

# F★O★C★U★S Resilience Training for Military Families & Couples



Transitions can bring about changes in roles and duties. Family members may take on new responsibilities, and children may have different reactions. Many adapt well, but changes in behavior are normal. Couples may experience a number of stressors that can have an effect on their relationship. While many couples know how to manage common challenges associated with military service, some experience periods of miscommunication that can make their connection feel distant.



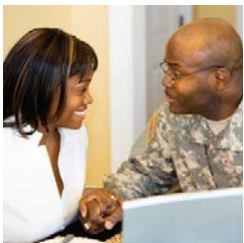
FOCUS helps strengthen couples and families in readiness for tomorrow by building on their current strengths and teaching new strategies specifically designed to meet their needs.

MANAGING FEELINGS • SETTING GOALS • COMMUNICATING • PROBLEM-SOLVING • HANDLING STRESS



**FOCUS for Families** guides families as they build their own story about military life experiences over 6 to 8 modules. 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 supported
- Use problem-solving and goal-setting to empower the entire family



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

- Improve their understanding of each others' experiences
- Increase relationship closeness
- 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 **recovering warriors**.

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, combat stress, injuries and the recovery journey.

**Contact FOCUS today for more information:**

F★O★C★U★S