



# A Close Look at Relationships

## SUPPORTING MILITARY COUPLES

### New Webinar Series!

Military couples and families experience unique challenges with frequent relocation, deployment, and reintegration. Strong military couple relationships require an investment of time and effort and are vital in maintaining mission and family readiness. This webinar series shares research on the impact of military life on families, as well as tools and resources for service professionals to assist military couples and families in strengthening relationships.

#### Continuing Education Credit:

Each webinar within this series is offering FREE continuing education credit. Please check the individual event pages for details.

#### Visit the Series Homepage!

[OneOp.org/MilitaryCouples/](https://OneOp.org/MilitaryCouples/)



### Within This Series:

November 10, 2021

#### **Destigmatizing Help-Seeking for Military Couples**

Learn about the Office of Military Community and Family Policy's "Re the We" campaign, designed to help break down barriers, destigmatize help-seeking, and inspire more people to get relationship support. Discover tools and resources to help rekindle, repair, and reset relationships!

December 8, 2021

#### **The Relationship Checkup: Support for Military Couples**

Provide your clients with the best available ongoing relationship support helping couples heal, strengthen, and maintain their relationship health.

February 1, 2022

#### **Millennium Cohort Family Study: The Impact of Military Life**

Explore the findings of the Millennium Cohort Family Study which provides an understanding of the military experience and its impact on the health and well-being of service members and their families.

April 12, 2022

#### **Military Children's Family Relationships**

This presentation focuses on evidence about the role of military service in shaping children's family relationships, how those relationships connect to their well-being and adjustment, and how you can use this evidence to support military families.

May 12, 2022

#### **The Relationship Changes of Military Couples During Reintegration**

This presentation explores the findings of a longitudinal study with military couples during the reintegration period, and based on these findings, recommendations for prevention and intervention services designed to help military couples negotiate relationship changes across the post-deployment transition will be discussed.

#SupportingMilitaryCouples

 **OneOp**  
Readiness. Knowledge. Network.

Formerly Military Families Learning Network