

**From Warrior to Soul mate:**

Each member of the couple who has experienced military service has had his or her own private battle. Each has taken on new responsibilities and faced unknown situations. Each has wondered how much to share with the other. Each has found new freedom and experienced fear. Both have been changed.

Accommodations will be at Crowne Plaza Hampton Marina. 700 Settlers Landing Road, Hampton, VA

An opportunity to learn new skills in a setting with hospitality.

Crowne Plaza Hampton Marina's check-in begins at 4:00 PM Friday. The PAIRS check-in starts at 5:30 and dinner will begin at 6:00 PM. The program ends late afternoon Sunday.

Details to follow



**“TO CARE FOR THOSE WHO  
HAVE BORNE THE BATTLE”**

**ABRAHAM LINCOLN**

**Department of Veterans Affairs**

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**HAMPTON VA  
MEDICAL CENTER**

**SPONSORS**

**FROM WARRIOR  
TO  
SOULMATE**



**NOVEMBER 1-3, 2013  
MARRIAGE ENRICHMENT  
RETREAT WEEKEND**

**FROM WARRIOR  
TO  
SOULMATE**

**Reclaiming Your Relationship  
During or After Military Service.**



**TRANSITIONS**

Military transitions create change. The romance of

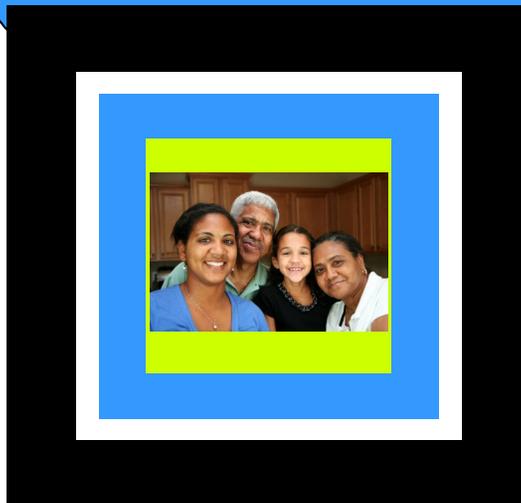
reunion after deployment may become the reality of readjustment. Roles change. Relationships may be stressed by physical, emotional, and spiritual injury. Decisions from laundry to meals to finances have to be renegotiated. Change means stress and stress may mean conflict. Communication may become difficult.

A grant from the Veterans Administration Patient-Centered Care and Cultural Transformation initiative provides a marriage enrichment weekend **AT NO COST TO YOU**. The weekend provides you and your partner tools in healthy communication, emotional closeness, and conflict resolution. Facilitators help you build on your commitment to have a supportive and loving relationship.

It will be facilitated by experts acknowledged for their success in guiding couples and families to develop stronger bonds and a healthier way of living and loving. For more information go to [www.PAIRS.com](http://www.PAIRS.com)

**CAUTION:** This marriage retreat is not intended for those experiencing serious mental health, emotional distress, or abuse. Individual therapy can be sought at the VA by referral through the Chaplain Service. Please call 757-722-9961 Ext. 3601

November 1-3, 2013



SEE YOU THERE

Registration

From Warrior to Soul Mate  
Marriage Enrichment Retreats  
November 1-3, 2013

*Space is limited*

Please do not register if you are not absolutely sure you can attend. Couples are expected to participate in the entire retreat weekend from beginning to end. This is an alcohol free weekend.

Please indicate if you have any dietary restrictions or if you have social accommodations.

If yes explain \_\_\_\_\_

Is the attendee currently on active duty? Yes No

Is the attendee registered with the VA? Yes No

*Check which below is an active duty or veteran.*

Names:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_

Register soon, spots fill up quickly! After filling out this form, you will receive questionnaire. Completion of the questionnaire is required to finish the registration process.

FAX COMPLETED REGISTRATION TO 757-726-6020