

## HOW DO I REGISTER?

Call the MCAS Miramar Chaplain's Office at 577-1333 for more information or email [sbmiramarmcas.chapl@usmc.mil](mailto:sbmiramarmcas.chapl@usmc.mil)

### Our Contact Information:

P.O. BOX 452013  
SAN DIEGO CA 92145-2013  
(858) 577-1333, DSN 267-1333

E-mail: [sbmiramarmcas.chapl@usmc.mil](mailto:sbmiramarmcas.chapl@usmc.mil)

Websites:

<http://www.miramar.usmc.mil/chapel.html>  
[www.facebook.com/MCASMiramarChapel](http://www.facebook.com/MCASMiramarChapel)



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## PARTICIPANT FEEDBACK

"It is a positive, upbeat, optimistic look at ways marriage can work."

"It enables you to unload your gripes or talk about what's really bothering you in a safe environment...and how to help you through this."

"I feel so much more in control of the future of our relationship now than I have ever been."

### PREPARED for LIFE!

"I can't think of a piece that we've done that has more meaning to more people."

-Barbara Walters, at the conclusion of 20/20's airing of a segment about PREP research.

**P**revention

**R**elationship

**E**nhancement

**P**rogram

Sponsored by the  
MCAS Miramar and 3d Marine  
Aircraft Wing Chaplains

## WHAT IS PREP?

Research conducted at the University of Denver has identified the most potentially valuable ways to strengthen or repair relationships. These principles are incorporated into the acclaimed PREP program.

There is no guidebook, no instructions for having a successful marriage. However, there is help.

The PREP program is designed to offer this help.

PREP is not designed as therapy or counseling to alleviate already existing significant relationship problems. It is designed as an educational program, focusing on teaching skills linked to marital satisfaction.

Trained leaders teach skills. Couples then practice exercises to clarify and learn these skills.

## HOW CAN PREP HELP YOU?

Often, couples lack the specific skills and information they need to achieve the relationship they want. Couples are committed to having successful and happy relationships at the start, but they often find attaining this goal very hard.

The following are just a few of the skills couples will learn:

- Communication and Problem-solving
- Handling disagreements and conflicts
- Personality Differences
- Demonstration of commitment to each other
- Setting ground rules to handle disagreements
- Discussing your difficult issues safely
- Keeping friendship, fun and intimacy alive
- Communication between men and women, why it is different
- Combat trauma and how this affects relationships

## WHERE IS PREP HELD?

All classes are held at building 5632, MCAS Miramar Chapel Fellowship Hall

- Couples must attend together
- Civilian attire is required
- Must attend 2-day class

## WHEN IS PREP HELD?

All Classes are held from 0800 - 1600 on the 1<sup>st</sup> Wednesday and Thursday of each month:

### **2016**

**JANUARY 6-7, 2016**  
**FEBRUARY 3-4, 2016**  
**MARCH 2-3, 2016**  
**APRIL 6-7, 2016**  
**MAY 4-5, 2016**  
**JUNE 1-2, 2016**  
**JULY 6-7, 2016**  
**AUGUST 3-4, 2016**  
**SEPTEMBER 7-8, 2016**  
**OCTOBER 5-6, 2016**  
**NOVEMBER 2-3, 2016**  
**DECEMBER 7-8, 2016**