

WEIS M-O-M-S Class #9

Agenda:

- Briefly summarize and discuss content from last session.

CLASS CONTENT

- Military Family – Resilience/Coping
 - Focus discussion on BOM p. 21-27
 - “Armor” of military mission (emotional inhibition, self-reliance, fearlessness) is detrimental to relationship building – strive to listen, accept (see Building Stronger Bonds in BOM, p. 28)
 - Growing as a military family is a process
 - Prioritize (plans, budget, family time)
 - Celebrate successes
 - Concentrate on thankfulness; build optimism – seek-out support
- Questions/concerns?

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