

## CREDO Southeast

### About "CREDO" SOUTHEAST

CREDO provides retreats at local conference centers that take advantage of the natural beauty and serenity of the area.

Participants can enjoy a place away from hectic work centers and household responsibilities for reflection and growth. From the very beginning, people sense that the weekend will be an experience that will improve their quality of life.

All retreats, are *free to participants and commands*. CREDO provides transportation (except to MER's), food, and lodging. Registration is required and active-duty personnel must present no-cost TAD orders, a special request chit, or leave papers covering the retreat period.

#### Who Can Attend?

Active duty military, reservist, retirees, DOD/DON civilians, and their family members can attend a CREDO weekend. All workshops and retreats are at no cost to participants. Transportation is not provided.

#### "Participant Comments"

- "This is the very best program the military has to offer service members and their families."
- "The amount of support and total unconditional love that I received gave me a new beginning to my life."
- "On the PGR I learned acceptance of myself, the knowledge of knowing that there are other people with struggles, and I am not alone."
- "I had an amazing time, thanks for the opportunity to make our marriage better."
- "The MER really helped us to start better communication in our marriage. Thank you for providing us with an amazing. You've touched our hearts. Thanks."



### **FAMILY ENRICHMENT RETREAT**

A weekend retreat for families to promote healthy relationships. Practical skills based on proven principles that strengthen and empower every member of the family will be taught. Retreats are open to the first 10 families and are held presently at St. Simons Island.

#### Jacksonville area FER's

01-03 Jun 2012-Jacksonville, FL Area



### **CREDO Staff**

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<https://www.cnrc.navy.mil/cnrse/Programs/CommandStaff/ReligiousMinistries/CREDO/index.htm>

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CREDO SOUTHEAST

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### CREDO Covers the **BASICS**

**BOUNDARIES**

**ACCEPTANCE**

**SAFETY**

**INTIMACY**

**COMMUNITY**

**SELF ESTEEM**

## “CREDO Philosophy”

CREDO is distinctly spiritual. Our goals are to build trust and facilitate an experience of unconditional acceptance, while affecting a heightened sense of responsibility. CREDO emphasizes individual investment in teamwork, community building and reconciliation. We invite reflection but do not attempt to “fix” people or force them to work on perceived “issues.” The intent is to look beyond behaviors to affirm each person as a unique creation of God with value and significance.

## “PERSONAL GROWTH RETREAT”

Begins on Wednesday at 1300 and ends on Friday at 1500.

Participants have the opportunity to:

- Understand themselves better
- Look at their goals and reshape them
- Discover new perspectives in relationships
- Take personal responsibility in decisions
- Explore the basis of their spirituality
- Identify resources that can assist them

### Jacksonville area PGR's

22-24 Feb 2012- St. Simons Island, GA

\* **Transportation Provided for PGR's**

## “MARRIAGE ENRICHMENT RETREAT”



Begins Friday at 1900 and concludes Sunday after lunch. The MER is designed to encourage healthy marriages and is designed to help couples grow. It is not designed for couples who need significant counseling.

Couples discover ways to:

- Nurture their marriage
- Handle the inevitable conflicts
- Establish roles and boundaries
- Discover their spouses love language
- Build intimacy and communication
- Strengthen the emotional, physical, and spiritual aspects of their marriage

Who should attend? Couples seeking greater satisfaction, closeness, and genuineness in their marriage.

### Jacksonville area MER's

17-19 Feb 2012- St. Simons Island, GA

22-24 Jun 2012- St. Simons Island, GA

### Satellite MER's

20-22 Jan 2012- Mobile, AL

09-11 Mar 2012- Corpus Christi, TX

13-15 Apr 2012- Charleston, SC

## “WORKSHOPS”

At CREDO Southeast we will begin offering various workshops. These workshops will be topical material taken from our retreats. The purpose of the workshop however is to go into greater depth with the material and be able to offer more practice or practical application of the tools taught and learned on the retreat. Do you remember what “X, Y, Z” is and how to use it? What about your filters? If you are interested in any of our workshops, please call the office to register - 904-542-3923.

## “TEAM BUILDING WORKSHOP//RETREAT”

Designed to enhance readiness and team cohesiveness by transforming attitudes, feelings, and relationships. Participants learn the four qualities of effective group dynamics: communication, cooperation, trust, and fun. Three hours to full day workshops are available. Contact CREDO for more information and to schedule one of these programs for your command.

Location: Team Challenge Course – Mayport, FL

