

## **MILITARY AND FAMILY LIFE COUNSELOR, CHILD AND YOUTH BEHAVIORAL MILITARY AND FAMILY LIFE COUNSELOR, AND PERSONAL FINANCIAL COUNSELOR PRESENTATION LIST**

### **Activities for Children's Reunion Ages Six to Twelve** C0097

These activities encourage children to recognize and address their feelings and issues around their deployed service member's homecoming.

### **A Guide for Helping Children Manage Anger** C0098

This presentation was developed to help parents and caregivers recognize when a child is acting out through anger, when it is normal and healthy and how to recognize signs that something more serious is going on and should be addressed.

### **All Feelings are OK** C0126

This set includes five materials: All Feelings Are Okay: group curriculum, group handouts one, group handouts two, leader tools and group activities to guide children through different "easy" and "hard" feelings and understand that feelings are a normal and healthy part of life.

### **Anger Management** A0083

This presentation explores the motivation to choose anger over other healthier responses and offers techniques for managing anger as well as the proper way to calm an angry person.

### **Anger Management for Teens** AM0003

This presentation was designed to help teens understand different types of anger, which type they exhibit, healthy ways to manage anger, and when to seek help if their anger feels out of control.

### **Anger Management from Combat to Home** AM0002

This presentation was designed for the service member. This presentation explores anger, how it is used very differently but appropriately in a number of situations, and how to best reintegrate healthy anger management coping skills for tense situations on the home front – not anger management skills learned in combat.

### **Appropriate School Bus Behavior** C0219

This presentation will teach children about behaviors that are appropriate and safe when riding the bus. Participants will also learn how inappropriate behavior on a school bus can potentially distract the driver and possible cause an accident.

### **At Risk Service Members: A Guide for Command** ML0223

This presentation examines at risk behaviors, who can be at risk, and what their behavior might look like, as well as what to do if these behaviors are recognized in a service member.

**Avoiding and Putting a Stop to Gossip** *SI0184*

This presentation addresses gossip: what it means, the negative effect gossip has on a community, and ways to avoid and prevent gossip.

**Building Healthy Marriages** *RR0121*

This presentation focuses on the keys to building a healthy marriage: mutual trust, respect, and communication.

**Building Partnerships with Parents – A How-to Guide for Successful School-Home Communication** *P0197*

This presentation will address the importance of open communication between school and home. It also offers suggestions to child care providers and teachers that can help strengthen the relationship between parent and teacher.

**Building Resiliency** *ML0216*

The presentation will teach participants the characteristics of resilient people as well as methods for becoming more resilient. Participants will learn how to cope and maintain a sense of stability in the midst of change and loss.

**Building Resiliency in Children: A Parent's Guide** *P0217*

This presentation will teach participants how to recognize characteristics of resilient children as well as methods for building resilience in children by teaching coping skills, optimism, character building, and more.

**Building Your Child's Self Esteem** *P0208*

This presentation covers the meaning of self-esteem, factors that affect self-esteem, the connection between self-esteem and behavior, and ten ways to build a child's self-esteem.

**Bully Busting Activities (first to eighth grade instructor's guide)** *C0017*

The purpose of this presentation is to guide children through three processes of discovery, positive action, and resolution in terms of bullying.

**Bullying: A Guide for Parents and Caregivers** *C0007*

This presentation was developed for parents. This presentation defines bullying and addresses how to detect bullying and how to prevent the behavior. Addressing and preventing bullying is the key to developing healthy coping mechanisms.

**Caring for an Aging Parent** *P0188*

This presentation will help participants to identify issues and find solutions regarding care of their aging parents.

### **Challenges of Changing Schools** C0186

This presentation addresses each of these challenges and offers suggestions for making new friends and keeping grades up through the process.

### **Challenges Faced By Dual Military Couples** M0225

During this presentation, participants will learn about: the challenges of dual military couples, coping methods for dealing with those challenges, and what to do when the dual military couple has children and both parents deploy.

