

# Reconnection Workshop:

## Reuniting, Rebuilding and Reconnecting Military Families

Albany Law School  
Saturday, March 22<sup>nd</sup>  
10:00 AM & 12:00 PM

Registration is requested at  
<http://american.redcross.org/site/Calendar?id=103984&view=Detail>

You can also register by contacting Dianna Rios at  
(518) 694-5160 or [Dianna.Rios@redcross.org](mailto:Dianna.Rios@redcross.org)

You can register for one or both workshops:

10:00 AM: Communicating Clearly  
12:00 PM: Exploring Stress & Trauma

### WHO SHOULD ATTEND?

Veterans, active-duty military and families are invited to participate in these facilitated workshops which focus on skills building to enhance the likelihood of a positive reintegration following a military deployment. Whether it's training, sea duty or combat; separation and reunification pose unique challenges. With support and knowledge gained through workshops such as these, family members can use this opportunity to enhance their relationship and reconnect during the reintegration process.

### WHAT IS THE COST?

There is no cost. The *Northeastern New York Chapter of the American Red Cross, Service to Armed Forces* ([www.redcross.org/reconnectionworkshops](http://www.redcross.org/reconnectionworkshops)) offers these workshops at no charge; they are led by actively licensed and specially trained Red Cross mental health professionals.

**\*\*\*PLEASE REGISTER SO WE CAN PLAN ACCORDINGLY\*\*\***

