

MOBILIZATION & DEPLOYMENT

*Soldier and Family
Readiness*



***DEPLOYMENT -
Being prepared...
You and your Family!***

Army Community Service
"Putting Soldiers and Families First!"

Fort Lee Army Community Service Mobilization & Deployment Programs

presents



DEPLOYMENT READY!



*Classes and briefings to prepare
Soldiers and Families for deployment*

For information, call 734-6388

Introduction

Army Community Service (ACS) stands ready to assist you with your deployment related training and education.

The Department of Defense has contracted subject matter experts from leading universities across America to research the impact of deployment and separation on our Soldiers and Families. ACS is prepared to deliver the results of that research through training in a variety of forums to best meet the needs of your group.

Please review the following course descriptions and begin scheduling classes today. The classes offered at ACS are designed specifically for Soldiers and Army Families. Visit our website at: www.leemwr.com and over Community Services, click on Army Community Service to see what services we have to offer.



Family Advocacy Program

7 Steps to Surviving Your Spouses Deployment or TDY

This overview workshop examines what is normal and not normal for the seven stages of separation and reunion. Learn helpful information and tips to make separations from your spouse more bearable.

Making R&R Work for You

“Rest and Recuperation” visits home during a deployment are looked forward to with great anticipation. R&R is a happy time for couples, children, extended Family and service members. Along with the excitement and happiness, what else should loved ones expect when a service member returns home on a brief leave? What are some ways to prepare and make the most of this time as a family and as a couple? Learn tips that can make this happy and sometimes stressful time the best ever.

Understanding Battle Stress

It's not unusual for a service member participating in combat or seeing its aftermath to be filled with complicated and conflicting emotions – including fear, sadness and horror – all legitimate reactions to the combat experience. Even service members who have not been in direct combat, but have been through a life-threatening situation, seen enemy or civilian casualties, had a friend die, or together as a Combat and Operational Stress Reaction (COSR). This workshop helps spouses and significant others identify the symptoms of Combat and Operational Stress Reactions.

Additional Services

Video Teleconference

Video Teleconferencing (VTC) enhances Soldier and Family member well-being, as well as unit morale, during deployments.

The procedure to utilize VTC is as follows: the forward (deployed) element will determine time and location for the VTC, the forward POC will coordinate with their Signia counterpart to ensure connectivity is not an issue. Rear detachment will receive the schedule from the forward POC and coordinate the use of the VTC.





Family Readiness Groups

Recommended classes for key FRG members!

Staying Connected

Introduction to military/civilian community resources and supporting your child's education. This class provides an overview of the importance of staying connected with resources in the military and civilian communities. It reinforces the importance of connecting with your child's school and education.

FRG in a Nutshell

An overview of the roles and functions of the FRG.

Pre-Deployment Brief

Aimed at identifying essential tasks to complete before deployment. Checklists will be provided.

Key Caller

Teaches how to handle different types of calls, what resources are available, what to do in crisis situations, how to keep records and how to utilize active listening.

Managing FRG Funds

Prepares FRG volunteers, commanders and rear detachment personnel to successfully manage and understand FRG funds.

FRG Resources Online Computer Class

Discover the world of Family Readiness resources available at your fingertips.

Organize Yourself for Deployment

Step-by-step guide through the process of pre-deployment preparation for Family members. Pre-deployment book will be provided.

Organize Yourself

Learn how to reduce stress by getting organized!

FRG Newsletter

Why do I need an FRG newsletter and how should I start one?

Quarterly Company FRG Leaders Meeting

Serves as a place for leaders and co-leaders to get the latest information. Special topic of interest are presented and guest speakers are invited to attend.

Family Advocacy Program - continued

Stress Solutions

Stress affects almost everyone. Sometimes, it can be a good thing because it can energize us to meet new challenges or changes. But if it's not managed, stress can affect your physical and emotional health, your relationships and your life. Learn the steps you can take to manage stress, both by addressing sources of stress in your life and by treating negative stress with proven stress management techniques.

