

“KIDS-N-DEPLOYMENT”

**TUESDAY 10 AUGUST 1000-1200 AT THE BOQ
PLEASE CONTACT CHRISTINA SWICK TO REGISTER:
228-6793 OR SWICKCR@USMC-MCCS.ORG**

Separate workshops for children and parents that deliver the tools needed to positively and successfully cope during deployment.

KIDS (GRADES 1-5):

- Puppet show that demonstrates some of the worries that accompany a parents deployment
- Children will create their own journal and learn how to use it to express their emotions
- Children will learn how to stay connected to their deployed parent through discussion and activities.

PARENTS:

- Recognize your feelings and your child's
- Identify behaviors that your child may be exhibiting, what is normal and solutions
- Identify and discuss how children communicate and ways to get them to talk
- Discuss family expectations and how to make them work
- Identify family roles and learn ways to keep structure and routine during deployment
- Learn different ways to keep in touch with the deployed parent and how to pass the time

Free childcare for younger children will be available. Please call the MCCS CDC to make necessary reservations at 228-7290



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