### **Challenges of Reunion and Reintegration** RR0141

This presentation reviews the positive aspects and the difficulties of reunion and reintegration, both for the single service member and married service member. This presentation explores the effect that reintegration has on children and discusses tips on how to make reintegration successful for the whole family.

### **Children and Moving** C0204

This presentation covers the challenges children face when moving to a new location and tips to help children handle moving and adjusting to their new surroundings.

### **Children & Separations Issues of Deployment** C0008

This presentation addresses the positive aspect of separation from a deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and how to recognize that it is time to seek professional help.

### **Combat-Related Stress Reactions** S0009

This presentation teaches coping skills for the service member as well as how the family members (as well as employers and coworkers) can take an active role in the healing process.

### **Communication and Assertiveness** ML0089

This presentation addresses components of communication: verbal and nonverbal communication, communication guidelines, the importance of an active listener, how to communicate long distance, and more.

### **Communication for Teens** C0014

This presentation provides reassurance to teens regarding common teenage struggles and teaches skills for effective communication, including how to listen and healthy ways to communicate anger.

### **Communication Training** ML0015

This presentation defines the different types of communication and offers guidelines to becoming an effective communicator.

**Conflict Resolution C0040**

This presentation addresses understanding conflict, types of conflict in the workplace, conflict styles, ways people respond to conflict, conflict in the workplace, communication guidelines, and how to resolve conflict.

**Conflict Resolution with Children ages Four to Twelve C0018**

This presentation provides guidelines and ground rules for everyone to use when resolving conflict, as well as effective problem solving techniques. This was developed for parents.

**Conflict Resolution with Children ages Thirteen to Sixteen C0043**

This presentation provides guidelines and ground rules for everyone to use when resolving conflict, as well as effective problem solving techniques. This was developed for parents.

**Conflict Resolution for Middle School C0193**

This presentation is designed to help middle school-age kids understand what conflict is, different responses to conflict, communication skills that can help prevent conflict, and beneficial ways of handling and resolving conflict.

**Controlling Anger AM0209**

This presentation will teach the positive and negative effects of anger, as well as warning signs that anger is escalating.

**Coping Strategies for the Uncertainties of Life ML0013**

This presentation explores the difficulties of failed expectations and explores effective coping strategies and how to employ them.

**Coping with Challenges While on R&R RR0150**

Rest and Recuperation (R&R) provides a short respite from active duty but can sometimes pose many challenges. This presentation addresses the common challenges of R&R and provides tools to keep the visit positive for all.

**Coping with Holiday Grief RR094**

This presentation identifies the impact grief has on the holidays, provides tips for healthy coping mechanisms, suggests ways to assist children in the grieving process, and offers ideas on how to develop a plan for the holidays.

**Coping with Job Uncertainty SI0171**

This presentation will teach participants ways to deal with potential organizational restructuring and job loss, how to handle the emotional challenges that can accompany these uncertainties, and how to manage change.

**Coping with the Challenges of Transitioning Home** *RR0115*

This workshop helps service members learn to respect the changes that have occurred, articulate the experiences to loved ones, and build tools for a positive readjustment to civilian life.

**Coping with Separation & Retirement** *ML0222*

This presentation will review ways to deal with potential separation and retirement, how to handle the emotional challenges that accompany these uncertainties, and how to manage change.

**Coping with Transitions** *SM0158*

This presentation addresses change and focuses on different coping mechanisms that can create a smooth transition.

**Creating a Healthy Marriage** *RR0034*

This presentation discusses the myths and stages of marriage and addresses the behaviors that lead to and intensify marital conflict. It teaches keys to creating and maintaining a healthy marriage.

**Cultural Awareness & Sensitivity** *RR0153*

This presentation addresses the relationship between culture and conflict. This presentation examines the effect a person's own culture and perspective has on an issue or situation and how to become aware of this to reduce conflict.

