

Coming Home.....



Reintegration and Stabilisation of your relationship when your loved one returns.

DCO Cairns Defence Social Workers conduct regular **3hr reunion and reintegration workshops** for Defence members and/or their partners.

Share your experiences and hot tips

Key topics discussed will include:

- Understanding the Emotional Cycle of Deployment/Separation
- Find out what each of you do or don't do during the deployment that can impact negatively or positively on reunions
- Coping with the changes in each other
- Re-establishing couple routines/roles without conflict

Come with your partner, or on your own for a relaxed and informative workshop aimed at normalising responses to reunion, considering issues associated with homecoming and reintegration from both the partners and member's perspectives, find out what works and what doesn't, and discover informal and formal support options.

To book contact DCO Cairns for a position:

By phone on: (07) 4053-9300
or by email at:
dco.cairns@defence.gov.au

