



# **From the Front Porch**

**Helping Families deal with  
Deployment and Reunion**

I'M EXHAUSTED  
FROM TRYING TO  
BE STRONGER  
THAN I FEEL



# Military Deployments & Reunion

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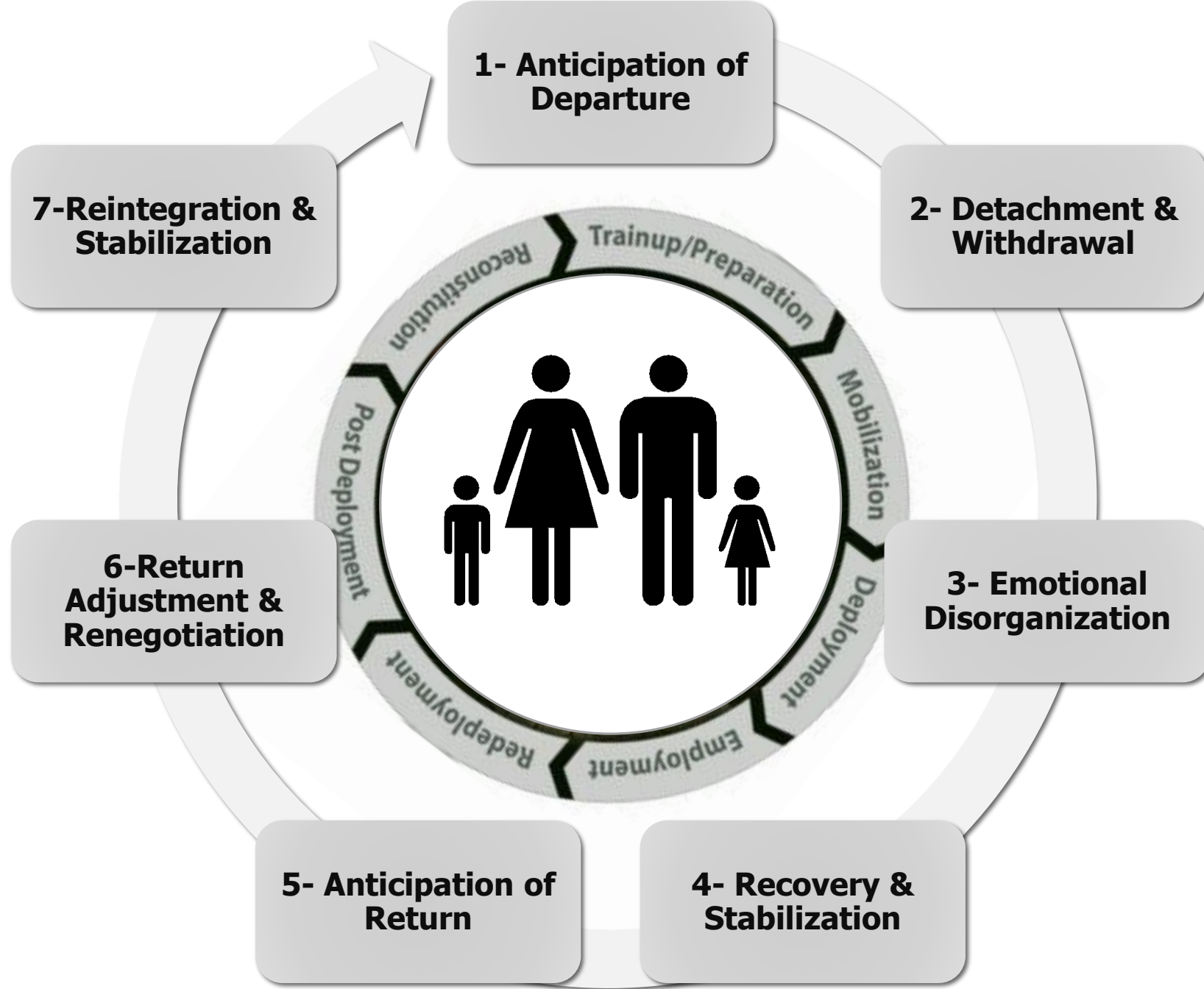
**Deployments  
are stressful!!**



