Keeping a marriage strong enough to thrive through the unique challenges of a military deployment is important to our nation’s military.

Here in Minnesota, our chaplain-led “Strong Bonds” program helps couples grow together. During the weekend-long event, couples spend most of their time in discussions or practicing effective communication skills. As a couple, and in a small group setting, they learn about expectations, commitment, forgiveness and feeling understood.

In the National Guard, we encourage service members and their spouses to attend a Strong Bonds event both before and after a deployment. Affording them this extra time devoted to communicating with each other makes our service members healthier and stronger leaders within our ranks.
Our chaplains also offer this “Strong Bonds” program for single service members, teaching resilience skills and other tools for life success. These skills are valuable to building and maintaining all of the important relationships in our lives.

The Minnesota National Guard has several “Strong Bonds” events scheduled for August and September to find out dates and more information visit the Yellow Ribbon Website at BEYOND-THE-YELLOW-RIBBON-DOT – ORG.