

# The American Red Cross Helping Military Families

(NAPSA)—For many American military families, the transition home from deployments can be challenging. Fortunately, there are free, confidential programs that can help.

The American Red Cross Reconnection Workshops focus on individual and small-group discussion that enhances the likelihood of positive reconnections among family members.

Two are especially designed to assist children in developing effective coping and communication skills. Each has separate modules with activities suitable for children (8 to 12 years old) and teens (12 to 18 years old). Twelve-year-olds can attend either workshop.



**Workshops for the children of military families can help them manage stress, improve communication, and deal with separation and return.**

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The workshops are:

- **Roger That! Communication Counts.** To overcome months of family separations, this workshop focuses on the importance of developing quality interpersonal communication skills.

- **Operation 10-4: Confident Coping.** This program helps kids to develop empathy and build on the strengths they already have to help them manage stressful situations.

The Workshops are led by licensed child mental health facilitators and the activities encourage active participation and enjoyment while learning new skills.

To learn more or to register, see [www.redcross.org/reconnectionworkshops](http://www.redcross.org/reconnectionworkshops) or to donate to Red Cross programs, go to [www.redcross.org/donate/donation](http://www.redcross.org/donate/donation).