



Military OneSource Educational Materials for

Deployment and Reunion

Booklets

- Bouncing Back: Staying Resilient Through the Challenges of Life
- Talking With Children About Violence and War

CDs

- Talk, Listen, Connect: Helping Families During Military Deployment (DVD)
- These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment
- Finding Strength in Family and Community

Articles

- Building Family Rituals While You are Deployed
- Child Care Backup Planning When Your Spouse is Deployed
- Coping with a Deployment Extension
- Coping with the Deployment of a Spouse or Partner
- Face to Face Counseling Through Military OneSource
- Filing Taxes When a Service Member Is Deployed
- Finding Support When Your Family Member in the Guard or Reserve is Called to Active Duty
- Helping a Young Child Cope with a Parent's Deployment
- Holiday Stress and Deployment
- In Love and Deployed: Making the Marriage Decision
- Maintaining a Strong Relationship Through Deployments and Separations
- Preparing for Deployment: The Home Side
- Preparing for the Deployment of a Parent Checklist

- Relatives Raising Children When a Parent Is Deployed
- Renting Your Home During Deployment
- Returning to Family Life After Military Deployment
- Returning to Single Life Following a Deployment
- Single Parenting While Your Spouse is Deployed
- Staying in Touch When a Family Member Has Been Deployed
- Teenagers and Deployment
- The Servicemembers' Civil Relief Act (SCRA)
- Ways to Support a Co-Worker or Friend Whose Loved One Has Been Deployed
- What to Expect on an R&R During Times of Deployment
- What Military OneSource Can Do for You
- What to Send Someone Who Is Deployed
- When a Co-Worker Returns to Work from Military Duty
- When Your Son or Daughter Is Deployed
- Your Pet and Deployment

Worksheets/Brochures

- Becoming a Couple Again: Reintegration Fact Sheet for Military Couples
- Discussing Danger While a Parent is Away
- Getting to Know Your Children Again
- Preparing Yourself for the Deployed Parent's Return
- Questions and Answers About Deployment
- Talking About Dangerous Work
- Talking About the Return of a Parent
- Talking About Your Thoughts on Deployment

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access www.militaryonesource.com. (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)

More educational materials related to this topic may be available from Military OneSource.

April 07