

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.

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| 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		RETREATS
<ul style="list-style-type: none"> • 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 	<p>Ask about other opportunities, like CREDO date night, or CREDO family night!</p>	<ul style="list-style-type: none"> 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).