

W2SM

Warrior to Soul Mate

Who may apply to attend?

Any Veteran enrolled in the VA.

Who are the facilitators?

Ryan Wagers, Chief, Chaplain Services

Debra Volkmer, LCSW

Brandon Bryan, Psychologist

Susan Stanton, Psychologist

How long does the retreat last?

Friday 4:00 pm—8:00 pm

Saturday 8:30 am—5:00 pm

Sunday 8:30 am—12:00 pm

**** Veterans and their significant others must attend all three days of the retreat.**



W. G. (Bill) Hefner VA Medical Center
Chaplain Service (001C)
1601 Brenner Ave.
Salisbury, NC 28144

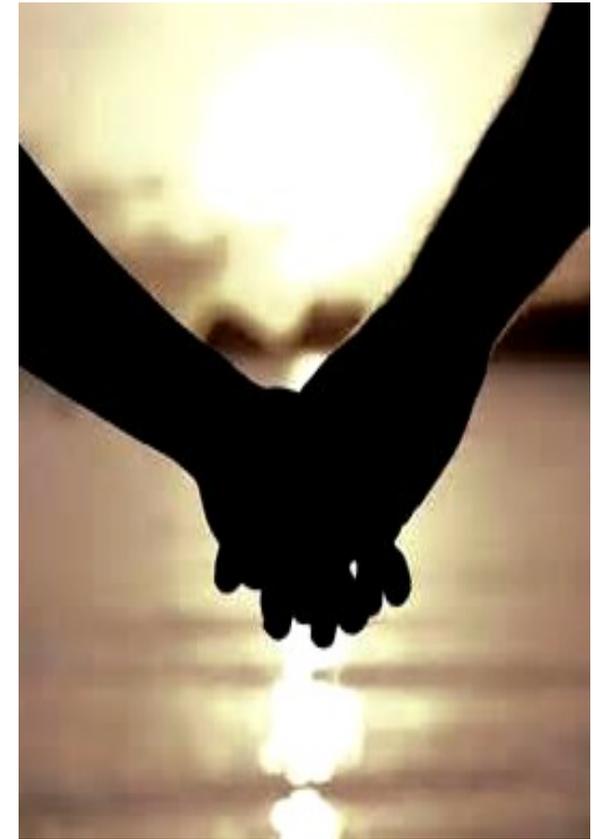


Defining
VA HEALTH CARE
EXCELLENCE
in the 21st Century

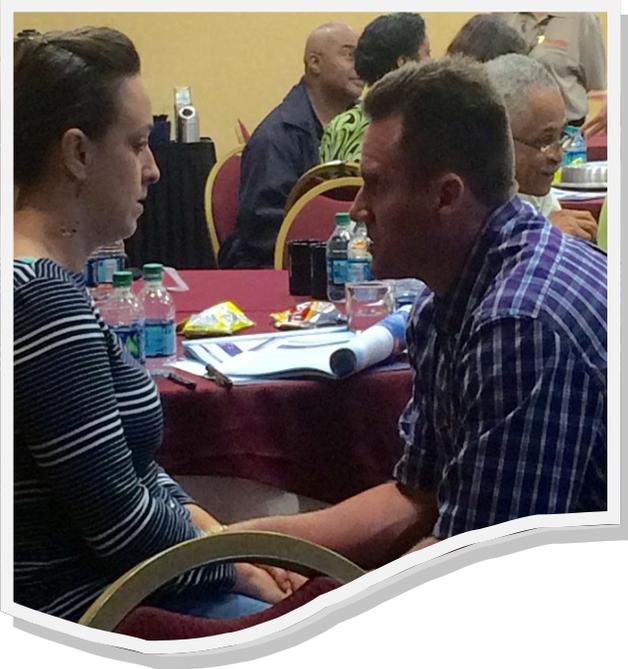
Couples Enrichment Retreat

W2SM

Warrior to Soul Mate



Ask Your
VA Provider!



The journey is meant to be enjoyed!

A Warrior to Soul Mate retreat may help improve your relationship with your partner.

Questions?

Contact:

Chaplain Services

W.G. (Bill) Hefner VA Medical Center

Salisbury, North Carolina

704-638-3330

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Steps to Follow

Step One

Talk with your VA Provider to find out if it might be helpful for you to attend this retreat.

Step Two

A Warrior to Soul Mate team member will interview you and your significant other before the retreat.

Step Three

An admission notice and instructions will be sent in the mail if you are accepted to attend this retreat.

What is the purpose of the Warrior to Soul Mate (W2SM) retreat?

The goal of the W2SM retreat is to teach couples how to grow and maintain a healthy relationship. Some of the topics to be covered are:

- Listening and communication skills
- Problem-solving skills
- Coping with anger and other difficult feelings
- Learning to “fight fair” to lessen conflict
- Identifying your feelings and needs
- Improving your connection with your significant other

The W2SM retreat uses materials from the PAIRS (Practical Application of Intimate Relationship Skills) Foundation. For more information about this program, visit the PAIRS website at www.PAIRS.com.

