

# F★O★C★U★S Resiliency Training for Military Families



When a Service Member deploys the entire family may experience changes in roles and duties. The remaining spouse has to take on new responsibilities. Children may have different reactions when separated from a caregiver. Many adapt well, but changes in behavior are normal and expectable. They often lack the words to express their feelings and experiences. Some throw tantrums and act out, while others may hold their feelings in and become sad and withdrawn. FOCUS helps families plan ahead for these challenges by developing a personalized toolbox of skills specifically designed to meet their needs.

MANAGING FEELINGS • SETTING GOALS • COMMUNICATING • PROBLEM SOLVING • HANDLING STRESS

FOCUS Individual Family Resiliency Training sessions allow families to build their own story about military life experiences. This helps families to:

- Identify, manage, and discuss emotions
- Clarify misunderstandings and respect individual points of view
- Build on family strengths
- Feel closer and more supportive
- Use family-level problem solving and goal setting to empower the entire family

To stay safe during deployment, a Service Member would never head off without months of specialized training. To remain strong and healthy during deployment, the Service Member's family also needs training and preparation. FOCUS helps families to be prepared.

**Contact FOCUS today for more information at:**



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