

Return and Reunion

Time: 90 minutes

Number of Participants: 15 - 30

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 Return and Reunion Workshop: This workshop is offered to spouses and designated extended family members of deployed Marines/Sailors. Through a series of activities and open dialogue, family members will develop skills to enable a smooth transition upon return of the deployed Marine/Sailor. Topics include the homecoming plan and expectations, the importance of communication, changes that have taken place, renegotiating roles and responsibilities, combat operational stress, stress management tips, and available resources. This is designed to be a positive experience, where family members will have the opportunity to recognize their strengths and accomplishments, and embrace the excitement of their returning Marine/Sailor with understanding and realistic expectations.

Setting up the Return and Reunion Workshop: The unit Family Readiness Officer will contact the Readiness and Deployment Support Training office NLT 30 days prior to the date requested to schedule the workshop. The workshop should be scheduled for a date 2-4 weeks prior to the return. The RDST will arrive early to set up the workbooks and resources for the activities.



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