

FAMILY NEWSLETTER



March 2014



NATIONAL NEWS



SIGN UP FOR SUMMER CAMP NOW!

BY DARIO SANTANA, FAMILY PROGRAMS & CHARITABLE RESOURCES COORDINATOR
NAVY WOUNDED WARRIOR – SAFE HARBOR

Spring is the best time to begin searching for summer camps that your children might like to attend. Keeping children busy during school vacation can be a difficult task, especially for the families of wounded warriors, who are consumed with many more

pressing tasks. The resources outlined below may help alleviate some of the stress that can accompany summer scheduling.



Children from military families enjoy adventures at Operation Purple Camps.

Camps designed specifically for military children can be particularly enriching for wounded warrior families. There, children can connect with others just like them. The camps bring together children from all ranks and services, and provide a unique and memorable summer camp experience. Check out these great opportunities:

- **Camp Corral:** This camp offers a week of non-stop fun and excitement in the great outdoors for military children ages 8 through 15 (with a special focus on the children of wounded warriors). Visit www.campcorral.org.
- **Boys & Girls Club Camps:** Many Boys & Girls Club chapters offer summer camps for local children. Visit www.bgca.org.
- **Military Teen Adventure Camps:** The Department of Defense's Office of Family Policy partners with several universities to offer Teen Adventure Camps for military children ages 14 to 18. Visit bit.ly/1hah2IJ.
- **Operation Purple Camps:** These camps offer a free week of summer fun for military kids whose parents have been, are currently or will be deployed. Visit bit.ly/1lwaeBy.
- **Other Resources:** Check out the online Summer Camp Directory at www.camppage.org or find local programs at www.militaryinstallations.dod.mil.



APRIL IS THE MONTH OF THE MILITARY CHILD

Navy Wounded Warrior (NWW) – Safe Harbor joins the Department of Defense and the entire military community in celebrating April as the Month of the Military Child. Military children face many special challenges, such as having a deployed parent or moving frequently. April is a time to recognize their accomplishments and resilience.

In particular, the children of wounded warriors often face taller hurdles than other children. Their family dynamic is forever changed after their loved one is injured or diagnosed with a serious illness. They, too, have to heal, and to find a new normal.

NWW provides assistance to wounded warrior families, including children. From connecting them to scholarships and camps, to sharing mental health resources and literature on coping strategies, NWW is ready to help.

Learn more about the Month of the Military Child at www.monthofthemilitarychild.org.



NWW is pleased to welcome its new director,
Capt. Brent Breining!

He is looking forward to assisting NWW enrollees and their families and caregivers.

Visit <http://safeharbor.navylive.dodlive.mil> to learn more about him!



Wounded Warrior Family Newsletter

March 2014



REGIONAL NEWS



BELOW IS A SAMPLING OF ADDITIONAL NEWS AND RESOURCES FOR WOUNDED WARRIOR FAMILIES IN NAVY REGION SOUTHWEST.

eKNOWLEDGE OFFERS SAT AND ACT PREP FOR NAVY FAMILIES



Do you have a family member who is preparing for college entrance exams? The Navy's eKnowledge program offers SAT and ACT PowerPrep programs for less than \$20. The programs are available online or on a single DVD. The programs include more than 11 hours of video instruction and 3,000 files of supplemental test preparation materials, such as interactive diagnostic tools, sample questions and practice tests. Students select the training they need, and study and their own pace. To get started or to learn more, visit www.eKnowledge.com/USNavy or call 951-256-4076.

WRITING WARRIORS WORKSHOP

Last December, two NWW enrollees and a caregiver attended the USO-sponsored Writing Warriors Workshop. The one-day event provided wounded, ill and injured service members and their family members a deeper understanding of writing techniques, as well as how to turn writing into a career. Three members from International Thriller Writers – award-winning authors Kathleen Antrim, D. P. Lyle, MD, and T. Jefferson Parker – presented on the following topics:

- How to Write a Novel – a step-by-step guide
- Story Structure, Plotting, Dialogue, Point-of-view, Characterization and Voice
- Business of Writing – How to turn writing into a career

The next event will take place March 28-29. For more information about the event and future opportunities, contact NWW Regional Director Lt. Caroline Diette at 619-532-8577 or caroline.diette@med.navy.mil.

LEARN ABOUT THE NMCS D REACH PROGRAM!

In June 2013, Naval Medical Center San Diego (NMCS D) established a hospital internship program called Navy Medicine's Reintegrate, Educate and Advance Combatants in Healthcare (REACH) program. REACH is a mentorship program designed to help wounded, ill and injured service members recovering at military treatment facilities such as NMCS D develop the skills they need for various careers in the health care industry. REACH's counselors provide career advice, education counseling and experience through on-the-job training and part-time employment, with the possibility for future job placement. A meeting was conducted at the end of January between REACH counselors and NWW to strengthen our working relationship. To learn more, contact NWW Regional Director Lt. Caroline Diette at 619-532-8577 or caroline.diette@med.navy.mil.

MARK YOUR CALENDAR FOR SUMMER FUN!



You can register now for the annual Navy's Bay Bridge Run/Walk, which will take place Sunday, May 18. The event raises money for the Navy's Morale Welfare and Recreation (MWR) programs. This unique 4-mile run/walk features a one-of-a-kind panoramic view as participants make their way to Coronado's beautiful Tidelands Park from downtown San Diego over the Coronado Bay Bridge. Reserve your place at <http://navylifesw.com/bridgerun/>.

ARE YOU AWARE...

OF THE MANY SERVICES AVAILABLE TO ENROLLEES OF
NAVY WOUNDED WARRIOR - SAFE HARBOR?

From adaptive athletics to a mentor program for transitioned wounded warriors, there is something for everyone! Learn more at

[HTTP://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL](http://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL)

GET CONNECTED TODAY!

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

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