



Military OneSource Educational Materials for

# Deployment and Reunion

## Booklets

- Bouncing Back: Staying Resilient Through the Challenges of Life
- Coming Home
- Talking With Children About Violence and War

## CDs

- Talk, Listen, Connect: Deployment, Homecomings, Changes (DVD)
- These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment
- Finding Strength in Family and Community

## Articles

- Becoming a New Father While You're Deployed
- Building Family Rituals While You are Deployed
- Coping with a Deployment Extension as a Service Member
- Coping with Repeat Deployments as a Service Member
- Coping with the Deployment of a Spouse or Partner
- Face-to-Face Counseling Through Military OneSource
- Filing Taxes When a Service Member Is Deployed
- Finding Support When Your Family Member in the Guard or Reserve is Called to Active Duty
- Helping a Young Child Cope with a Parent's Deployment
- Holiday Stress and Deployment
- Making the Marriage Decision
- Maintaining a Strong Relationship Through Deployments and Separations
- Preparing for Deployment: The Home Side
- Quick Tips for Communicating During Deployment
- Quick Tips for Keeping a Relationship Strong During Deployment

- Relatives Raising Children When a Parent Is Deployed
- Renting Your Home During Deployment
- Returning to Family Life After Deployment
- Returning to Single Life Following a Deployment
- Single Parenting While Your Spouse is Deployed
- Staying in Touch When a Family Member Has Been Deployed
- Staying Financially Fit During Deployment When You're the Spouse at Home
- Teenagers and Deployment
- The Servicemembers' Civil Relief Act (SCRA)
- Ways to Support a Co-Worker or Friend Whose Loved One Has Been Deployed
- What to Expect on an R&R During Times of Deployment
- What Military OneSource Can Do for You
- What to Send Someone Who Is Deployed
- When a Co-Worker Returns to Work from Military Duty
- When Your Son or Daughter Is Deployed
- When Your Spouse Goes on a Repeat Deployment
- Your Pet and Deployment

## Worksheets and Brochures

- Becoming a Couple Again: Reintegration Fact Sheet for Military Couples
- Getting to Know Your Children Again
- Preparing Yourself for the Deployed Parent's Return
- Questions and Answers About Deployment
- Talking About Dangerous Work
- Talking About the Return of a Parent
- Talking About Your Thoughts on Deployment

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard and Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access [www.militaryonesource.com](http://www.militaryonesource.com). (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)