

# Reconnection Workshops

*Reuniting, Reconnecting and Rebuilding for Military Families*



The **American Red Cross** offers multiple skill-building opportunities for service members and veterans – and their families – to identify and cope effectively with challenges that may arise after a deployment.

**Workshops are free and available** to all branches of the Armed Forces, Reserve, National Guard, active duty service members, veterans, families, significant others, and close friends.

## **Workshop Topics include:**

- *Communicating Clearly*
- *Exploring Stress & Trauma*
- *Identifying Depression*
- *Relating to Children*
- *Working Through Anger*

To schedule a Reconnection Workshop, contact your local Red Cross office or American Red Cross West Virginia Region office to connect with a **Service to the Armed Forces** worker. Workshops are led by licensed, Red Cross trained, mental health workers. Red Cross also helps with emergency communications, emergency financial assistance, information or referrals to other organizations that support military families.



**American Red Cross**  
West Virginia Region

For more information, please contact:  
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