

# In the Midst

**Time:** 3 Hours

**Number of Participants:** A minimum of 20 participants are necessary. Units may be combined for this workshop.

**Location:** The unit will decide on a location for the workshop. The San Luis Rey MCFTB Family Readiness Center may be used. A room may be available at MCFTB for child care.

**Child Care:** Regardless of the location, the unit is responsible for coordinating child care providers.

**Focus of the In the Midst Workshop:** This themed event is offered to spouses and designated extended family members of deployed Marines/Sailors. It is an interactive workshop that promotes the importance of taking care of one's self, communication skills, relaxation methods, and becoming part of the community. Through a series of fun activities, family members will develop and enhance tools needed for inner strength and endurance during separation and deployment. This workshop offers a wide range of venues to include fun, education, communication, relaxation, and networking. Participants will be divided into groups, and will rotate to each venue to accomplish certain objectives. Themes include Las Vegas, Mardi Gras, spa, and jungle. Certain providers or departments within MCCS will be invited to lead each venue, such as a massage therapist, nutrition specialist, yoga instructor, career counselor, etc.

**Setting up the In the Midst Workshop:** The unit Family Readiness Officer will contact the Readiness and Deployment Support Training office NLT 30 days prior to the requested date. This sustainment workshop is best offered 3 months into a 6-7 month deployment, and again 3 months after Rest and Relaxation for a 12-14 month deployment. The RDSTs will set up the and facilitate all activities.



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