

Child/Youth Focused

Activities for Children's Reunion ages 6-12 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 5 materials: All Feelings Are Okay: group curriculum, group handouts 1, group handouts 2, 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 for Teens AM0003

A presentation 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.

Bully Busting Activities (1st - 8th 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.

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.

Conflict Resolution with Children ages 4 - 12 C0018

You will find guidelines and ground rules for everyone to use when resolving conflict as well as effective problem solving techniques will be addressed. This is developed for parents.

Conflict Resolution Children ages 13-16 C0043

This presentation provides guidelines and ground rules for everyone to use when resolving conflict as well as effective problem solving techniques will be addressed. This is developed for parents.

Emotional Intelligence Activities for Children Ages 5-7

Emotional Intelligence Activities for Children Ages 8-10

Emotional Intelligence Activities for Children Ages 11-12

Emotional Intelligence Activities for Children Ages 13-18

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

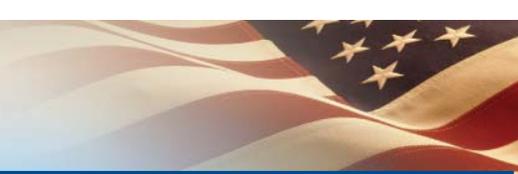
Entering the World of Work Focus on Teens C0100

This presentation talks about how to start, where to apply, how to present yourself and what you deserve as a teenager in the workforce.

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.

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Helping Children Cope with Post-Deployment Issues P0143

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

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 Talk to Parents: Effective Parent/Caregiver Communication P0010

This was developed for caregivers on the art of addressing a parent regarding issues their child may be having in the classroom or other care environment. Also Included are guidelines for long-term relationship building.

Issues with Child Visitation P0176

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

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. Addresses each age level.

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.

Supporting Children of Divorce:

Activities Based Program for Children Ages 3-5 C0081

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 6-9 C0108

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 10 - 12 C0167

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

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.

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 help children - address the many changes and issues that can arise.

Time Management and Organization for Teens SI0092

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

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 and extended absence.

Deployment and Reintegration

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 - and not anger management skills learned in combat.

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 & Separations Issues of Deployment C0008

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

Coping with Challenges While on R&R RR0150

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

Coping with the Challenges of Transitioning Home RR0115

This workshop helps military 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.

Deployment Survival D0044

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

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.

Emotional Cycle of Deployment AM0030

This presentation addresses the seven emotional cycles of deployment: Stage 1: Anticipation of loss, Stage 2: Detachment and withdrawal, Stage 3: Emotional disorganization, Stage 4: Recovery and stabilization, Stage 5: Anticipation of homecoming, Stage 6: Renegotiation of marriage contract, Stage 7: Reintegration and stabilization.

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Family Reunion RR0031

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

From Combat to Home ML0162

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

Homecoming & Reunion RR0029

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

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.

Maintaining a Healthy Marriage During Deployment RR0125

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

Making Marriage Work after Deployment RR0035

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

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 plus 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.

Post-Combat Risk-Taking Behaviors ML0134

This presentation reviews behavior common to Service Members post-combat and suggests healthy alternatives.

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.

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.

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.

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 members.

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Re-Igniting 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.

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 and children, the workplace; all of the changes that have taken place in the time apart and 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: family members and Service Members.

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 arranged by the units, 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.

When a Parent Deploys ages 2-5 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 Your Son or Daughter Deploys P0179

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

Marital

Building Healthy Marriages RR0121

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

Creating a Healthy Marriage RR0034

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

Emotional Spending F0139

Emotional spending addresses retail therapy and its dangers, how to tell if you have a problem and suggestions for resolving the issue.

Maintaining a Healthy Marriage During Deployment RR0125

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

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Making Marriage Work after Deployment RR0035

This presentation addresses issues couples face before and after deployment and upon reintegration. This presentation will also teach couples healthy ways to deal with issues that have come up in their marriage.

MatriMoney F0138

Matrimoney addresses the financial issues common between spouses, how to learn to recognize your own emotions with money and your partners as well as tips on how to successfully communicate with your partner about money.

Mission Based Marriage RR082

Marriage is never a simple undertaking - marriage plus 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.

Principles for Healthy Relationships & Marriages RR0142

This presentation looks at the origins of our own attitudes towards relationships and then talks about the healthy components of marriages and intimates relationships and how to develop the tools needs to create and maintain a healthy marriage.

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.

The Sandwich Generation ML0152

This presentation addresses the sandwich generation - that is, 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.

Various

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.

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 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 we respond to conflict, conflict in the workplace, communication guidelines and how to resolve conflict.

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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 Holiday Grief RR094

This presentation identifies the impact grief has on the holidays, healthy coping mechanisms, suggests ways to assist children in the grieving process and 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 Transitions SM0158

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

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 we can 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.

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.

Goal Setting SI0169

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

Grief & Loss G0032

This presentation addresses the meaning of grief and loss, 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.

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.

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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.

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 (stress reduction and relaxation skills) will contribute to an understanding of how to achieve improved work/life balance.

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.

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.

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 your child understand the importance of your job, how to effectively parent while deployed and much more.

Preventing Bullying in the Workplace SI0108

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.

Understanding Grief: Education for Caregivers ML0088

This presentation walks participants through the stages of grief, provides 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. So much time is spent between work and other obligations; this presentation will suggest ways to make the most of leisure time.

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.

Relaxation Techniques RR0033

This presentation defines relaxation, identifies 7 relaxation techniques and challenges participants to commit to adding relaxation into their schedule.

Reverse Culture Shock RR0144

The shock of returning to the US 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 the effects.

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Self-Care for the Helping Professional SI0137

This presentation describes compassion fatigue and outlines those who may be at risk, how to prevent problems and 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.

Setting Boundaries SI0161

Strong emotional boundaries allow us to actively participate in the projects that are meaningful to us and still have enough time to take care of ourselves 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.

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.

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.

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 the considerations and includes a break-out session to identify and work through the potential roadblocks that may be encountered in the transition.

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, how to prepare a speech and keys to being an effective speaker.

Working in Teams SI0056

This presentation addresses characteristics of effective teams - taking into account all of the differences likely encountered and how to successfully work together to arrive at the best possible solution.