

# SAF Virtual Resiliency Program Overview

## Coping with Deployments: A Psychological First Aid Course

### General Information

- Purpose: To provide military family members with effective ways to cope with the deployment cycle.
- Length: 45-60 minutes per module
- Format: Facilitator-led instruction, role play and group discussion
- Audience: Adult family members of service members dealing with upcoming deployment, current deployment and/or recent deployment.
- Workshop Size: 3-40 participants
- Contact: Go Funai, [go.funai@redcross.org](mailto:go.funai@redcross.org), 510-507-1954
- Cost: Free
- Facilitated by licensed behavioral health professionals
- Free workbook provided to all participants
- More Information: [redcross.org/get-help/military-families/deployment-services/coping-deployment-course.html](https://www.redcross.org/get-help/military-families/deployment-services/coping-deployment-course.html)
- Conducted virtually during COVID-19 pandemic

### Available Coping with Deployment Modules

- Introduction to Psychological First Aid and Resilience
  - Enables military families to strengthen their psychological resilience and strengthen the resilience of their loved ones and community members through Psychological First Aid.
- Using Psychological First Aid and Building Resiliency in Military Children
  - Enables adult caregivers to help children build psychological resilience.
  - Enables adult caregivers to use Psychological First Aid steps to help themselves and their children during times of stress.