

The Handbook for Military Families: Before, During and After Deployment

The best way to support your service member before, during, and after deployment is by taking care of your own emotional health and that of your children. *The Handbook for Military Families: Before, During and After Deployment* can help families prepare for and handle all phases of deployment. This valuable handbook was created with input from military families and validated by leading military and mental health experts.


- **Pre-deployment:** includes advice for involving young children in deployment preparation and getting couples to feel closer as they prepare to say goodbye.
- **Deployment:** includes tools for minimizing the strain that a service member's prolonged absence can place on the entire family.
- **Post-deployment:** discusses ways to deal with the delicate process of family reintegration and service member readjustment to a non-combat environment.

Nothing can completely take away the stress of a deployment, but understanding and preparing for the emotional challenges can give family members greater peace of mind and make them feel stronger.

To sign up for information about our toolkit and campaign for military families, join our community at:
www.pbs.org/thisemotionallife.

Vulcan Productions and the NOVA/WGBH Science Unit have joined with leading medical, mental health and military family service organizations to develop the *This Emotional Life* documentary and *The Family Guide to Military Deployment*. Our partners and contributors include the **Substance Abuse and Mental Health Services Administration, Blue Star Families, the Depression and Bipolar Support Alliance, Mental Health America, Mayo Clinic** and the **National Alliance on Mental Illness**.

Vulcan Productions is the independent film production company founded by investor and philanthropist Paul G. Allen in 1997. Vulcan Productions devotes itself exclusively to producing independent films of unique vision and artistic quality. Through its collaborative partnerships with established and emerging filmmakers, Vulcan Productions explores creative opportunities that result in engaging and inspirational storytelling.
 www.vulcanproductions.com

NOVA/WGBH Science Unit WGBH Boston is America's preeminent public broadcasting producer, the source of fully one-third of PBS' prime-time lineup, along with some of public television's best-known lifestyle and children's programs and many public radio favorites. One of its premier programs, NOVA, is a production of the NOVA/WGBH Science Unit. Now in its 36th year of broadcasting, NOVA is the most popular science series on American television and is seen in more than 100 countries. It is also one of television's most acclaimed series, having won every major television award, most of them many times over.
 www.wgbh.org and www.pbs.org/nova.

This Emotional Life is a co-production of the NOVA/WGBH Science Unit and Vulcan Productions, Inc. The Films are produced by Kunhardt McGee Productions.
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If you missed the premiere of *This Emotional Life* on PBS, please check local listings for future broadcasts. For more information please visit:
www.pbs.org/thisemotionallife

Available Now

This Emotional Life is available on DVD through **ShopPBS.org** or wherever DVDs are sold. The series can also be downloaded from iTunes.



THIS EMOTIONAL LIFE™

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Check local listings for future broadcasts.

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