**Culture Shock: Adjusting to Cultural Change** *RR0151*

This presentation defines the meaning of culture shock as well as symptoms and challenges of culture shock and provides coping strategies to mitigate the issue.

**Cyber-Bullying** *C0165*

Cyber-bullying is on the rise due to text messaging, MySpace, e-mails, webpages, and cell phones. Children can easily fall prey to cyber-bullies and the emotional and social effects can be devastating. This presentation defines cyber-bullying, offers tips to parents for staying in touch with their children, and explains how to address cyber-bullying if it hits home.

**Deployment Survival** *D0044*

This presentation offers pre-deployment considerations, tips for managing the separation, and suggestions for staying in touch.

**Developmental Stages for Children Birth to Two Years Old** P0021

This presentation helps parents and caregivers understand the stages and milestones their infant will accomplish during this age as well as advise ways to pay attention of one's own needs as a way of providing the best care for all.

**Developmental Stages for Children Two to Five Years Old** C0102

This presentation explores the developmental milestones for children between the ages of two- and five-years-old and what to expect (as well as what not to expect) in their growing child.

**Developmental Stages Six to Nine** C0123

This presentation discusses rate of development and growth for the six- to nine-year-old and how each child is unique.

**Developmental Stages Ten to Twelve** C0124

This presentation discusses rate of development and growth for the ten- to twelve-year-old and how each child is unique.

**Diversity and Tolerance** D0071

This presentation addresses diversity and tolerance, as well as signs and symptoms of intolerance, including stages of diversity and tolerance. Information is also provided on how to make a personal decision toward change.

**Effective Discipline for Young Children Ages Two to Five** P0039

This presentation explores a parent's job as caregiver to support a positive learning environment while creating guidelines and teaching skills that promote the growing process.

**Effective Discipline for School Age Children Ages Six to Nine** P0020

This presentation addresses the developmental stage of six to nine year olds and effective tools for setting guidelines and shaping behavior and discipline. It also touches on the effect deployment has on this age group.

**Effective Discipline for Pre-Teens Ages Ten to Twelve** P0022

This workshop teaches parents and caregivers how to maintain good communication, how to discipline, how the military lifestyle briefing affects the child, and more.

**Effective Discipline for Teens Ages Thirteen to Seventeen** P0023

Parents and caregivers of teenagers will learn effective guidelines for setting rules, limits, and consequences for their teen.

### **Electronics and Your Children** P0201

This presentation will cover the potential negative effects of electronic media and cell phone usage as well as the importance of monitoring the use of children's electronics and access to social networking sites.

### **Emotional Cycle of Deployment** AM0030

This presentation addresses the seven emotional cycles of deployment: Stage one: Anticipation of loss; Stage two: Detachment and withdrawal; Stage three: Emotional disorganization; Stage four: Recovery and stabilization; Stage five: Anticipation of homecoming; Stage six: Renegotiation of marriage contract; Stage seven: Reintegration and stabilization.

### **Emotional Intelligence Activities for Children Ages Five to Seven**

### **Emotional Intelligence Activities for Children Ages Eight to Ten**

### **Emotional Intelligence Activities for Children Ages Eleven to Twelve**

### **Emotional Intelligence Activities for Children Ages Thirteen to Eighteen**

These activity guides offer age-appropriate resources that are helpful in teaching children about emotions surrounding a parent's deployment.

### **Emotional Spending** F0139

Emotional spending addresses retail therapy and its dangers, provides tips on how to tell if a person has a problem, and suggestions for resolving the issue.

### **Enhancing Resiliency in Children** C0091

This presentation helps parents understand how to ease military lifestyle for their children, what challenges that children face, and ways to create a supportive environment for kids.

### **Entering the World of Work Focus on Teens** C0100

This presentation addresses how to start in the workforce, where to apply, how to present one's self, and what a teenager deserves as a member of the workforce.

