVE THE RIGHT WAY

PREP (PREVENTION & RELATIONSHIP ENHANCEMENT PROGRAM)

- > Effectively communicate and solve problems
- > Handle disagreements and conflicts
- > Demonstrate commitment to each other
- > Keep friendship, fun, and intimacy alive

Classes are held the 1st Wednesday of every month.

To register, contact the
Station Chaplain's Office
at **858-577-1333**

P.S. BEFORE YOU SAY "I DO"

Highlighting the challenges of military marriages and exploring the resources available to assist couples. Designed for newlyweds and engaged couples.

Hear from MCCS, Legal Assistance, Financial Management and Family Readiness about how they help navigate the military lifestyle.

To register, contact the
MAG-11 Chaplain's Office
at **858-577-4443**

MARRIED & LOVING IT

Through this interactive class series, participants will learn new skills to increase their commitment to each other while learning how to sustain a vibrant and healthy marriage.

For more information, please
contact the Counseling Center
at **858-577-6585**



FOLLOW
YOUR HEART
WITHOUT LOSING
YOUR MIND.

LEARN TO LOVE THE RIGHT WAY



5 LOVE LANGUAGES!

What's your Love Language?



Using lessons from Dr. Gary Chapman, author of "The Five Love Languages," couples will learn how they love and how their spouse loves. After leaving this class, each couple will speak the language of their spouse. Every couple will receive a free copy of Dr. Gary Chapman's book for participating.

For more information, please contact the Life Skills department at **858-577-4473**

8 HABITS OF A HIGHLY SUCCESSFUL MARRIAGE



In this marriage workshop, participants will clearly define their vision as a family unit, build a common sense of purpose, values, and goals, learn a process to accomplish family goals, and discover how to achieve better communication as spouses.

For more information, please contact the Life Skills department at **858-577-4473**

FAIR FIGHTING



This interactive 3 hour class will teach singles and couples communication styles and skills, conflict resolution, uses of time out, and listener/speaker techniques. Classes occur on the 1st Wednesday of each month from 1300-1600. No registration is required, but participants must show up 15 minutes prior to the class beginning. Classes are held at the MCCS Counseling Center, Bldg 2274.

For more information, please contact the Counseling Center at **858-577-6585**

