Reunion for Families

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Reunion Objectives

- Establish realistic expectations
- Intimate relationships
- Children
- Change
- Stress
- What to watch for
- Recommendations
- Sources of helpful assistance

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Reunion Expectations

Expectations and fantasies are part of every reunion

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Expectations

- Communicate
- Compromise
- Patience
- Flexibility

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Joys

What are you looking forward too?

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Concerns

What are your worries?

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Joys

- Intimate relations
- Physically home
- Being a couple again
- Shared responsibilities
- Help with the children
- Dinner as a family
- Vacations

Concerns

- Intimate relations
- Physically home
- Being a couple again
- Household chores
- Children & discipline
- Dinner as a family
- Vacations

Unknowns?

- Checkbook
- Independence
- Extra money saved or spent
- New pet
- Weight gain / loss
- Change

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Intimate Relationships

- Intimacy may be a major adjustment
- Re-establish this relationship slowly and naturally
- Talk about how you feel
- Communicate
- Refer to Homecoming and Reunion pamphlet <u>Page 5</u>

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Children

- Expectations
- Discipline
- Healthy routine
- Communicate with Soldier
- Give Soldier suggestions
- Refer to Homecoming and Reunion pamphlet <u>Page 4</u>

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Change

- Crisis or Threat
- Avoidance
- Denial
- Blaming others
- Fear
- Acknowledgement
- Action
- Personal Responsibility
- Hidden Opportunity

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What to watch for

- Driving
- Spending
- Too much planned in too little time
- Too much, too fast
- Very different behavior
- Stress

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Recommendations

- Communicate, share your feelings
- Go slowly, let things happen naturally
- Be patient, be flexible
- Know when to ask for help or where to refer the Soldier for help

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Expect

- Readjustment period for the Soldier and family
- The readjustment takes time
- Second honeymoon
- Things should begin to feel more normal within 30-90 days

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Source of Assistance

- Chaplain's Crisis Line 287-CHAP
- Army Community Service 287-4ACS
- Community Health Nurse 287-0281
- Community Mental Health 287-5131
- Substance Abuse Program 287-2892
- Family Advocacy Program 287-CARE
- Military Police 287-2176
- Military One Source 800-342-9647

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Have a Great Reunion

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