### **Facing the Challenges of Divorce** RR0118

Living through a divorce is a tremendous challenge that affects all facets of life. Facing Challenges of Divorce addresses the causes and the realities of divorce, how to forgive, and how to help children work through the challenges so everyone can move on positively.

### **Family Reunion** RR0031

This presentation helps participants develop realistic expectations and prepare for a successful transition back to life at home.

**Fatherhood** *P0163*

Becoming a parent is one of the most life altering changes in a person's life. Fatherhood talks about the many blessings and challenges inherent to becoming a parent in the military and offers ways of bonding and staying connected during deployment.

**From Combat to Home** *ML0162*

This presentation addresses the challenges and benefits of military life and returning home from deployment. These challenges have varied effects on service members, spouses, and children. This presentation teaches coping techniques for everyone.

**From Couplehood to Parenthood** *M0170*

This presentation takes an honest look at the changes a couple faces upon welcoming a baby into their family and how to make the transition to welcoming the new member if the spouse is deployed.

**Goal Setting** *SI0169*

This presentation will teach participants the importance of goal setting, how to examine life's priorities, and how to develop a life plan.

**Grief & Loss** *G0032*

This presentation addresses the meaning of grief and loss, defines the symptoms and stages of grief, and targets ways to cope and to help children with the grieving process.

**Healthy Living** *S0135*

This presentation explores strategies for enhanced mental and physical longevity and healthy living. It also takes a look at the effect chronic stress can have on a body's overall well-being and offers tips for reducing stress and integrating healthy living strategies.

**Healthy Relationship Skills for Singles** *M0192*

This presentation will help to clarify what a person is really looking for in a relationship and help that person become aware of his or her own personal pitfalls in choosing the wrong people.

**Helping Children Cope with Post-Deployment Issues** *P0143*

This presentation talks about a child's concerns and potential challenges arising from the return of a parent from deployment. It suggests coping techniques that a parent can employ to support a satisfying and positive reintegration process for the entire family. The presentation includes parent guides and activities for toddlers, preschoolers, grade-school children, and teenagers.

**Helping the Service Member Reconnect with their Child** *RR0173*

This presentation looks at the possible reactions children have to their returning service member parents and offers way that can help the child reconnect.

**Homecoming & Reunion** *RR0029*

This presentation addresses concerns and guides participants through a proactive approach to encourage a positive reintegration.

**How Children Grieve** *C0101*

This presentation offers parents and caregivers tools for assisting children at all developmental stages through the death of a loved one.

**How to Cope with the Winter Blues** *ML0090*

This presentation outlines the characteristics common with the winter blues and offers some suggestions for counteracting them.

**How to Deal with the Media** *ML0078*

This presentation will offer guidance to participants for dealing with the media and discuss the resources available to offer additional support.

**How to Handle Crisis Calls** *RR0176*

Presentation participants will learn how to respond to media inquiries and what resources are available to provide support.

**How to Handle Peer Pressure** *C0110*

This presentation provides an inside look at peer pressure – what it is and why kids sometimes give in. This presentation will also offer some ideas on how to say no to peer pressure.

**How to Have a Good Night's Sleep** *SI0160*

This presentation addresses the factors that lead to sleep deprivation and offer some relaxation remedies that can promote a restful night's sleep.

**Introducing a New Baby** *P0196*

This presentation will help participants understand their child's possible reaction to a new sibling as well as helpful ways to prepare a child for a new sibling.

**Issues Families Face When the Military Deploys** *D0028*

This presentation helps families recognize the symptoms of deployment stress and teaches personal strategies that cope with stress.

**Issues with Child Visitation** *P0176*

This presentation addresses the many possible issues involving child visitation, including maintaining consistency, rules, and discipline, as well as solutions and coping skills that can help.

**Leadership through Teamwork: Characteristics of a Team Leader** *SI0132*

This presentation reviews the elements that comprise leadership and being a successful member of a team as well as how to “become” each of these elements.

