

STUTTGART FAMILY LIFE CHAPLAIN



CH (MAJ) Matt Hamrick teaching couples about healthy communication

This event was the first Marriage Tune Up offered by the USAG-Stuttgart Religious Support Office

Couples working the exercises from Dr. John Gottman's "Sound Relationship House"

Summary of Event: The USAG-Stuttgart Religious Support Office sponsored an overnight Marriage Tune Up for 20 couples from 1st BN, 10th SFG at the Leonardo Royal Hotel in Baden Baden. Marriage Tune Up is a preventative skill-based relationship building program which is designed to strengthen and encourage marriages within the USAG-Stuttgart community. The Garrison Family Life Chaplain, CH (MAJ) Matt Hamrick, led couples through Dr. John Gottman's "Sound Relationship House."

Impact:

- This Marriage Tune Up gave couples an opportunity to get away from their normal surroundings and focus on their marriages.
- Couples were given tools to improve their communication and strengthen their relationships.

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