

The goal of Readiness & Deployment Support is to prepare families for the unique challenges of deployment, pre, mid, and post-deployment. When a Marines family is prepared he/she is able to maintain a constant state of readiness. Which will ensure that they will remain fully focused on the mission, whether in garrison or in combat.

Workshops are available for the following areas:

- - [Pre-Deployment](#)
 - [Mid-Deployment](#)
 - [Return and Reunion](#)
 - [Post Deployment](#)

For more information in support groups or support topics, please call the Readiness & Deployment Support office at 858-307-4918 or your Unit Deployment Readiness Coordinator (DRC)/Unit Readiness Coordinator (URC)

The Military lifestyle brings with it a unique set of challenges and opportunities our families face each and every day. Marine Corps Family Team Building is here to support your needs.

Pre-Deployment

[Handbook](#)

Topics discussed in the Pre-Deployments trainings include resources available to Marines and families, legal planning, single parents, Combat Operational Stress Continuum, personal preparation and preparing loved ones.

Pre-Deployment for Marines & Families

This workshop highlights key areas of personal and family preparation for single Marines, married Marines and their respective families; either active duty or reservists. Suggestions for personal and family preparation including important documents, emergency communication, money management, and operational security, sources of assistance, and information and referral resources are provided.

Pre-Deployment for Parents & Children

The Parents and Children Program uses an optional guest speaker, puppet show, and age-appropriate activities for children age 5 and older to prepare for the upcoming deployment. The adult component combines discussion and demonstration to highlight ways parents can support their children during a deployment. Parents will learn about age appropriate activities they can do with their children and recognize common reactions children may exhibit due to deployment related stress.

Mid-Deployment

Spouses and significant others are invited to learn about self-care during mid-deployment. It includes what to expect during the Service Member's absence, stress management, and available resources.

This is a great opportunity to assess progress thus far, get new ideas for continued success, and also networking with other Marine Corps spouses and significant others.

Return and Reunion

Families will find a healthy way to reconnect when their Service Member returns from deployment. This includes answers about homecoming, celebration suggestions, and possible concerns about the effects of deployment

Post-Deployment

Topics discussed in the Post-Deployment workshop includes ideas on how to renegotiate responsibilities now that your Marine has returned, communication strategies, understanding each other's need for personal space and time, and resources available to help in the reintegration process.

Reintegration: Success

Participants will develop solutions to communication and relationship challenges which may be encountered during the post deployment period.

Kids Deployment: Series

A suite focused on equipping military children with tools to navigate life during each stage of deployment, to include stress and emotional awareness management techniques, relaxation through play, nutrition, exercise and fitness; positive character traits; and making connections with other people.

Kids Pre-Deployment

Kids Mid-Deployment

Kids Post-Deployment

Family Care Plan

This course will educate Marines and their families on the basics of a Family Care Plan. It will outline the importance of a Family Care Plan and the importance of always having it updated.