



America's Military & Responders Suffer Severe Mental Stress Their Children Do Too

OUR PROGRAM ADDRESSES A HIDDEN AND SEVERE PROBLEM

The National Center for Child Traumatic Stress says children of military members often experience fear of a parent dying, fear of impending loss of friends and other relationships, and the uncertainty or reintegration if the returning parent has been physically or mentally injured. These stresses can cause major issues in children when unrecognized and untreated.

More than 43% of active duty service members have children, and although many families can overcome the stress of deployment, others need help. Conservative studies show that of returning service members, up to 14% have depression, up to 35% have PTSD, up to 19% have traumatic brain injury, and up to 35% have other mental health risks or concerns.

These problems extend beyond the military to civilian first responders. The children of police, firemen and first responders likewise experience similar stress and issues.

Effective Help is Finally Available for Children

Warrior 2 Citizen, Inc.'s Child Support Program is part of the highly effective Home Life Transition Program™ for military families that helps families cope with reintegration after deployment and builds valuable relationship and communication skills. It is now available locally thanks to the active support of the Atlanta Metro YMCA. The program is open to Active Military, Guard, Reserve, Veterans and First Responder families.



This three-day program was designed by the professionals at Georgia State Counseling and Psychological Services and Mercer University Penfield College psychologists with extensive expertise treating child developmental issues. It covers the following:

- Primary trauma – What is happening to their parent, what to expect, and why it is happening;
- Secondary trauma – What is happening to them, why it is happening, and how to respond;
- How to reduce stress and increase resilience;
- Incorporating their experiences as part of their life story and giving the experiences meaning;
- Communication skills;
- Coping strategies and suicide prevention.

WHAT A CHILD TAKES AWAY AS A RESULT OF ATTENDING THIS PROGRAM

The coping skills and strategies learned through this program enhance a child's resilience and ability to quickly recover or "bounce back" from the difficult situations they may have to face.

The Program is Available at No Cost. Military & Responder families attend at no cost other than lodging for two- night's stay at a nearby hotel (10 minutes from campus). All meals, program materials and workshops are included at no charge.

[Registration for The November 2nd–4th Program is Now Open](#)

[Register Immediately – Call: 800-958-4650 or 706 -372-0743](#)