

# Beyond the Brief

Designed to take the introduction of information to the next level, these workshops delve deeper into the topics that were only briefly discussed at Pre-Deployment Briefs.

For more information or to register for an upcoming workshop, please contact Ligaya Lowe or Christina Swick, our Readiness and Deployment Support Trainers at :

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Marine Corps Family Team Building  
Readiness and Deployment Support Program

# Beyond the Brief

The Rest of the Story



An informational,  
interactive  
workshop series  
designed for

**VMFA (AW)-224 Bengal**  
families to expand knowledge  
"beyond" the Pre-Deployment Brief

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# VMFA (AW)-224 "Bengals" Beyond the Brief Workshops



Beyond the Brief is a series of workshops aimed at addressing topics identified as needing more discussion. Traditionally, Pre-Deployment Briefs are designed to hit the wave tops of important topics to better prepare Marines and their families for deployments / separations they are facing and

the challenges that come with them. These individual workshop sessions are meant to delve into greater depth on the topics addressed in the Pre-Deployment Briefs in a more hands on manner. This series can be offered to an open audience or at the request of individual commands. These workshops do not have to be offered after a Pre-Deployment alone. They can also be offered at any time for participants desiring additional information about any of the topics covered.



## Workshop Descriptions

The topics for these workshops are fluid, meaning they respond to the needs of the populations. Each workshop normally should last no more than 2 hours.

### Session 1: Deployment Stress and Coping

- Tuesday, July 13, 2010 9:30am-12:30pm
- Saturday, July 24, 2010 10:30am-1:00pm



Provides spouses with an understanding of the stress continuum and how it relates to Marines, Spouses, and Children as well as giving them skills for self care and coping. Participants will learn about managing stress and building resiliency, and gain knowledge of the resources available when stress becomes something unmanageable. In addition, participants make homemade sugar scrubs and bath salts as part of our self care segment.

### Session 2: Safe and Sound at Home

- Tuesday, August 17, 2010 9:30am-12:30pm
- Saturday, August 28, 2010 10:30am-1:00pm

Empowers participants with the ability and confidence to be vigilant and responsible for their own well being. Topics covered include: home safety, car safety, personal safety, and crisis safety.

### Session 3: Financial Planning

- Wednesday, Sept. 8, 2010 9:30am-12:30pm
- Saturday, Sept. 25, 2010 10:30am-1:00pm

Provides participants with a variety of financial topics to include: basic budgeting, planning for financial emergencies, the legal side of finances, and the importance of wise financial planning.

### Session 4: The Casualty Assistance Process

- Tuesday, October 12, 2010 2:30-4:30pm

Given by the Casualty Assistance Call Officer (CACO), this session educates spouses on the process of Casualty Assistance and reassures them that they will be taken care of in every way possible should the need arise for a CACO to visit them. Please note that this course is not to scare spouses or bring up the morbid 'what ifs', only to educate them on the process and benefits.

### Session 5: Power of Play

- Saturday, October 16, 2010 10:30am-1:00pm

Provides parents with advice on fun, playful activities to keep their children engaged during deployments. They will also discover the importance of strengthening the bond between parents and children using play.

