



**American  
Red Cross**

Bluegrass Chapter

Free

**Coping with Deployments:**  
*Psychological First Aid For Military Families Course*

Lunch and childcare provided.

**Saturday, June 18, 2011**

**9:30 am to 3:30 pm**

**Child Care Council Office**

**1460 Newtown Pike**

(Better Business Bureau Building directly behind the Bluegrass Chapter)

**Lexington, KY 40511**

To register, please contact Susan Temmermand,  
Coordinator Service to the Armed Forces, 253-1331 x 307  
or email [susant@redcrosslexky.org](mailto:susant@redcrosslexky.org) by June 10, 2011.

Maximum class size 25.

9:30 am Check-in with Continental Breakfast

10:00 am Morning Session

12:30 pm – 1:30 pm Catered Lunch

1:30 pm – 3:30 pm Afternoon Session

The *Coping with Deployments* course was developed by the American Red Cross to address the stress and strain of deployments on family members of Reserve, National Guard and active duty service members, including spouses, older children, parents, siblings and significant others. The course is taught by actively licensed Red Cross mental health professionals who have been trained to provide hands-on tools to assist family members with specific coping skills necessary during deployments. The complete course is approximately 4 ½ hours in length comprised of an adult module (2 ½ hours) and a children's module (2 hours). The children's module teaches adults how to support children as a result of changes they may experience due to deployment of a family member.