

Quotes from Families Completing the Multi-session Resiliency Training Model

Parents Comments:

“We aren’t even half way through, and I feel like it’s making a big difference.”

“He’s done a complete 180, and I think it’s because we’ve been coming to FOCUS and talking more.”

“We feel ready for deployment!”

“The kids are really doing well this time around, they are talking about their feelings.”

”The kids couldn’t wait to come back!”

”After 16 years, I thought I knew everything but this is something new.”

“We are definitely doing booster sessions when my husband gets back.”

“My 4 yr old is doing much better at daycare and at home.”

“My daughter told our friends how fun it was and they can’t wait to come in, too.”

“I told my friend to give you a call.”

“We really appreciate how flexible you are with the appointments.”

“As soon as I picked them up from school, they asked if they were coming to FOCUS today. It’s all they talked about this weekend.”

Children Comments:

“Can my baby brother come when he gets bigger?”

“I thought this was going to be scary, but it was fun!”

“Whether it’s your 1st deployment or your 9th, the first couple of days are really tough.”

“We should tell Jimmy’s mommy to bring him, because his daddy is gone, too.”

“I used to say I didn’t remember deployment because it was hard to talk about, but now I can.”

“I love this place.”

“We love coming to FOCUS!”