**Life in Balance: Relaxation & Stress Relief** *S0001*

Competing demands will be identified, and stress management strategies (e.g., stress reduction and relaxation skills) will contribute to an understanding of how to achieve improved work/life balance.

**Maintaining a Healthy Marriage During Deployment** *RR0125*

This presentation addresses some important steps to take to safeguard a marriage during deployment.

**Making Effective Decisions** *SI0119*

The ability to make effective decisions reduces stress, increases effective communication, and is a catalyst to success. This presentation defines problem solving and effective decision-making and guides participants through an eight-step decision making process.

**Making Marriage Work after Deployment** *RR0035*

This presentation addresses issues couples face before and after deployment and upon reintegration.

**Making Middle School a Positive Experience** *C0220*

This presentation covers ways to handle both the social and academic aspects of middle school. Participants will learn tips for surviving middle school, managing schoolwork, practicing self care, and handling bullies.

**MatriMoney** *F0138*

MatriMoney addresses the financial issues common between spouses, how to learn to recognize emotions regarding money and partners, and how to successfully communicate with a partner about money.

**Military Culture for Family Members** *ML0105*

This presentation provides a general overview of the military lifestyle for families of service members.

**Mission Based Marriage** *RR0082*

Marriage is never a simple undertaking – marriage and the military lifestyle can seem impossible. In this presentation, participants will learn how to make their marriage work throughout normal challenges and those of the military lifestyle.

### **Overcoming Test Anxiety** *SI0157*

Fear of test taking can lead to an inability to pass exams, have a negative impact on career growth, and lead to unnecessary stress. This presentation addresses the meaning of test anxiety and offers solutions for overcoming the fear of test taking.

### **Parent/Child Communication** *C0038*

This presentation introduces the benefits of effective communication and how parents can develop healthy communication in their relationships to reinforce strong child/parent bonds at all age levels.

### **Parenting Skills for the Single Service Member** *P0131*

This comprehensive presentation addresses the many aspects of single parenting in the military including: letting go of guilt, helping a child understand the importance of a parent's job, how to effectively parent while deployed, and much more.

### **Parenting Teens** *P0027*

This presentation discusses the developmental milestones teenagers reach, provides an understanding of their development, and offers tips on what parents can do to best support their young adult.

### **Post-Combat Risk-Taking Behaviors** *ML0134*

This presentation reviews behavior common to service members post-combat and suggests healthy alternatives.

### **Potty Training** *C0200*

This presentation will help parents and caregivers understand the potty training process, identify potty training readiness, and learn potty training methods that can be utilized in daycare and preschool settings.

### **Power Struggles** *C0127*

This presentation addresses the normal and inevitable (and healthy) power struggles that every parent, teacher, and/or caregiver will find themselves in with children. Learn where these stem from and some effective tools for navigating through these challenges.

### **Practical Tips for Public Speaking** *SI0187*

This presentation will teach participants the causes that contribute to fear of public speaking and preparation methods designed to ease the fears and anxieties of public speaking.

### **Pre-Deployment & the Single Service Member** *RR0122*

This presentation outlines the various steps that should be addressed prior to a service member's deployment including strengthening support networks, updating addresses and contact information, seeking support, and taking precautions to safeguard legacies.

### **Preparing for Your Parents Deployment** *RR0221*

Having a parent deploy can be a difficult experience for the whole family. Participants will learn what to expect during deployment, the possible stress reactions, and resulting effects, as well as how to cope with that stress.

### **Preparing Your Child for Kindergarten** *P0215*

Starting kindergarten is an important milestone for children. Participants will learn what behavioral, academic, and social skills children should know prior to starting kindergarten as well as ways to help children prepare for their big day.

### **Preparing Your Child for Middle School** *P0213*

Starting middle school is a big step – and can sometimes leave children feeling uneasy or afraid. This presentation will help participants understand the challenges of transitioning to middle school and ways to help their children make a smooth transition.

