



# Living with Deployments?

The ACS Mobilization, Deployment, Stability Support Operations and the Family Resilience Training Programs can assist you!

## **Deployment Support: Children and Youth Training:**

Develop an understanding of children's reactions to deployment and gain parenting strategies that foster supportive Family relationships, effective communication, critical thinking, coping, and resilience during deployment.

Registration required. Location FRC.  
Contact 270-798-2158/270-412-3195

**30 October 2018 9:00am - 11:30am**

**26 November 2018 9:00am - 11:30am**

**December: Training Available Upon Request**

## **Post Deployment Resilience Training:**

Provides opportunities for Soldiers and Family members to gain valuable materials and knowledge from Division Agencies and to enhance their knowledge of military deployments, identify resources and to make them resilient during the different phases of the deployment cycle.

Registration required. Location FRC.  
Contact 270-798-3849/270-956-2935.

**29 October 2018 9:00am - 11:00am**

**26 November 2018 9:00am - 11:00am**

**December: Training Available Upon Request**