



# Readiness Through Resiliency

## Healthy Communication

**Many relationship issues stem from barriers to healthy communication. Developing effective communication skills is critical in creating and maintaining relationships, whether it be an intimate relationship, a professional relationship, or a friendship. Your communication skills affect how you resolve problems, how you resolve conflict, and the level of trust you generate in relationships.**

### Leadership:

- Encourage respectful communication
- Create environments free of barriers to effective communication
- Utilize MAPIT Modules geared towards effective communication:
  - ⇒ Healthy Relationships
  - ⇒ Communication Skills

### Unit:

- Unit Chaplains and MFLCs can provide one on one assistance with Marines and Sailors to develop healthy and effective communication skills and can assist individuals in identifying barriers to effective communication
- MFLCs and chaplains can also provide classes on healthy communication and relationships

### Installation:

- Family Advocacy Program (449-9563):
  - ⇒ 21st Century Anger Management
  - ⇒ Coping with Work and Family Stress
  - ⇒ Married and Loving it
  - ⇒ Emotion Coaching—The Heart of Parenting
- Marine Corps Family Team Building (451-0176):
  - ⇒ 5 Love Languages
  - ⇒ Before I Do—Marriage Foundation Workshop
- Community Counseling Center (451-2864) :
  - ⇒ Clinicians are available to provide one on one assistance in developing skills to enhance communication



***Force Preservation: It's everyone's responsibility***