

Attention ALL Veterans: Please join us for a

Special Presentation!

Session 1

Date: Sunday, March 14th, 2010

Time: 6:00 pm

Location: RAMADA MARQUETTE
412 W. Washington St.
Marquette, MI 49855

NO COST to Military & families

Dinner will be served at 5:00 pm

Session 2

Date: Monday, March 15th, 2010

Time: 12:30 pm

Location: AmericInn of Calumet
56925 South Sixth,
Calumet, MI 49913

NO COST to Military & families

Luncheon will be served at 12:00 noon

The Coming Home Series: Understanding Anger During Reunion

Description: The module is designed to address anger and its presence when couples and families are reunited after a military deployment. Often, being angry, tense, irritable or fighting seems unexpected and even surprising during reintegration: After all, isn't being together again what everybody has been wishing for? However, anger is a common feeling after deployment and is a natural human response when situations and events happen that are out of one's control.

Purpose: The purpose of this module is to increase awareness and understanding of anger and how to control anger by:

- Understanding the link between reintegration stress and anger
- Providing information about the nature of anger
- Providing strategies for negotiating and managing anger

Objectives:

- How to become aware of anger in one's own experience during post-deployment.
- How to identify anger and rate the intensity/distress level.
- How to modify potentially destructive or harmful anger.
- How to create a personal, individualized anger management plan.
- How to understand that anger is not a superfluous emotion during reintegration.
- How to use angry feelings to heal rather than hurt.
- How to ask for help and where to obtain help in dealing with anger issues.



Audience: Returning Veterans and immediate families



Service to the Armed Forces

The American Red Cross Salutes YOU!

To register please call Christina Curtis
at 1-800-691-6059 ext 16
or email at curtis@rsda-redcross.org

**ALL REGISTRATIONS ARE
STRICTLY CONFIDENTIAL!!!**