



Service to the Armed Forces
Behavior Health & Wellness Program

American Red Cross

Program Overview

- This program includes 45 min. skill-building activities, stress-management techniques, and small-group discussion 3-12 individuals.
- All courses and workshops are free, one-time modules with the option to attend additional modules.
- They are facilitated by licensed behavioral health professionals who receive training on military life and culture.



— Our Behavioral Health & Wellness Program Offers

Psychological First Aid

Reconnection Workshops

Mind-Body Workshops



Psychological First Aid Workshops

- “Coping with Deployments”
- “Coping with Change in the Military”
- Teaches concrete ways to support self, family and community through deployment-related challenges and effective coping skills to navigate change



Reconnection Workshop

Topics for Adults

- Adult Workshops:
 - *Effective Communication
 - *Stress Solutions
 - Trauma Talk
 - Defusing Anger
 - Emotional Grit
 - *Connecting with Kids
 - *Caregivers of Wounded, Ill, and Injured Service Members and Veterans
 - *Creating Calmness in Stressful Times



**Designates that workshops are available virtually.*

Reconnection Workshop

Topics for Children, Teens and Families



- Child/Teen Workshops
 - Roger That! Communication Counts & Confident Coping
 - Ages: 5-8 with an adult, 8-12 and 12-17
 - *Calm and Connected: Virtual Chat for Teens
 - Ages 13-17
 - *Family Laugh and Learn
 - Ages 5-17 with an adult



**Designates that workshops are available virtually.*

Mind-Body Workshops Overview

- Help participants develop techniques to:
 - Understand “good stress”
 - Manage unhealthy or chronic stress
 - Connect their bodies with their minds
 - Practice living mindfully rather than on autopilot
 - Learn easy skills to improve whole-body wellness



Mind-Body Module Topics

- Introduction to Mind-Body Skills module teaches:
 - Breathing
 - Basic mindfulness
 - Stretching and movement
 - Body awareness through biofeedback and body training
 - Guided imagery



Requesting Workshops

- Resiliency workshops can be requested by:
 - Email COWSAF_IS@redcross.org

