

Quotations from Families Completing the Individual Family Resiliency Training

Parents' Comments:

- "I encourage you to consider taking part in the program – whether it's your 1st or 5th deployment. I think there are always new things to learn."
- "They taught us to communicate with each other better...Please come with an open mind and the rewards will be endless!"
- "We aren't even half way through, and I feel like it's making a big difference."
- "I turned to FOCUS for additional support and help to give me better 'tools' to be a calmer parent during this time of chaos."
- "He's done a complete 180, and I think it's because we've been coming to FOCUS and talking more."
- "We feel ready for deployment!"
- "The kids are really doing well this time around; they are talking about their feelings."
- "We don't have family close by, so the FOCUS staff became one of my main sources to 'lean on' during the last several months of this deployment."
- "The kids couldn't wait to come back!"
- "After 16 years, I thought I knew everything but this is something new."
- "We are definitely doing booster sessions when my husband gets back."
- "My 4 yr old is doing much better at daycare and at home."
- "My daughter told our friends how fun it was and they can't wait to come in, too."
- "I told my friend to give you a call."
- "We really appreciate how flexible you are with the appointments."
- "As soon as I picked them up from school, they asked if they were coming to FOCUS today. It's all they talked about this weekend."

Children's Comments:

- "Can my baby brother come when he gets bigger?"
- "I thought this was going to be scary, but it was fun!"
- "Whether it's your 1st deployment or your 9th, the first couple of days are really tough."
- "We should tell Jimmy's mommy to bring him, because his daddy is gone, too."
- "I used to say I didn't remember deployment because it was hard to talk about, but now I can."
- "I love this place."
- "We love coming to FOCUS!"
- "Can you come to my school so that the other kids can understand?!"

