

Readiness & Deployment Support

Readiness and Deployment Support (RDS) at Marine Corps Air Station Miramar provides a continuum of readiness education and deployment support to prepare Marines, Sailors and their families for the unique challenges of a deployment while maintaining a constant state of readiness. Connecting to the community and available resources are a key component to a successful deployment. Watch for upcoming virtual workshops if you are unable to attend in person.

Readiness and Deployment Support (RDS) Training Includes:

Pre-Deployment Briefs

The Pre-Deployment brief is designed to provide resources and information to assist service members and their families as they prepare for the changes and challenges of deployment. Topics include:

- Wills and Powers of Attorney
- Family Care Plan
- Storage of your belongings
- Resources
- Operational Security
- Communication plans
- Financial planning

Mid-Deployment Workshops

Mid-Deployment Success – a fun and interactive workshop designed to promote deployment success through self-care for the spouse or significant other at home during a separation or deployment. It includes information about stress management, staying connected, dealing with emotional ups and downs, and resources. Topics include:

- Physical Fitness
- Relaxation
- Nutrition
- Education
- Networking
- Goals

Return and Reunion Workshops

Return and Reunion Success- provides an opportunity to talk about homecoming anticipation, expectations, and concerns in a fun and interactive workshop. The environment is made for spouses and significant other to feel at ease sharing or listening to other experiences. Topics include:

- Reintegration
 - Homecoming planning
 - Communication
 - Tools for managing stress
 - Romance and intimacy
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Reintegration/Strong Marine Couples

Reintegration: Strong Marine Couples – most couples will successfully manage homecoming and reintegrate naturally. This workshop is designed to strengthen relationships in a fun and interactive environment after a lengthy separation and typically conducted 45-60 days post-deployment. Topics include:

- Common post deployment reactions of Marines and their significant others
- Communication barriers and how to work through them
- Life balancing skills
- 5-step problem solving

Kids N Reunion

This program is an interactive workshop for children that is offered simultaneously to the Unit's Return & Reunion Workshop while the children are in childcare at the Children Youth & Teen Center. This workshop is aimed at children 5 years and up and offers age-appropriate activities to prepare for the upcoming return, reunion and reintegration with their parent.

- Pre-Deployment Kids
- Mid-Deployment Kids
- Return and Reunion Kids