

Programs & Services

Stronger Families OXYGEN Program was co-created by Noel and Karissa Meador in 2010. Their experience and work in the field of marriage and family was the catalyst for creating the OXYGEN Seminar in partnership with Dr. David Olson from Prepare Enrich. What started as an 8-hour experience for couples has since become a suite of programs and services designed to help high-stress couples and families succeed in their most important relationships. Over the past decade, OXYGEN program has been endorsed by the Pentagon, top First Responder leadership, and 40,000 couples who have experienced the program.

| LIVE & DIGITAL LEARNING

VIRTUAL RETREAT: COUPLES

Our nationally recognized OXYGEN program is offered to our national First Responder community through online learning and guided experiences in a couple's retreat setting. The retreat is led by the creators of OXYGEN – Noel and Karissa Meador, along with Stronger Families Director of Training, Sean Sandberg. We partner with local hotels to provide a romantic and meaningful opportunity for couples to refresh and re-connect while receiving world class curriculum and tools to increase relational health. Virtual coaching, on-site counselling, relational assessments and diagnostics are all provided.

① Retreat begins on Fridays at 4 and ends on Sunday at noon

② A professional relationship assessment for each couple

③ \$100 gift card for each couple

④ 2 nights stay at select hotel

⑤ OXYGEN Course covering key topics like Communication, Conflict, and Differences.



FIRST RESPONDER PEER SUPPORT CERTIFICATION

Upon completion of this 2-day certification, Peer Support Specialists will be equipped and empowered to facilitate and/or request Taste of OXYGEN Workshops covering the following topics:

① Communication

② Differences

③ Love Styles

④ Transitions

⑤ Love & Money

Participating Peer Support Specialists will also be provided access to a library of online resources available to be deployed throughout their departments and region. Additionally, they will gain proficiency in deploying our relational diagnostic tools to assess the health and wellness of relationships within their department.

CERTIFIED FACILITATOR TRAINING

For Peer Support Specialists in the First Responder community and other leaders who share our passion for strengthening relationships and serving our nation's trusted heroes, Certification Training in our full suite of OXYGEN programs and services is also available.

This 4-5 day training is offered live both online and in-person with socially distanced governance and is led by SF Leadership and members of our First Responder Advisory Council.

Participants will receive intensive equipping and training in our OXYGEN curriculum, facilitation skills and tools, tutorials in tech and delivery platforms, event management, and more.

To date, we've certified 931 trainers in 34 states and on 76 military installations.



OXYGEN SEMINAR: COUPLES

The OXYGEN Seminar for Couples is designed to provide opportunities to significantly improve our service members' ability to communicate, resolve conflict, create emotional intimacy, interact with their partners more effectively, achieve greater empathy, improve their parenting, and much more. Just like oxygen itself, this experience and proven curriculum breathes life into everyone who attends and catalyzes significant change and impact.

This learning experience is offered live and in-person with socially distanced governance and is led by SF leadership, Master Level Trainers, or Certified OXYGEN Facilitators.

It is also offered 100% live and digital through Zoom, Microsoft Teams, and can be adapted for other online platforms. The package includes:

① Full day, 7+ hours of training

② A professional relationship assessment for each couple

③ Access to Stronger Families online resources with purchase of OXYGEN online memberships.



TASTE OF OXYGEN WORKSHOPS

The Taste of OXYGEN workshops were developed to provide follow up programs to the OXYGEN Seminar. Marriage and family issues don't resolve themselves over 8-10 hours. The need to have more in-depth programs to address issues is the lifeline that Taste of OXYGEN delivers. These 90-minute, bite-sized events are offered live in-person with socially distanced governance and are led by SF leadership, Master Level Trainers, or Certified OXYGEN Facilitators. They are also offered 100% live and digital through Zoom, Microsoft Teams, and can be adapted for other online platforms. These single topic workshops focus on specific and important relational topics, including:

① Communication

② Love & Money

③ Love Styles

④ Transitions

⑤ Differences

⑥ Conflict



Our workshops are designed as stand alone learning experiences as well as ongoing learning opportunities for graduates of the OXYGEN Seminar: Couples.

ONLINE RESOURCES

OXYGEN PROFILE ASSESSMENT

(Included in purchase of OXYGEN Seminar and sold separately)

The OXYGEN profile assessment was developed by Noel and Karissa as a result of working with thousands of couples. They realized that many of the couples that had experienced OXYGEN Seminar would benefit from understanding their unique personalities and how they were having to adapt due to their service to our country.

The 10 power-packed pages of customized insights provide you with:

① How you are adapting to your surroundings both in your relationship and life

② A step-by-step process for realizing instant results

③ Personality insights that are unique to you

④ Understanding what motivates you and your partner

⑤ Communication tips based on your unique personality



SF LEADER & LEARNER ACCOUNTS

(Not included in purchase of OXYGEN Seminar and sold separately)

Over the years, Stronger Families has been vetting and developing a comprehensive library of relationship content to continue strengthening couples and families for the long haul. Articles, podcasts, and other materials are all available for an annual membership fee.