

# Oregon Army National Guard Strong Bonds Program

## What is Strong Bonds?

Strong Bonds is a chaplain-led program which builds relationship resiliency. The Strong Bonds mission is to increase Soldier and Family readiness through relationship education and skills training.

The Oregon Army National Guard chaplains offer programs for **Married Couples**, **Families with Children**, and **Single Soldiers**. Attendees voluntarily participate in a Strong Bonds retreat format designed to maximize relationship training impact. The retreat or “get away” provides an emotionally safe and secure training environment in which to address the effects of military life stressors.

## Who may attend a Strong Bonds event?

Approval for attendance depends on the type of event offered. Soldiers attending the **Married Couples Training** must have their spouses enrolled in **DEERS** prior to attending an event. **Family Events** are open to both single and dual parent families; children 6-18 are encouraged to participate in the training. **Single Soldier Events** are open to any unmarried member of the Oregon Army National Guard. **Childcare** may be available at Strong Bonds events based on available funding; however please ensure that all children attending are registered in **DEERS** as well.

## What is covered?

All attendees at Strong Bonds relationship training events will be provided with two nights’ stay at the selected venue, up to five (5) meals during the weekend, and the material associated with the curriculum that will be taught. A typical event includes 8-12 hours of instruction time total throughout the weekend as well as plenty of free time to take advantage of event and area activities.

## How do I find and register for an event?

Once an event has been planned, it will be published at [www.strongbonds.org](http://www.strongbonds.org). Go to the ‘Events’ tab at the top of the page and select ‘Find an Event’. Then select the ‘Army National Guard’ logo and choose the type of event you are looking for. You will then be able to search for any events the ORARNG has published.



For more information contact:  
CH (MAJ) CODY ROACH  
[cody.j.roach.mil@mail.mil](mailto:cody.j.roach.mil@mail.mil)  
(503) 584-3995

