

# WHAT IS CREDO?



CREDO stands for Chaplains Religious Enrichment Development Operation, high-quality, innovative retreats and workshops that strengthen personal and relationship resiliency as well as spiritual and emotional growth.

INCREASE TRUST AND SELF-CONFIDENCE

STRENGTHEN RELATIONSHIPS

GAIN A CLEARER PERSPECTIVE ABOUT OTHERS

EXPERIENCE PERSONAL AND SPIRITUAL GROWTH

STRENGTHEN MARRIAGES

RESOLVE PERSONAL SKILLS

LEARN TO HANDLE ANGER MORE CONSTRUCTIVELY

IMPROVE COMMUNICATION SKILLS

ESTABLISH NEW FRIENDSHIPS

HAVE FUN AND RELAX

RECEIVE A GREATER UNDERSTANDING OF LIFE AND YOURSELF

## WORKSHOPS

- Applied Suicide Interventions Skills Training (ASIST) – 2 days
- safeTALK – 1 day
- Pre-marital/Marriage Enrichment Workshop – 1 day
- Prevention & Relationship Enhancement Program (P.R.E.P.) – 1 day



Ask about other opportunities, like CREDO date night, or CREDO family night!

## RETREATS

- Marriage Enrichment Retreat **3 DAYS**
- Wilderness Personal Growth Expedition **4 DAYS**
- Personal Growth Retreat **3 DAYS**
- Wilderness Marriage Enrichment Expedition **4 DAYS**

CREDO activities are free. At least one participant must be Active Duty or a Reservist (activated status).