### **Preventing Bullying in the Workplace** *SI0109*

Workplace bullying is as stressful and inappropriate as the playground variety. Learn ways to recognize the different types of bullying and how to address it, stop it, or prevent it. Finally, learn some self-care techniques for surviving workplace bullying.

### **Principles for Healthy Relationships & Marriages** *RR0142*

This presentation looks at the origins of one's own attitudes towards relationships. It also provides information about the healthy components of marriages and intimate relationships and how to develop the tools needed to create and maintain a healthy marriage.

### **Reconnecting with Child with Your Service Member** *RR0173*

This presentation focuses on helpful tips and strategies spouses can employ to help ease the reintegration process between the homecoming service member and their children.

### **Recovering From Divorce** *RR0093*

This presentation addresses the stages of grief and loss associated with a divorce, including physical reactions and ways to cope, as well as advice on children and divorce.

### **Redeployment** *RR0089*

This presentation provides an overview of important information for families facing deployment – through all the cycles of deployment and from the points of view of all family members.

### **Reigniting the Passion after Deployment** *RR0148*

This presentation addresses some of the common reasons that couples may face difficulty reconnecting after deployment and offers suggestions for rekindling the passion.

### **Reintegration Challenges for a Single Soldier** *RR0117*

This presentation defines what reintegration will mean for the single Soldier and offers guidelines for a successful reunion with civilian life.

### **Relaxation Techniques** *RR0033*

This presentation defines relaxation, identifies seven relaxation techniques, and challenges participants to commit to adding relaxation into their schedule.

### **Remaining Faithful during Deployment** *M0212*

This presentation covers the factors that contribute to infidelity, signs of an affair, and ways to remain faithful during deployment.

### **Responding to Toddlers Who Bite & Hit** *P0133*

This presentation reviews young child behavior like biting and hitting and suggests effective discipline actions.

### **Return and Reunion Workshop for Spouses** *RR0114*

This presentation provides information that can help influence a smooth reunion with the service member by addressing the changes both spouses have experienced, where they are now as individuals, expectations, and transitioning two separate lives into a successful reunion.

### **Reunion Briefing** *RR0025*

This presentation explores all of the questions surrounding a reunion and from all perspectives: the single service member, a returning spouse, the spouse waiting at home, children, and the workplace. It also addresses all of the changes that have taken place in the time apart and provides tips for a successful homecoming.

### **Reunion: It's a Process, Not an Event** *RR0181*

This presentation will address preparing for redeployment and the challenges that everyone has faced during deployment, both for family members and for service members.

### **Reverse Culture Shock** *RR0144*

The shock of returning to the United States after being out of the country can sometimes be just as much adjustment as leaving in the first place. This presentation addresses the symptoms of reverse culture shock and methods for reducing its effects.

### **Self-Care for the Helping Professional** *SI0137*

This presentation describes compassion fatigue, outlines those who may be at risk, explains how to prevent problems, and gives techniques for self-care.

### **Self-Care to Prevent Compassion Fatigue** ACS0041

This was developed for caregivers. This presentation addresses the cumulative impact of hearing about, caring for, and helping to alleviate the suffering and misfortune of others.

### **Self-Esteem: A Major Building Block of Confidence** SI0049

This presentation will examine the importance of self-esteem, characteristics of both low and high self-esteem, and important exercises to build high self-esteem.

### **Self-Esteem for Teens** SI0050

It is not easy being a teenager – fashion, peers, sports, and expectations, not to mention the frequent relocations within an active military lifestyle. This workshop provides an understanding of self-esteem and its key role in a healthy and happy life.

### **Setting Boundaries** SI0161

Strong emotional boundaries allow people to actively participate in the projects that are meaningful and still have enough time to take care of one's self and other priorities. Weak boundaries can lead to being overwhelmed, resentful, and overworked. This presentation describes ways to set and enforce clear, strong emotional boundaries.

