



Tips for return and reunion

“Look back with pride and forward with hope”

-Megan Egerton-Graham

Things to think about:

- What are your concerns about return and reunion?
- What are you most looking forward to?
- Think about previous reunions you have experienced. What worked for you?

Helpful tips:

- Discuss homecoming plans and expectations with your military member.
- Take it easy on yourself, stay flexible.
- Be open and keep plans to a minimum.
- Set aside time to discuss what's new and any changes that you experienced over the deployment.
- Be open to discussing family roles and responsibilities. The workload can be shared but perhaps in a new way.
- Remember that it is okay if it takes time to reconnect with your loved one.