

## **READINESS & DEPLOYMENT SUPPORT TRAINING**

### **PRE-DEPLOYMENT**

#### ***Pre-deployment for Marines and Families***

This workshop highlights key areas of personal and family preparation for single Marines, married Marines and their respective families; either active duty or reservists. Suggestions for personal and family preparation including important documents, emergency communication, money management, operational security, sources of assistance, and information and referral resources are provided.

#### ***Pre-deployment for Parents & Children***

The Parent and Kids Return and Reunion Program uses an optional guest speaker, puppet show, and age-appropriate activities for children age 5 and older to prepare for the upcoming deployment. The adult component combines discussion and demonstrations to highlight ways parents can support their children during a deployment. Parents will learn about age appropriate activities they can do with their children, and recognize common reactions children may exhibit due to deployment related stress.

### **MID-DEPLOYMENT**

#### ***RDST – Mid-Deployment: Deployment Success***

This workshop is designed to promote deployment success for the spouse or significant other at home during mid-deployment and includes suggestions for fun things to do, goal setting, and resources. This is a great opportunity to assess progress thus far, get new ideas for continued success, and also networking with other Marine Corps spouses and significant others.

#### ***RDST – 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.

#### ***RDST – Mid-Deployment: Self-Care***

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

### **RETURN AND REUNION**

#### ***RDST – Return and Reunion: Spouses and Significant Others***

Spouses and significant others of returning Marines are eager to talk about homecoming anticipation, expectations, and concerns. The ideal time to discuss homecoming is approximately a month to two weeks before a unit returns from deployment. This allows enough time for communication to occur and plans to be made before the Marine returns.

#### ***RDST – Return and Reunion: Parents and Kids***

The Parent and Kids Return and Reunion Program uses an optional guest speaker, puppet show, and age-appropriate activities for children age 5 and older to prepare for the upcoming return, reunion, and reintegration with their Marine parent. The adult component combines discussion and demonstrations to highlight ways parents can support their child during return, reunion, and reintegration.

#### ***RDST – Return and Reunion: Parents and Extended Family***

This program answers questions about what to expect at homecoming, provides suggestions on celebrating homecoming with their Marine, and addresses concerns about the effects that serving in a combat zone might have on their Marine.

### POST-DEPLOYMENT

#### *RDST – Reintegration: Strong Marine Couples*

Strong Marine Couples training provides a forum for couples to assess their recent deployment experience in an effort to further strengthen their relationship. This educational workshop addresses the effect of reintegration on a relationship, allows couples to assess the level of relationship satisfaction, and provides communication tools and resources for couples to use to strengthen their relationship.

## **FAMILY READINESS PROGRAM TRAINING**

#### *FRPT – Command Team Training*

The Family Readiness Command Team Training is designed to orient and guide command team members in their roles, responsibilities, and operating components of their family readiness program. This training provides the required information to implement and execute a successful family readiness program and a Command Team Handbook with necessary supplemental information for program operation, guidance, and referral.

#### *FRPT – Family Readiness Officer*

Family Readiness Officer Training is designed to orient and guide the Family Readiness Officer in their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program. This training provides the required information to operate as a successful Family Readiness Officer and as a member of the Family Readiness Command Team.

#### *FRPT – Command Team Advisor/Family Readiness Assistant*

The Command Team Advisor/Family Readiness Assistant Training is designed to orient and guide Command Team Advisors and Family Readiness Assistants in their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program. This training provides the required information to operate as a successful Command Team Advisor/Family Readiness Assistant and as a member of the Family Readiness Command Team.

#### *FRPT – CO/Senior Enlisted Spouse*

The Command Team CO/Senior Enlisted Marine Spouse Training is designed to orient and guide CO, Sergeant Major, and/or Senior Enlisted Marine Spouses in the responsibilities and operating components of their roles within the Unit, Personal and Family Readiness Program. This training provides the required information to operate as a successful Command Team Commanding Officer, or Senior Enlisted Marine spouse as a part of the Family Readiness Command Team.

## **LIFESKILLS TRAINING AND EDUCATION**

### RELATIONSHIP SERIES

#### *Cooperative Parenting and Divorce*

The Cooperative Parenting and Divorce workshop focuses on the needs of children during a breakup, separation or divorce. It is designed to provide essential cooperative parenting skills by helping parents gain an understanding of what is needed to help their children successfully adjust to these new circumstances.

Participants will learn about the effects of divorce on children, be able to identify common reactions observed in children of various ages, in addition to developing various techniques for successful co-parenting.

### *Developing Healthy Blended Families*

The Developing Healthy Blended Families workshop is designed to help Marine Corps parents gain a better understanding of the common and practical issues facing blended families. This training will provide them information on what parents can do to help promote family unity. Topics discussed include the roles of a stepparent, stages of blended family development, and tips for nurturing and enriching the family relationship.

### *Parenting Kids in a Marine Corps Family*

The Parenting Kids in a Marine Corps Family addresses many of the rewarding experiences kids of Marines experience, as well as many of the challenges they may face. This workshop will provide Marine Corps families with the knowledge and skills necessary for healthy parenting. Topics discussed include challenges of Marine Corps parents, child development and temperament, communicating effectively with children, and positive ways to respond to misbehavior.

### *Parenting Teens in a Marine Corps Family*

Parental interaction with teenagers can be stressful. This workshop is designed to minimize that stress for Marine Corps parents by providing them with an overview of the concepts and management skills needed to successfully relate to their teens. Information provided will highlight adolescent changes, general behavior parents may be observing as a normal stage in their teen's development, as well as tips in discussing some common issues teens face.

