F·O·C·U·S

Resiliency Training for Military Families & Couples

Transitions associated with the military lifestyle can bring about changes in roles and duties. Family members may take on new responsibilities, and children may have different reactions when separated from a caregiver. Many adapt well, but changes in behavior are normal and expectable. Children often lack the words to express their feelings and experiences. Additionally, couples may experience a number of stressors that may overwhelm their ability to cope. While many couples know how to manage these challenges, some experience periods of miscommunication and stressors that can make their connection feel distant. 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

FOCUS for Couples delivers hands-on education and training in 6-8 sessions, focusing on specific skills. These strengthen couples' ability to:

· Improve their understanding of each others' experiences
· Share and regulate feelings
· Talk to one another and provide support
· Work toward a common goal
· Feel hope and optimism for their future together

FOCUS also provides specialized services for families of service members who have been **wounded, ill or injured**. These services:

· Improve family communication about the injury or illness
· Set goals for family care routines   · Problem solve around family challenges
· Enhance understanding about deployment reminders and combat stress

Contact FOCUS today for more information:

P
F
E

F·O·C·U·S