

Reconnection Workshops

Helping Military Families
Readjust to Civilian Life



Reconnection Workshops is a free and confidential program from the American Red Cross that helps military members, veterans and their families returning home, to friends, jobs and their communities. Skill-enhancing modules are offered in small groups, and participants can choose from a variety of topics, such as:

- Dealing with stress
- Coping with depression
- Communicating clearly
- Learning good health habits
- Managing conflict
- Supporting children

Reconnection Workshops are open to active duty service members, including National Guard and Reservists, as well as veterans, families and friends.

To schedule or attend a workshop, please visit redcross.org/reconnectionworkshops, or email reconnection@redcross.org.

American Red Cross