Readiness and Deployment Support Training

PRE-DEPLOYMENT

Pre-Deployment for Marines and Families

This training highlights key areas of personal and family preparation for single Marines, married Marines, and their respective families; either active duty or reservists in preparation for deployment. Suggestions for preparation of important documents, emergency communication, and sources of assistance are provided.

read·i·ness *noun*

- to prepare for the unique challenges of a deployment, in addition to maintaining a constant state of readiness independent of deployment

Pre-Deployment for Parents & Children

This training uses an optional guest speaker, puppet show, and activities for children age 5 and older to prepare for the upcoming deployment. The adult component highlights ways that parents can support their children during a deployment and to recognize common reactions children may exhibit due to deployment.

MID-DEPLOYMENT

Mid-Deployment: Deployment Success

This workshop is designed to promote deployment success for the spouse or significant other at home during a deployment. It includes suggestions for fun things to do, goal setting, and resources. This is a great opportunity to assess your deployment success thus far!

Mid-Deployment: Kids and Deployment

This workshop is designed to promote deployment success for kids, including reactions to deployment, ways parents can help, and resources available.

Mid-Deployment: Self-Care

This workshop is designed to promote deployment self-care for the spouse or significant other at home during deployment. It includes information about stress management, staying connected with your Marine, dealing with emotional ups and downs, and resources available.