

August  
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# Family Transitions NEWSLETTER



## Navigating Deployment: Strategies to Help Military Families webinar



How do families manage deployments and family separation? The short answer is that it's a process – or, perhaps more aptly, a cycle. Join us on [this September 28 webinar](#) to explore the deployment cycle and associated challenges from the perspective of different family members and to identify

circumstances and family contexts that exacerbate the stress of being separated. We will discuss evidence-based tips and strategies for serving and empowering military families throughout the deployment cycle based on decades of research across the deployment cycle.



### Preparing Military Families for Deployment

The war between Russia and Ukraine has heightened the constant state of readiness for U.S. military families. Therefore, as service providers, it is important that we help military families by taking action now to help those who have already sent their Service member off on deployment, and assist those who face the possibility of deployment in the near future. [Continue reading this blog post](#) for suggestions and resources for helping military families prepare for deployment.



### Hard is Normal: What Research Tells us about Supporting Military Families during Deployment

Approximately three out of every five service members who deploy have a spouse and/or children. Deployment of a spouse and parent can be one of the most stressful experiences in the military family life cycle. [This blog post](#) provides information about the deployment process and its effects on the military family system. Strategies and resources are provided for service providers to help strengthen family systems' resilience.



### Understanding Military Homecoming After Deployment

For many military couples, deployment can be a seemingly endless countdown to the service member's homecoming. But, after the big day finally arrives and the welcome home ceremony is over, what's next for military couples? [Read about a study](#) that provides insight into the transition from deployment to reintegration, including factors that predict challenges along the way.

## UPCOMING EVENTS

August 24 at 11:00 a.m. EDT

### **Special Needs Trusts & Able Accounts**

<https://oneop.org/event/126279/>

September 13 at 11:00 a.m. EDT

### **Retirement Benefit Basics for Active Duty, Guard, and Reserve Components**

<https://oneop.org/event/129654/>

September 20 at 11:00 a.m. EDT

### **Suicide Prevention and Working with Military Families**

<https://oneop.org/event/126282/>

September 28 at 11:00 a.m. EDT

### **Navigating Deployment: Strategies to Help Military Families**

<https://oneop.org/event/129668/>

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Contact Family Transitions

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