



Operation Resilient Families

An 8-Session OEF/OIF Veteran and Family
Peer-Led Education and Support Program

It's No Secret!

OEF/OIF

*post-deployment readjustment
is challenging*

A Program For
OEF/OIF Veterans
Spouses, Parents, Siblings
Other mature “family” as defined by you

Operation Resilient Families

ALL ARE WELCOME

*Come as a family –
or Come by yourself*

What To Expect

- A weekly “night out” with 8 to 12 of your OEF/OIF peers
- Facilitated group discussions and exercises
Light refreshments (& generally) childcare

Operation Resilient Families

A confidential, peer- led
environment to:

Share readjustment experiences,
strategies, and mutual support

Operation Resilient Families

Improve your understanding
of common OEF/OIF
readjustment experiences

Learn about available resources

Operation Resilient Families

Discover your family's
strengths, resources,
and resilience strategies

Operation Resilient Families

Enhance family skills
in communication, goal setting
and problem-solving

Operation Resilient Families

Make new friends who
share the bond of having Served –
on the battlefield
& on the home-front.

Invest in Your Family Resilience

Learn to prevent,
or deal more effectively,
with
challenging family situations

Operation Resilient Families

Develop a personalized Family
Resilience Plan

Led by Trained Peer Facilitators

Groups are community-based.

Participation is confidential
and strictly voluntary

Operation Resilient Families

Families

sharing OEF/OIF

readjustment experiences

~Together~

Sign up for Further Information

Free training programs
for new ORF Facilitators
are planned for **April 2010.**

Sign up for Further Information

Free ORF groups

will be starting up
in several Texas communities
by late May or early June

Operation Resilient Families

Developed with input from
military personnel,

veterans, families, and their advocates.

Some parts were adapted for peer-delivery
from the work of Michelle Sherman, Ph.D.
and Ursula Bowling, Psy.D.

Operation Resilient Families

Funded by:

Texas Resources for Iraq-Afghanistan
Deployment (TRIAD) Fund

NAMI Texas

Department of State Health Services

The Family Support Foundation

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