

Opportunities on the Horizon

All webinars in the series
begin at 11:00 am ET

**NOV
10** [Destigmatizing Help-Seeking for Military Couples](#)

**DEC
8** [The Relationship Checkup: Support for Military Couples](#)

**FEB
1** [Millennium Cohort Family Study: The Impact of Military Life](#)

**APR
12** [Military Children's Family Relationships](#)

**MAY
12** [The Relationship Changes of Military Couples During Reintegration](#)

Supporting Military Couple Relationships

by Anita Harris Hering



A Close Look at Relationships SUPPORTING MILITARY COUPLES

In fall of 2020, the Department of Defense, Military Community and Family Policy launched the relationship campaign, *Re the We*, to help military couples rekindle, retool,

and repair their relationships or reset in healthy ways when a relationship ends. *Re the We* connects military community members to expert help and a wealth of resources through [Military OneSource](#) and the [Military and Family Life Counseling program](#).

The following resources support military couples and parent/child relationships

- Learn about deepening relationships with [one-on-one coaching, tools, skill-builders and more](#)
- Listen to Military and Family Life Counselors discuss how they've [helped couples reconnect using simple exercises](#)

[Follow the webinar series Nov 2021-May 2022](#)

Family Well-Being: Navigating the Social Justice Landscape

Social justice means that everyone has equal access to basic rights, opportunities, and services. Often, this access is greatly impacted by race, socioeconomic status, gender, sexual orientation, ability, and religion, among others. Experiences of bias, privilege, marginalization, and oppression create social inequities that get in the way of just access to rights, opportunities, and services.



Military families are in every community across the country, and can experience the same inequities as civilians. Military service further complicates equitable access and lived experiences given the strains of deployment, combat, reintegration, PCSing, and injury.

For the 2022 [Military Families Readiness Academy](#) series, we will explore social justice through the delivery of three asynchronous courses. These courses will equip military family service providers to identify barriers that impact a family's health and well-being and to understand how they can become front-line social justice advocates. Military family service providers will be better able to support military families as they navigate the additional complexities of military service.

These courses will offer engaging modules and interaction around the topic of social justice, with prompts for reflection on this critically important topic. The asynchronous delivery will allow working professionals to benefit from the content in these courses at times convenient to their schedules. Stay tuned for more information about this June 2022 series.

To stay informed about these courses, please sign up for our [MFRA Mailing List](#).



Sign up for the MFLN Family Transitions Newsletter!

Blog Posts and Podcasts and Infographics, Oh My! - Military Families Learning Network

by Sara Croymans, MEd, AFC



With busy work and family schedules it can be difficult to find time to participate in professional development opportunities. Our Military Families Learning Network (MFLN) Family Transitions (FT) team provides relevant research and resources related to military family transition issues in a variety of formats to make it easier for you to fit this into your busy life. Check these out:



Blog Posts

Our [Family Transition blog posts](#) address military family transition related issues, sharing the latest research and resources you can use in your work. You might find the series on [Military Family Readiness During and After COVID-19](#) of interest as we all continue to navigate the pandemic. In addition, FT features writers who are addressing important current topics, such as [Understanding and Confronting Social Injustice](#) and [How to Get Your "Daily" Nature Dose](#).



Podcasts

For those who are looking for professional development that fits their mobile life style our [FT podcasts](#) might be for you. Select a podcast or two to listen to on your next commute, walk, or road trip. I've been known to listen to podcasts while weeding my garden!

[Follow the story...](#)

Featured Webinars

Diversity, Equity, and Inclusion in Youth Programs:

- [Fostering Supportive Adult--Youth Relationships](#)
- [Developing Inclusive Program Structures](#)

[Coming Together with Sesame Street: Resources for Racial Justice](#)

Featured Blog Posts

[Military Family Readiness During and After COVID-19](#)
(5-part series)



Partnership with #Military1Source

[Military OneSource](#) (MOS) is a Department of Defense-funded program that provides information, resources, and support 24/7. The MOS website and their amazing [state consultants](#) are available to introduce MOS services and to answer questions from military providers, Service members, their families and survivors. MOS is a valued and respected partner of MFLN Family Transitions. Watch for postings of [MFLN webinars on the MOS website](#), a one-stop shop for professional development opportunities.

Here are a few of the many MOS resources:

- Counseling in the areas of
 - Relationship
 - Non-medical for stress relief
 - Financial
- Document translation
- Spouse scholarships, education and career benefits
- Childcare options
- Permanent change of station moves

Participants from the *Diversity, Equity, and Inclusion in Youth Programs webinars* indicated they plan to apply the content in their work:...

"While I am not part of the direct care staff, I do feel it is important to model inclusion where possible. As a Master Resiliency Trainer, I plan to include the importance of being aware of our negativity bias in my trainings and how it can affect equity and inclusion in youth programs."

"Use it to develop lesson plans for Power Hour program."

"I will continue to learn about the elements and what they look like in action. I will strive to ensure each one is included in my programs and reflected on often."

"I will be adding this information to my teen teacher trainings."

Meet Our Team

