

CREDO Navy Region Japan

Marriage Enrichment Retreat



Limited to 15 couples ONLY!

24-26 February 2017

For all active duty U.S. Navy and their spouses in Singapore.

Learn and explore 3 dimensions of relationship skills and live a more harmonious life with your spouse. Decode your spouse's love language and rekindle your love flames. This wonderful retreat will provide you with new perspective and insight to help you build a stronger relationship with your spouse. Take time to strengthen the foundation of your marriage while spending quality time with one another in a stress-free resort environment.

This retreat is completely FREE as a no-cost TAD
**REGISTRATION DEADLINE:
 13 FEBRUARY 2017**

For more information and to register, contact your Chaplain Charles Ferguson
 (DSN) 315-421-2361
 Duty Cell: +65-9825-5200
 NIPR: charles.f.ferguson@fe.navy.mil

This retreat is open to all active duty Navy personnel in Singapore Area.
 All other armed forces members will be on a space available basis.



KNOW THE CONSEQUENCES

SEXUAL ASSAULT IS ILLEGAL

www.ncis.navy.mil





Are you or someone you know on a path to suicide?
Know the WARNING SIGNS!

I	P	W	Ideation Substance Abuse
S	A	A	Purposelessness Anxiety Trapped Hopelessness
T	R	R	Withdrawal Anger
H	M	M	Recklessness Mood Change

You don't have to see every sign to ACT.
 Help is always available through the Military Crisis Line. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net

Small 1ACTO
 #BeThere for Every Sailor, Every Day.
navstress.wordpress.com

Every Sailor, Every Day

#WeOwnFriday Joke Off
Friday, December 7
 7pm - 8pm @ Club 213
 All Registered Teens
 (Grades 6 to 12)
Free Event!!

Are you up for the challenge?

The rules are simple - You laugh, you lose!

NAVY GYP
 BOYS & GIRLS CLUBS OF AMERICA
 KEYSTONE
 The National Teen Program
 Authorized patrons only / CYP Registration Required
 email: cypinfo@navygyms.com phone: 672-2372
<http://mytfe.navygyms.com/sinocypna.htm>

Hosted by our very own Torch Club!!

CUPCAKE WARS

Monday, December 10
 4pm - 5:30pm @ Club 213
 All Registered Teens (Grades 6 to 12)
Free Event

It's cupcake vs. cupcake in this tasty competition. The most delicious and prettiest cupcake wins! All supplies and ingredients are free!

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**Directions from
PSA Sembawang Wharves/
Deptford Road
to Yankee Station**


FROM TERROR CLUB (on foot):
*Cross Admiralty Road West. Turn left.
*Turn right on Pakistan Road
*Yankee Station will be on left.
(Carpark is located on the opposite side
of the street.)

BY BUS TO STOP NO. B58061:
*Take Bus No. 169 from Woodlands
MRT.
*Take Bus No. 169 from Yushun MRT.




Office:
+65 6257 9819

For Events, Parties,
and Catering:
+65 6257 9819
terrorclub.catering@gmail.com
charles.mecke@fe.navy.mil

**Yankee
Station**

