



HOMECOMING AND REUNION

Presented by Military & Family Life Counselors

OBJECTIVES

- Review “Where I’ve Been”
- Discuss “What I’ve Experienced”
- Plan for “Where I’m About to Be”
- Think about “Where I’d Like to Be”



WHERE I'VE BEEN

Feelings of:

- Loneliness
- Nervousness
- Stress
- Being overwhelmed
- Independence
- Accomplishment



WHERE I'VE BEEN...

Maintaining the household with added responsibilities:

- Single parent
- Financial manager
- Mechanic
- Groundskeeper
- Decision maker
- Temporary Relocation



WHAT I'VE EXPERIENCED

- Memories
- New friendships
- Special events

These experiences may have led to:

- Growth
- Change
- Different views



PLANNING FOR THE REUNION

- How will I know when my military person is coming home?
- How do I include children and extended family in reunion plans?
- What are realistic expectations for the reunion?
- How will I feel about seeing my military person again?
- What is appropriate to wear?
- What will happen to my plans if the arrival date changes?



WHERE I'M ABOUT TO BE...

- Sex, Intimacy and Romance
- Intellectual / Emotional / Physical
- Patience
- Communication
- Respect



POTENTIAL ROADBLOCKS

- Alcohol
- Criticisms
- Family / Children / Visitors
- Unresolved Issues
- Unrealistic Expectations
- Avoid the “Who Had It Worse” Game



WHERE I WANT TO BE...

- Reconnected
- Communicating
- Accepted for the decisions made
- Appreciated for who I am and what I've done
- Trusted



WHERE I WANT TO BE...

...In a loving, caring, and healthy family

Homecoming Tips

- Go slowly – don't try to make up for lost time
- Accept that things may be different
- Talk with each other about your experiences
- Take time to become reacquainted
- Accept that your partner may be different



HOMECOMING TIPS

- Remember that intimate relationships may be awkward at first
- Tone down your fantasies – reality may be quite different
- Communicate openly with your partner and family
- Reassure your children – change often frightens them



HOMEcomings TIPS

- Plan on family activities but be flexible
- Set aside quality time with each of your children
- Plan for visits from your extended family
- Curb your desire to take control



SUMMARY

- Homecomings can be both joyful and stressful
- Emotions can be intense
- Give yourself and your family time to adjust
- Stay connected
- Seek assistance if your reactions affect your ability to function





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services





THANK YOU

