

Reconnection Workshops

Reuniting, Reconnecting and Rebuilding
for Military Families



Today's service members are facing repeated deployments to conflict zones around the world. After a deployment, many realize the return home can be just as challenging as their tour of duty.

Reconnection Workshops are held in small groups and facilitated by licensed, trained Red Cross mental health professionals to help service members reconnect with their families and reintegrate into civilian life. The workshops are confidential and free of charge.

Workshop topics include:

- ◆ Communicating Clearly
- ◆ Exploring Stress and Trauma
- ◆ Identifying Depression
- ◆ Relating to Children
- ◆ Working Through Anger
- ◆ Roger That! Communication Counts (for children and teens)
- ◆ Operation 10-4 Confident Coping (for children and teens)

For more information about holding a workshop for your family or other group, call the American Red Cross Service to the Armed Forces Service Center at 904-246-1395.