



FOR MILITARY FAMILIES and everyone in their support network
Reconnection workshop to support with reintegration

Saturday, April 6th
1-2.30pm

Abiding Presence Lutheran Church
6304 Lee Chapel Rd., Burke

Working Through Anger

This module addresses the anger that can occur when couples, families and other relatives and friends are reunited after a military deployment. Anger is a common feeling after deployment and is a natural human response. This module offers options for how to respond when one is faced with emotionally intense situations and events.

FREE registration at: <https://abidingpresence.net/whiteoaksredcross>

Questions? Please email: WOEagleWellness@gmail.com

Reconnection Workshops, which are free and confidential, focus on individual and small group discussion that enhances the likelihood of positive reconnections among family members and others in the community, and the successful re-engagement of service members and veterans in civilian life.

Workshops assist those impacted by a military deployment and bridge all branches of the Armed Forces. We invite Reserve, National Guard, active duty service members, veterans and their families to participate.