



IT'S ALL IN
THE DETAILS

WHO: All *adult family members* or *significant others* of Iraq and Afghanistan military personnel or Veterans are invited to attend.

WHAT: Adjusting to life after deployment can be challenging for everyone. This program is to help families either prepare for or adjust to their partner returning from deployment. Research will include filling out two surveys that will contribute to our knowledge of the effectiveness of this program.

WHERE: Classes will take place in the OEF/OIF Readjustment clinic, on the 3rd floor of the Oklahoma City VA Medical Center.

WHEN: Classes will take place Mondays late afternoons for 6 weeks. Please contact us for start dates (405-456-2855).

Operation Enduring Families
Research Project
OEF/OIF Readjustment Program
Oklahoma City VAMC (183K)
921 N.E. 13th Street
Phone: 405-456-2855



Caring for AMERICA'S HEROES
www.oklahoma.va.gov



OPERATION
ENDURING FAMILIES
Research Project



Caring for AMERICA'S HEROES
www.oklahoma.va.gov



The University of Oklahoma is an
equal opportunity institution.

IRB # 16282



Sample topics include:

- What family members at home can do
- Understanding and supporting children in your life
- Parenting tips
- Communicating with your loved one
- Anger management
- PTSD and its impact on the family
- What to do when a loved one is depressed
- Strategies for coping with traumatic brain injury (TBI)

- What should I expect after deployment?
- How can I be there for my partner?
- What about the kids?
- Will we ever agree on family routines?
- What if he/she just wants to be alone?
- How can we manage our anger?
- What is combat stress or PTSD and what does it have to do with me?
- Will we ever get back to the way it used to be?

If you have any of the questions asked here, this class is for you!

For more information, please contact:

Dr. Davis or Dr. Braese

405-456-3888 or 405-456-2855

