

Don't just get by.  
Get stronger.

Many couples and families experience emotional ups and downs related to challenges associated with military life.

FOCUS helps military couples and families cope with these challenges, it also helps them come away from these experiences stronger and more resilient. FOCUS has strengthened thousands of military couples and families just like yours.

## FOCUS FAQs

> **We've not been on a deployment. Is FOCUS for us?**

Yes, FOCUS is specifically designed to support all military families as they develop skills in readiness for tomorrow. Whether you have experienced a deployment or not, FOCUS can help your family be ready for whatever may come your way, including PCS, loss of extended support, school changes and other common military life challenges.

> **I think I have a pretty good idea of how my children feel about military life. How can FOCUS help me understand their concerns and better prepare them for changes?**

Sometimes children and teens have a hard time telling their parents about their worries. FOCUS teaches your kids how to talk to you about their concerns and shows you helpful ways to respond, which can make kids less likely to have problems at home or in school.

> **We've been through reintegration and deployment before. How can FOCUS help us now?**

Families are always changing and require new skills for each transition experience. FOCUS can help your family build strength and confidence to thrive in any situation.

> **My spouse seems different since he/she returned. How can FOCUS help us come together as a family to support each other?**

Service members returning from deployment might find it hard to adjust to being home again. They may be dealing with the effects of psychological stress or physical injuries, or they may feel distant after missing important family events. FOCUS teaches your family how to talk about your experiences and suggests activities that can help you and your kids reconnect.

## Come see us today.

FOCUS offers a wide range of services, including:

- FOCUS for Families
- FOCUS for Couples
- FOCUS for Early Childhood
- FOCUS Skill Building Curriculum for adults, teens and children
- Educational Workshops
- Provider and Family Consulting services

We work with all types of families and couples including, recovering warriors and families with children ages 3-18.

Let FOCUS show you how to make your family a stronger family.

[www.focusproject.org](http://www.focusproject.org)

# F★O★C★U★S

Strengthening the Home Base



# Learn your family's strengths, then build on them.

## What is FOCUS?

FOCUS, or Families OverComing Under Stress, provides a range of resilience enhancing services to service members and their families. FOCUS teaches practical skills to help families meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together.

Based on more than 20 years of research, FOCUS has been designed especially for military families. The program uses a series of unique tools to help all members of the family create a shared family story. Families who participate in FOCUS experience a renewed sense of confidence by recognizing their family's strengths, and then building on them.



## How it works.

FOCUS resilience trainers partner with each couple or family to help them achieve their unique goals. All of our resilience trainers have a master's or doctoral degree and are specialized to work with military couples, families and children of all ages.

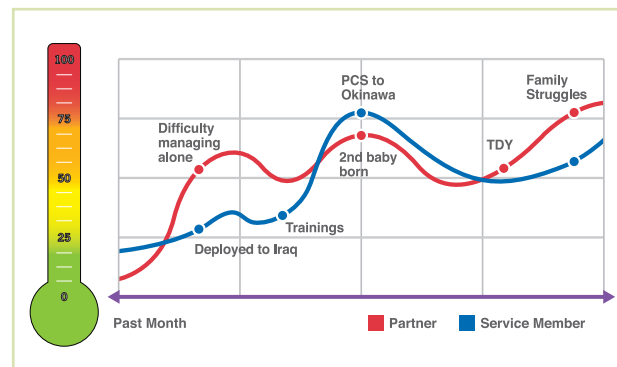
Many are themselves veterans or military spouses. They are skilled, compassionate and committed to serving military members and their families. FOCUS trainers are conveniently located on military installations and in nearby communities. Their office hours are tailored to meet the demands of busy schedules.

During FOCUS resilience training sessions, each family member builds a timeline of important events, transitions and challenges.

When combined into the "Family Timeline," the entire family's journey takes shape. This creates greater understanding and empathy among family members as they share their stories.



### BUILDING A FAMILY STORY



**Individualized, free and confidential FOCUS sessions provide families with activities and techniques to practice and master new skills, including:**

### Emotional Regulation

Using the Feeling Thermometer and other tools, family members learn to better understand their emotions and develop a common language to talk about them.

### Communication

Family members learn to use active listening and respond to one another's concerns. They learn how to express feelings, talk to each other and deal with stress through a family narrative activity.

### Problem Solving

While recognizing and building upon their existing strengths, families learn how to clearly define problems and collaborate on effective solutions, as well as ways to handle day-to-day challenges.

### Goal Setting

Families learn how to set and take steps toward achievable goals.

### Managing Stress Reminders

Family members learn how to develop a plan together to deal effectively with stress reactions related to separations, deployment, combat stress and loss reminders.

In sum, FOCUS builds healthier, happier and stronger couples and families, one family at a time.

*"FOCUS has opened up more communication between my spouse and me. Our relationship is becoming stronger. It is especially helpful to know how my spouse was feeling when building our timeline together and it was nice to have him see how I was feeling as well."*

- FOCUS Spouse