



VA FAMILY CAREGIVER PROGRAM

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training provided by Easter Seals; and respite care. Please reach out to your Navy Safe Harbor Non-Medical Care Manager or the Family Programs Coordinator with questions of for assistance with the program application.

OXYGEN SEMINARS FOR YOUR RELATIONSHIP



The USO has teamed with Stronger Families to provide workshops free to wounded, ill, or injured troops. These workshops – called Oxygen seminars – tackle tough relationship issues in a non-threatening environment.

Providing practical tools and resources, the Oxygen seminars offer couples the hope they need to stay strong and thrive in their marriages. Session topics include sexual health, communication, forgiveness, conflict negotiation, support networks, and much more.

The sessions include three key parts:

1. Relationship Assessment: Couples assess their relationship, and identify issues that are threatening the vitality of their relationship and areas that need to be addressed.

2. Intensive Training Session: Next, they attend a seven-hour training seminar that focuses on the most important factors needed for a marriage to succeed. Couples leave the seminar with an action plan for continued growth and support for the relationships.

3. Support Network: Following the training and assessment, couples are directed to ongoing support through a small group, mentoring, or even counseling. Couples are also provided with the very best resources and experts available on marriage, family life, and dating through a state-of-art virtual resource center.

For more information and resources, visit <http://oxygenforyourrelationships.com> and click on the “Military” button on the home page.

SEPTEMBER IS DISABILITY EMPLOYMENT AWARENESS MONTH

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America’s workers with disabilities. This year’s theme is “A Strong Workforce is an Inclusive Workforce: What Can YOU Do?”

Employers, schools, and organizations of all sizes and in all communities participate in NDEAM. Keep an eye out for events in your area, including job fairs and training seminars. You also are encouraged to visit the www.dol.gov/odep regularly for resources, and to follow news about NDEAM via Twitter (#NDEAM).



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Is your family up-to-date on their immunizations?

Visit www.health.mil for more information.



GET CONNECTED TODAY!

<http://safeharbor.navylive.dodlive.mil>

