

Attention ALL Veterans: Please join us for a

**Special Presentation!**

**Session 1**

**Date: Sunday, March 14th, 2010**

**Time: 6:00 pm**

**Location:** RAMADA MARQUETTE  
412 W. Washington St.  
Marquette, MI 49855

**NO COST to Military & families**

*Dinner will be served at 5:00 pm*

**Session 2**

**Date: Monday, March 15th, 2010**

**Time: 12:30 pm**

**Location:** AmericInn of Calumet  
56925 South Sixth,  
Calumet, MI 49913

**NO COST to Military & families**

Luncheon will be served at 12:00 noon

***The Coming Home Series: Understanding Anger During Reunion***

**Description:** The module is designed to address anger and its presence when couples and families are reunited after a military deployment. Often, being angry, tense, irritable or fighting seems unexpected and even surprising during reintegration: After all, isn't being together again what everybody has been wishing for? However, anger is a common feeling after deployment and is a natural human response when situations and events happen that are out of one's control.

**Purpose:** The purpose of this module is to increase awareness and understanding of anger and how to control anger by:

- Understanding the link between reintegration stress and anger
- Providing information about the nature of anger
- Providing strategies for negotiating and managing anger

**Objectives:**

- How to become aware of anger in one's own experience during post-deployment.
- How to identify anger and rate the intensity/distress level.
- How to modify potentially destructive or harmful anger.
- How to create a personal, individualized anger management plan.
- How to understand that anger is not a superfluous emotion during reintegration.
- How to use angry feelings to heal rather than hurt.
- How to ask for help and where to obtain help in dealing with anger issues.



**Audience: Returning Veterans and immediate families**



***Service to the Armed Forces***

*The American Red Cross Salutes YOU!*

To register please call Christina Curtis  
at 1-800-691-6059 ext 16  
or email at [curtis@rsda-redcross.org](mailto:curtis@rsda-redcross.org)

**ALL REGISTRATIONS ARE  
STRICTLY CONFIDENTIAL!!!**