### *Single Parenting for the Marine*

This workshop will address the special needs and practical challenges of the Marine Corps "single" population who happen to be parents. Participants will gain knowledge and develop techniques to help themselves and their children cope with the special demands of single parenting in the Marine Corps. Topics discussed include making the adjustment to single parenting, learning how to communicate with a co-parent, managing finances, taking care of yourself, dating concerns and preparing for and helping children deal with deployment.

### *Building Lasting Relationships*

The challenges of a military lifestyle can place many demands on Marines and their families. This workshop provides practical information and tools to enhance healthy relationships and educate Marines and their partners on how to successfully nurture and maintain a positive union. It is designed to be preventative in nature by teaching and demonstrating positive, proactive ways to build a healthy, lasting relationship.

## COMMUNICATION SERIES

### *Interpersonal Communications*

The Interpersonal Communications workshop is an educational experience to increase competence in using more effective communication skills, and to promote healthy relationships. This workshop's focus is preventative in nature, enabling Marines and their families to function more effectively at home and at work thereby supporting personal self-sufficiency and operational readiness in the field.

### *Conflict Management*

The Conflict Management workshop addresses interpersonal conflict and is designed to help Marines and their families become more aware of conflict; empowering them to make healthy choices by managing their responses to conflict. It provides tools for addressing and managing conflict on an everyday basis.

### *Social Networking Safety*

The Social Networking Safety workshop addresses the dangers and risks, as well as positive outcomes, associated with social networking. This workshop also provides Marines and their families with information on how to protect themselves and family members, and ways to stay safe while on the internet, and on social networking sites. It also provides strategies on how to protect yourself and your family from predators on social networking sites, keeping children and teens safe online, and tips on social networking while traveling or on vacation.

### WELLNESS SERIES

#### *Basic Stress Management*

The Basic Stress Management workshop is designed to help Marines and their families minimize stress by providing them with basic education on the concepts and management skills needed to successfully navigate both the everyday and extraordinary stress of a Marine Corps lifestyle. Information provided includes a general overview of stress, the causes and effects, the importance of recognizing individual responses to stress, as well as successful strategies for improving personal well-being and personal relationships with others.

#### *Basic Anger Management*

The Basic Anger Management workshop is a basic overview of anger management. It provides education on the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors. Although disagreements and anger are a normal part of life, not being able to manage your anger can negatively affect the efficient functioning and morale of Marine Corps units, individuals, families and communities.

#### *Family Care Plan*

This course will educate Marines and their families on the basics of a Family Care Plan. It will outline the importance of a Family Care Plan, and the importance of always having it updated.

#### *Aging Parents & Elder Care*

This workshop will help Marines and their families in dealing with the complexities of assisting elderly adults. It provides information to help families make informed decisions concerning elder care, as well as strategies for coping with day-to-day challenges involved with caring for your elderly loved one.

#### *Emergency Preparedness*

The Emergency Preparedness workshop contains information regarding actions that Marines and families should take to be informed and prepared in the event of natural and manmade hazards. This workshop outlines the importance of our Marines and families to always be prepared for all types of emergencies, and to increase their personal sense of security and peace of mind.

### IMPACT SERIES

#### *Safe & Sound at Home*

This workshop provides important safety precautions for Marine Corps families, and instills spouses/family members with the ability and confidence to be responsible for their personal safety and the safety of their families while their Marines are deployed. This workshop will help you identify some precautions you can take for your personal safety, and tips to teach your children and teens, as well as guidelines for storing personal weapons and steps you can take to prevent a fire!

#### *Casualty Notification Process – Scared of “The Call”? The Casualty Process De-Mystified*

This workshop will help minimize stress and confusion by providing a brief overview on the casualty process, the role of the Casualty Assistance Calls Officer (CACO), and information on benefits, support services and

organizations. It will help you understand the definition of a “casualty” as it relates to the Marine Corps, and discusses the casualty notification process for all casualties.

## **L.I.N.K.S. TRAINING**

### ***L.I.N.K.S. for Spouses***

The goal of the L.I.N.K.S. workshop is to provide an overview of the Marine Corps structure, services and benefits that are available to you as part of the Marine Corps Family such as how to read your Marine’s Leave and Earning Statement (LES) and standard pay deductions, separation and deployment, moving from one duty station to another, learning about the various cultures and backgrounds within the Marine Corps, and career progression for Marines.

### ***L.I.N.K.S. for Marines***

L.I.N.K.S. for Marines will provide the essentials that every Marine needs to make the most of this journey. During this session we will be discussing the military lifestyle as well as benefits and services the Marine Corps has to offer Marines and families. The resources and information they receive during L.I.N.K.S. for Marines will aid in their success of achieving personal and family readiness throughout mission, life and career events.

### ***L.I.N.K.S. for Parents & Extended Family***

L.I.N.K.S. for Marine Parents and Extended Family Members recognizes that for many of our Marines, their parents and extended family members play a major role in their lives, providing both support and advice. This content focuses on parents and the extended family members new to the Marine Corps community.

### ***L.I.N.K.S. for Kids & Teens***

These are two separate curriculums specific to each age group. Marine Corps kids and teens are very lucky to have many great experiences, but there may also be some challenges growing up as a Marine Corps Kid or Teen. In the L.I.N.K.S. for Kids & Teens curriculum, we hope to help our young children and teens adapt to the Marine Corps lifestyle and become resilient, look forward to new beginnings, embrace farewells and all of the great experiences they may encounter, or have encountered. This class will also serve as an opportunity to make new friends!

## **TRAIN-THE-TRAINER**

### ***Train-the-Trainer***

This workshop will provide all trainers with the necessary tools to prepare for and deliver facilitator led classroom instruction. It will discuss learning styles, methods for engaging an audience and the tools to utilize for effectively delivering training. It will help the trainer on how to engage an audience, identify elements of excellent delivery and how to prepare for a presentation or training. It will also help you develop an action plan to improve training capabilities!