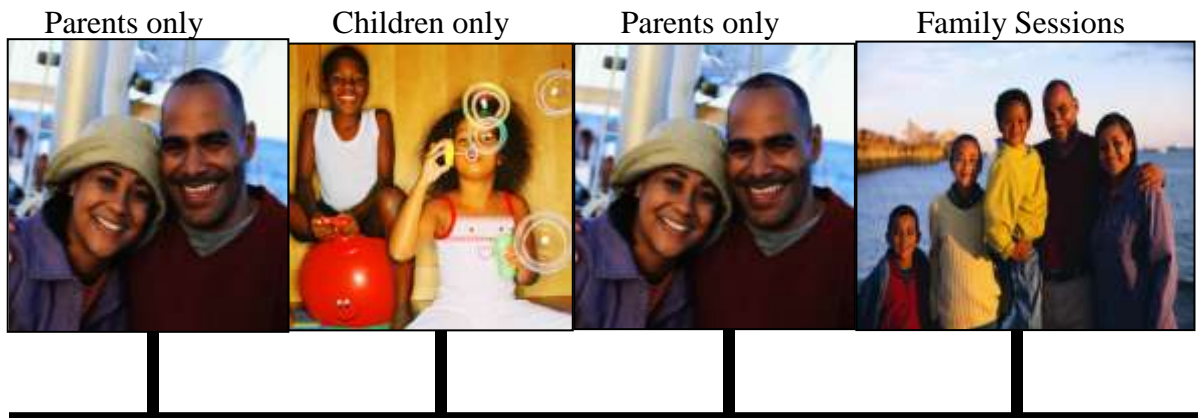


FOCUS Project

Resiliency Training for Families Facing Deployment



Multi-session Resiliency Building Program

Self Efficacy--Locus of Control--Emotional Regulation--Problem Solving--Communication

The entire family is affected by deployment and no deployment is ever the same. Roles and duties shift when that marine or sailor deploys and the remaining spouse takes on new responsibilities. Regardless of maturity, children also react in different ways to separation from a caregiver. While many children adapt well, some exhibit behavioral changes as children often do not have the words to express their feelings and experience. Some become disruptive and aggressive (externalizers) and others may hold their distress inside (internalizers). When you factor in the multiple and year long deployments that families are now facing, there is a need for planning. By being proactive, families can learn to build resiliency skills. Focus Project assists families in developing a personalized tool box of coping skills specifically designed for their needs.

By building a family narrative around individual deployment experiences the following outcomes can be reached through the Focus Project multi-session format:

- Find meaning out of adversity and normalize distress
- Clarify misunderstandings and respect individual perspectives
- Build upon family strengths and develop cohesiveness
- Initiate family-level problem solving, set goals, and become empowered

A warrior or sailor would never head off to war without months of specialized training, mental focus, and preparation. Their families equally require skills training to effectively manage their lives and maintain a positive mental focus during that deployment.

**CONTACT FOCUS TODAY FOR MORE INFORMATION AT 910-450-5635
OR STOP BY OUR OFFICE IN THE RUSSELL BUILDING**

<http://www.mccslejeune.com/mcftb/focus.html>

