

Unit Personnel and their Families are Invited To

OPEN HOUSE!

Saturday, August 7, 2010

New!

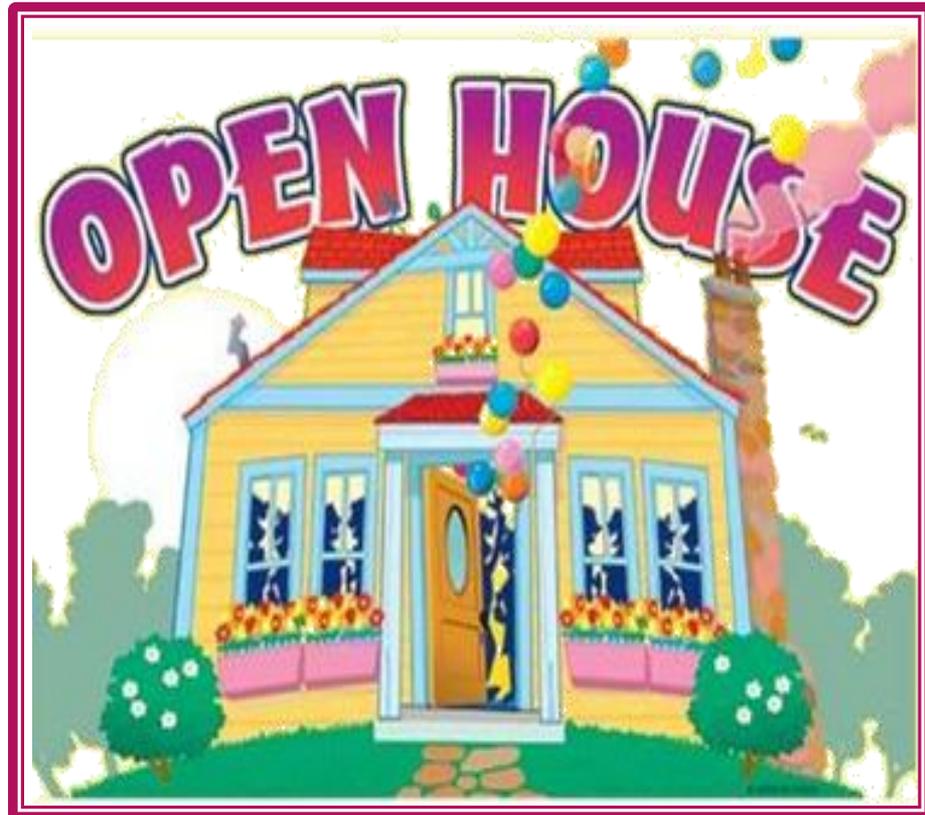
**Airman & Family
Readiness Center**

Building 653, Room 25

129th Mission Support Building

Refreshments

7:30 to 11:30 am



Is your service member deploying very soon or is already deployed?
Sign up for this FREE presentation today!

Class size limited to 15

Coping with Deployments

Psychological First Aid for Military Families



American Red Cross

Together, we can save a life

With today's pace of military deployments, the armed forces are paying increasing attention to preparing service members to cope with the psychological stress of combat and its aftermath.

The Red Cross believes it is equally important to prepare family members to ensure they are better able to deal with the challenges of 'serving' at home while their loved one is deployed.

Coping with Deployments: Psychological First Aid for Military Families was developed out of the Red Cross' continuing commitment to serve military families. This course was designed specifically for the spouses, parents, siblings and significant others of service members.

It provides useful information on how to strengthen your ability to successfully respond to the challenges that military family members may encounter throughout the deployment cycle. It also explains how to provide psychological first aid to others experiencing stressful feelings or events.

Saturday, August 7, 2010

1:00 - 5:00 pm

129th Rescue Wing

California Air National Guard

Moffett Federal Air Field

(near Golf Course)

Classroom in Building 669

Spouses and parents, you will find this class supportive and beneficial to your existing network.



RSVP required. Seating limited to first 25. Childcare is not available.

RSVP No Later Than 22 July 2010

email carolann.wunderlin@ang.af.mil or leave message at (650) 603-9118