Maintaining Healthy Relationships

Ways to make your bond as a couple closer and stronger. Keeping those bonds for your service member during deployment is difficult – and it can be especially challenging when you sense that he or she is having a rough time. How do you offer emotional support from far away? This workshop takes a real look at what couples need to maintain relationships from a distance.

Coping with Separation (adult)

Separation from a spouse or partner is hard, whether it's for six weeks or six months. If you know what to expect and come up with a plan for taking care of your household and yourself, you can be better prepared to handle the strong emotions that often come with a deployment.

Couples Communication

For couples, good communication is one of the essentials for a strong relationship. It helps couples share their joys and sorrows, understand each other's thoughts and feelings and solve problems together. There are two main keys to communicating well as a couple: listening and paying close attention both to what you say and how you say it. Good communication means sending clear and consistent messages, not just with your words but with your tone of voice, gestures and facial expressions. Just as important, it also means taking the time to truly listen to what the other person is saying. Learn ways to improve communication with your partner.

Stress for Leaders

Who takes care of our leaders? Who makes sure they take care of themselves? This class focuses on stress resolutions for leaders. This works especially well for the rear detachment command and leaders in the trenches from our FRG groups. This class focuses on keeping leaders strong and effective when stress is high.





New Parent Support Program

Active Parenting

Being a suddenly single parent has its challenges. A variety of parenting topics are available including communication, good discipline and setting limits. Active parenting topics are available in one hour to six hour block series. Get the parenting tools that you need to meeting challenges with kids of all ages, including teens.

Kids and Deployment – Coping with Separation (children)

Separation is hard for families, whether it's for six weeks or six months. If you know what to expect and come up with a plan for taking care of your household, your children and yourself, you can be better prepared to handle the strong emotions and challenges with children that often come with a deployment.

Play & Learn

Play & learn is a weekly group for children and their parents. This program combines a kid safe area with short learning sessions about various topics from growth and development to nutrition. Members of this group will have the opportunity to participate together in enjoyable developmental activities during free play and circle time activities. It is a great chance to share experiences with other Moms and Dads while learning helpful parenting skills. Playgroups are offered for infants and toddlers.

Nurturing Parenting

Come and join the class that will provide you with the tools to become a more nurturing parent. This class provides training to teach skills to parents and children at the same time. Nurturing parenting classes for children ages 0-5 years are taught in a 12 week series. Classes for all other age groups are taught in an 8 week series.



Financial Readiness

Money Management

Allows Soldiers to begin taking control of their finances. This class is geared to meet the Soldiers needs at all levels; debt reduction, emergency savings, investing for retirement and the prevention of scams. In addition, Soldiers will learn about debt to income ratio, how to protect, repair, dispute and obtain their credit report.

FREE Confidential Financial Counseling

Personal one-on-one sessions designed to help you get your finances on track.



Army Family Team Building

Military Spouse 101

One all day workshop or 2 half-day or evening workshops to introduce spouses new to the military and the Army lifestyle.

This is Not What I Expected

Expectations and impact of the mission on Family life. This class helps you adjust your expectations of what you thought the Army lifestyle was going to be to what it actually is. It also provides tips to assist in developing realistic expectations.

Alphabet Soup and Condiments

This class covers military acronyms and terms, the chain of command and introduction to military customs and courtesies.

Your Pay and You: Be Informed About Your Finances

Basic military benefits and entitlements and introduction to Family financial readiness. This class informs you of the basic benefits and entitlements received by military personnel along with basic money management and financial planning techniques.

I've Got a Problem...How Do I Fix It?

Basic problem solving. This class describes and provides an opportunity to practice a six-step problem solving process to help determine solutions to various real-life scenarios.



U.S. Army Volunteer Corps

The Benefits of Volunteering on the Road to Employment

Don't let deployment get you down. Get out of the house...Get involved. Receive great benefits from volunteering! Learn how to market your volunteer experience and get resources for your job search!