Frequently Asked Questions

Q. **What is the purpose of the Reconnection Workshops?**
   A. The Reconnection Workshops focus on positive reunions among family members and their returning deployed military loved ones. It promotes successful reengagement upon a service member’s return home.

Q. **Who should consider attending the meetings of this program?**
   A. These workshops are designed to assist those impacted by a military deployment and bridge all branches of the Armed Forces. This includes Reserve, National Guard, active duty service members, veterans and their families, including spouses, parents, siblings and significant others to participate.

Q. **What kinds of areas are covered in this program?**
   A. Some of topics covered in the Reconnection Workshops include managing anger, supporting children, building communication, reconnecting with others, and recognizing depression, post-traumatic stress (PTSD); and traumatic brain injury (TBI) and other topics critical to reunion adjustment.

Q. **Do participants need to share personal information?**
   A. These meetings are not therapy sessions; they are skill-building groups. Participants do not need to share their own personal information. Furthermore, the Reconnection Workshops is a confidential program – no one’s personal information will be shared.

Q. **How much does it cost to take a Reconnection Workshops module?**
   A. The course is offered at no charge.

Q. **Does the program offer individual help, or are the programs for groups?**
   A. This is a free and confidential program to help those facing challenges as they return to family life, their jobs, and their community. Modules can either be done individually or in small groups, and participants can choose from a selection of course topics that interest them.

Q. **Who will be facilitating the Reconnection Workshops?**
   A. Actively licensed and specially trained Red Cross mental health volunteers will facilitate discussions on a range of topics.

Q. **How is this different from what the different branches of the military are offering?**
   A. The Reconnection Workshops complement the Red Cross Coping with Deployments: *Psychological First Aid for Military Families* course which provides strategies for building resiliency and coping with challenges across the deployment cycle. These new workshops have a unique focus on reunification and reintegration and provide hands-on tools to assist participants. These workshops are different from many military programs because of the following features: they are not counseling, they are not mandatory, they are available to anyone...
who is affiliated to a service member or veteran as well as to service members and veterans, and they are a skill-building program rather than just informational.

Q. How long does each meeting last?
A. Each module lasts anywhere from 90 minutes to 2 hours based on the needs of the participants.

Q. What will participants learn after attending the Reconnection Workshops?
A. Participants will receive information on how to approach challenges they may encounter and will learn skills to manage them. Knowing what to expect and having specific strategies to address those challenges can help service members and their families take care of themselves and manage their transition home.

Q. How does someone schedule a session?
A. For more information, visit www.redcross.org/reconnectionworkshops.