

Don't just get by. Get stronger.

Millions of service members and their loved ones face the challenges that often come with a parent's military service: transitions, reintegration, deployment, illness and injury.

These stressors mean many military couples and families go through a series of emotional ups and downs that affect parents, kids and extended family members. FOCUS not only helps military couples and families cope with these challenges, it also helps them come away from these experiences as stronger, more resilient family units. FOCUS has strengthened thousands of military families just like yours.

"In this community it is hard to make time for family, but this program showed us how to focus on every family member. It taught me more about my spouse than I knew before." - FOCUS Spouse

FOCUS FAQs

> We've been through reintegration and deployment before. How can FOCUS help us now?

Families are always changing and require new skills for each transition experience. FOCUS can help your family build strength and confidence to thrive in any situation.

> I think I have a pretty good idea of how my children feel about military life. How can FOCUS help me understand their concerns and better prepare them for changes?

Sometimes children have a hard time telling their parents about their worries. FOCUS teaches your kids how to talk to you about their concerns and shows you helpful ways to respond, which can make kids less likely to have problems at home or in school.

> My spouse seems different since he/she returned. How can FOCUS help us come together as a family to support each other?

Service members returning from deployment might find it hard to adjust to being home again. They may be dealing with the effects of stress or physical injuries, or they may feel distant after missing important family events. FOCUS teaches your family how to talk about your experiences and suggests activities that can help you and your kids reconnect.

Come see us today.

FOCUS offers a wide range of services, including:

- Family Resiliency Training
- Skill building groups
- Workshops
- Consulting services

We work with all types of families, including couples, recovering warriors and families with children ages 3-18.

Let FOCUS show you how to make your family a stronger family.

focusproject.org

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Strengthening the Home Base



Learn your family's strengths, then build on them.

What is FOCUS?

FOCUS, or Families OverComing Under Stress, provides resiliency training to service members and their families. FOCUS teaches practical skills to help families meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together.

Based on more than 20 years of research, FOCUS has been designed especially for military families. The program uses a series of unique tools to help all members of the family create a shared family story. Families who participate in FOCUS experience a renewed sense of confidence by recognizing their family's strengths, and then building on them.



How it works.

FOCUS trainers partner with each couple or family to help them achieve their unique goals. All of our trainers have master's or doctoral degrees and are specialized to work with military couples and their children.

Many are themselves veterans or military spouses. They are skilled, compassionate and committed to serving you. FOCUS trainers are conveniently located on military installations and in nearby communities. Their office hours are tailored to meet the demands of busy schedules.

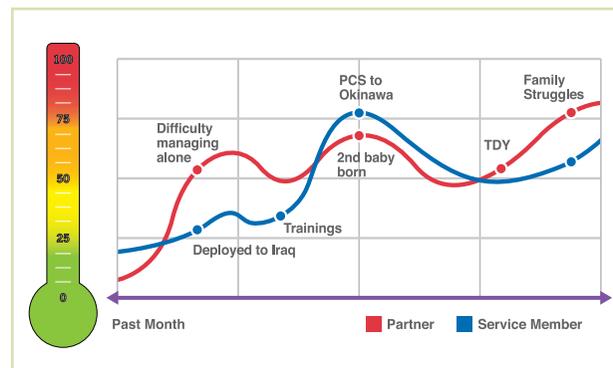
During FOCUS training sessions, each family member builds a timeline of important events, transitions and challenges.

When combined into the "Family Timeline," the entire family's journey takes shape. This creates greater understanding and empathy among family members as they share their stories.

FOCUS sessions provide families with activities and techniques to practice and master new skills, including:



BUILDING A FAMILY STORY



Emotional Regulation

Using the Feeling Thermometer, family members learn to better understand their emotions and use a common language to talk about them.

Communication

Family members learn to actively listen and respond to one another's concerns. They learn how to express feelings, talk to each other and deal with stress.

Problem-Solving

While recognizing and building upon their existing strengths, families learn how to clearly define problems and implement effective solutions, as well as ways to handle day-to-day challenges.

Goal-Setting

Families learn how to set and take steps toward achievable goals.

Managing Deployment Reminders

Family members learn how to develop a plan together to deal effectively with deployment and combat stress reminders.

In sum, FOCUS builds healthier, happier and stronger families, one family at a time.

"FOCUS has opened up more communication between my spouse and me. Our relationship is becoming stronger. It is especially helpful to know how my spouse was feeling during our timeline together and it was nice to have him see how I was feeling as well."

- FOCUS Spouse