



HOME, HEROES & HOLIDAYS!

Post Deployment Holidays: How to Make Them Happy and Safe

Hosted by: [American Legion Harry White Wilmer Post 82](#), 6330 Crain Highway, La Plata, MD 20646

FREE of charge for all service members, veterans and family members

Sunday, December 16, 2018

Attend one of two sessions: 10am - 12pm OR 2pm - 4pm

WHAT: We will be offering strategies for Veterans and their families to assist with issues that could arise during the holidays. A support workshop with topics to include:

“The new normal: what should my expectations be?”

“Why is this time of year so hard?”

“How to develop communication strategies that work for you”

“What can I do to help my spouse?”

“Coping with Crowds... or not”

“Tips for Taking Care of Yourself: what makes it better? What makes it worse?”

“How to help my children understand their post-deployment parent”

“Strategies and resources”

The purpose of these sessions is to offer professional strategies and coping techniques to assist with issues that often arise during the holidays. Please share this and bring someone you care about! Feel free to share this with everyone who may benefit

Conducted by: [Warfighter Advance](#)- *A nonprofit supporting Veterans*



Mary Neal Vieten, Ph.D., ABPP, CDR, Medical Service Corps, USN(rc). She developed Warfighter Advance which is a successful and recognized program nationwide. Dr. Vieten has served over 20 years in the military, including two deployments. She continues to serve in the Navy Reserve. She is a nationally recognized expert on post-traumatic stress and has worked as a consultant to a wide range of military, law enforcement, and industry organizations, as well as with hundreds of individuals who have sought her professional support and subject matter expertise.

<http://www.warfighteradvance.org/>