### **Sibling/Parent Relationships: Building Healthy Relationships** C0111

This presentation explores relationships between each family member, provides tools to deal with conflict, and addresses communication as a means for overcoming conflict and strengthening the family bond.

### **Staying Positive and Motivated** SI0136

This presentation explores the many challenges of the military lifestyle and offers coping skills for maintaining high performance and a positive outlook.

### **Staying Positive in Negative Situations** SI0214

This presentation will teach participants about positive thinking and behaviors, as well as providing motivation, tips, and strategies for staying positive and motivated in any situation.

### **Step Parenting** C0104

This presentation was developed for parents of blended families and provides insight into each member's possible struggles, as well as guidelines for encouraging blended family bonding and long-term success.

### **Stress During the Holidays** S0086

This presentation addresses both normal holiday stressors and those that are specific to the military lifestyle and offers effective coping mechanisms to decrease stress and enjoy the holidays.

**Stress Management S0054**

The presentation defines stress and its effects, helps participants recognize signs and symptoms in themselves, and eventually teaches stress management strategies for limiting the negative effects of stress.

**Stress Management for Teens C0120**

This presentation helps teens understand stress, from the signs and symptoms to the sources, and ways teens can manage stress positively.

**Stress Reactions & Coping Mechanisms - Honor Guard S0053**

This presentation addresses stress relief for the Honor Guard.

**Study Skills for Middle School C0189**

This presentation teaches middle school-aged children important study habits to take through their educational career.

**Supporting Children of Divorce: Activities Based Program for Children Ages Three to Five C0081**

This presentation offers curriculum, activities, and handouts to guide young children through the emotional challenges and many changes of divorce.

**Supporting Children of Divorce: Activities Based Program for School-Aged Children Ages Six to Nine C0108**

This presentation provides a six-session curriculum that includes activities and handouts to guide school-aged children through the emotional challenges and many changes of divorce.

**Supporting Children of Divorce: Activities Based Program for Preteen Children Ages Ten to Twelve C0167**

This presentation provides a six-session curriculum with activities and handouts to guide preteen children through the emotional challenges and many changes of divorce.

**Supporting the Bereaved at Home & Down Range ML0224**

This presentation examines the stages of grief and different ways to provide comfort and support to loved ones who are experiencing loss.

**Survive and Thrive as a SERE FT Spouse M0210**

This presentation covers the many challenges of being a SERE FT spouse. Participants will learn how to develop a plan for managing challenges as well as how to develop coping skills.

**Survivor's Guilt ML0202**

This presentation will teach how to recognize symptom's of survivor's guilt, understand the effects of guilt, and provide coping methods for both adults and children.

### **Talking to a Deployed Loved One** *RR0084*

During deployment, service members and spouses may have opportunities to stay in touch through telephone calls, through video conferencing, or during real time connections by web cam at home or in yellow ribbon rooms. Learn how to make the most of that time with this presentation.

### **Talking to Parents: Effective Parent/Caregiver Communication** *P0010*

This presentation was developed to help caregivers talk to parents about issues their child may be having in the classroom or other care environment. It also includes guidelines for long-term relationship building.

### **Teaching Children How to Get Along** *P0185*

This presentation offers information on the caregiver's role, describes some difficult behaviors, and suggests problem solving skills that can help keep the peace.

### **Teaching Parents How to Support Their Children through Divorce** *P0159*

Divorce doesn't just affect a husband and wife – the lives of children are greatly impacted by the decision. This presentation and workbook activity guide is designed to help parents support their children when issues arise.

### **Teens and the Power of Peer Pressure** *C0110*

This presentation, developed for teens, defines peer pressure and its causes and why teens sometimes succumb to peer pressure. It also addresses positive peer pressure.

### **The Emotional Cycle of Deployment** *RR0218*

This presentation addresses the seven emotional cycles of deployment: Stage one: Anticipation of loss; Stage two: Detachment and withdrawal; Stage three: Emotional disorganization; Stage four: Recovery and stabilization; Stage five: Anticipation of homecoming; Stage six: Renegotiation of marriage contract; Stage seven: Reintegration and stabilization.

### **The Military Spouse: Commander and Chief on the Home Front** *ML0203*

This presentation covers the positive aspects of being a military spouse as well as the responsibilities, challenges, and sacrifices that military spouses deal with and where to turn for support.

### **The New You: Transitioning to Civilian Life** *ML0166*

Transitioning back to civilian life after a career in the military is a major life change. This presentation outlines this consideration and includes a break-out session to identify and work through the potential roadblocks that may be encountered in the transition.

**The Sandwich Generation** *ML0152*

This presentation addresses the sandwich generation: a family situation where a parent raising small children may also be caring for their aging parents and the complexity that the military lifestyle adds.

**The Three “Cs” of Communication** *C0195*

This presentation will elaborate on the three Cs of communication: communicate, collaborate, and commit. Participants will also learn about the different aspects of verbal and nonverbal communication.

**The Welcome Home: Community Support for the Military** *RR0191*

This presentation helps to show a community reintegration issues that can occur for both the service member and the non-deployed spouse, and ways that the community can help alleviate these issues.

**Time Management and Organization for Teens** *SI0092*

This workshop is designed to help teens prioritize and organize all their responsibilities while leaving enough time for fun.

**Time Management Strategies & Helpful Tips** *SI0113*

This presentation provides effective methods for prioritizing, organizing, and managing all areas of time management: family, workplace, and children.

**Tips for Public Speaking** *ML0087*

This presentation explores the fear of public speaking, provides tips for speaking in public and how to prepare a speech, and offers keys to being an effective speaker.

**Tips for Teachers: Working with Children during Deployment** *C0112*

This presentation discusses ways for teachers to alleviate the stress for both the child and the parent and suggest positive coping behaviors that can help children successfully make it through a parent’s deployment.

**Transitioning Children between Activities** *P0190*

Transitioning groups of small children between activities can be a difficult process. This presentation offers solutions for successful transition between activities and addresses difficult behaviors that can act as barriers to successful transitioning and solutions to those barriers.

**Traumatic Event Stress Response** *ML0198*

This presentation will help participants become familiar with common responses to traumatic stress and learn how to implement coping methods to increase resiliency.

**Traumatic Event Stress Response for Children** *ML0199*

This presentation discusses children's fears and possible reactions to trauma and provides tips for talking to children and helping them cope and handle their feelings.

**Understanding Grief: Education for Caregivers** *ML0088*

This presentation walks participants through the stages of grief, providing an in-depth discussion around the meaning of grief and how it can fluctuate depending on many factors, including age, gender, and closeness of the loved one lost.

**Using Leisure Time Well** *RR0149*

This presentation addresses the importance of leisure time and using it well. This presentation will suggest ways to make the most of leisure time.

**Welcome Home! Reconnecting with Your Child** *RR0116*

This presentation will walk participants through potential issues the returning parent will face and tips for easing the situation. It also will offer ways to make homecoming an enjoyable and healthy transition for the whole family.

**When a Parent Deploys Ages Two to Five** *C0103*

This presentation addresses the relevant developmental issues, how to prepare young children for deployment, and suggestions for helping children cope with the separation.

**When a Sibling Deploys** *ML0227*

This presentation will teach siblings of service members what to expect during deployment, the positive aspects of deployment, possible stress associated with deployment, the effects of stress, and how to cope with that stress.

**When Your Son or Daughter Deploys** *P0179*

This presentation addresses how parents of grown children can support their son or daughter through deployment. It will also help parents find coping skills to take care of themselves while their son and/or daughter is deployed.

**Working in Teams** *SI0056*

This presentation addresses characteristics of effective teams, the differences team members are likely to encounter, and how to successfully work together to arrive at the best possible solution.