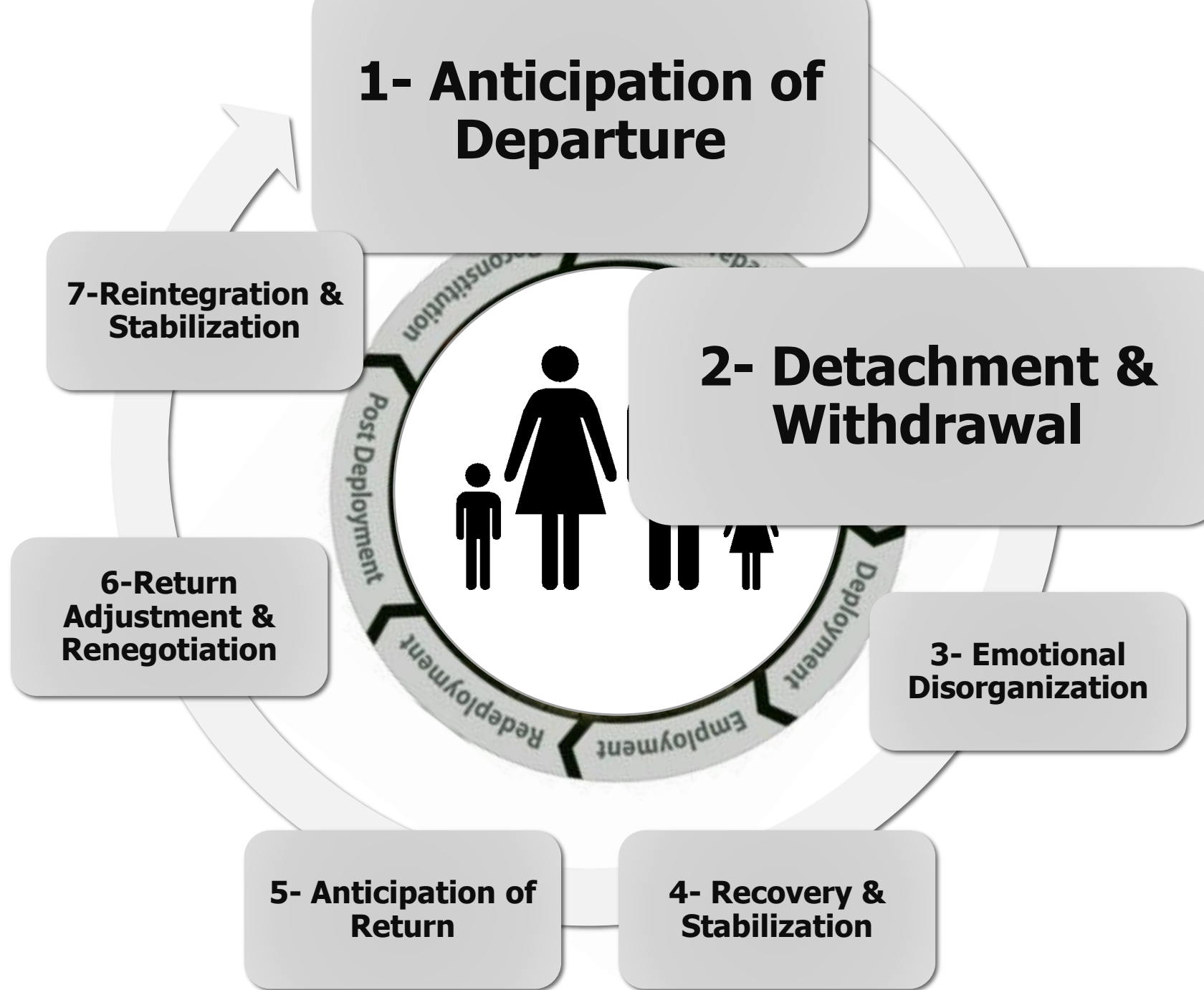
**Military Life is  
stressful!!**



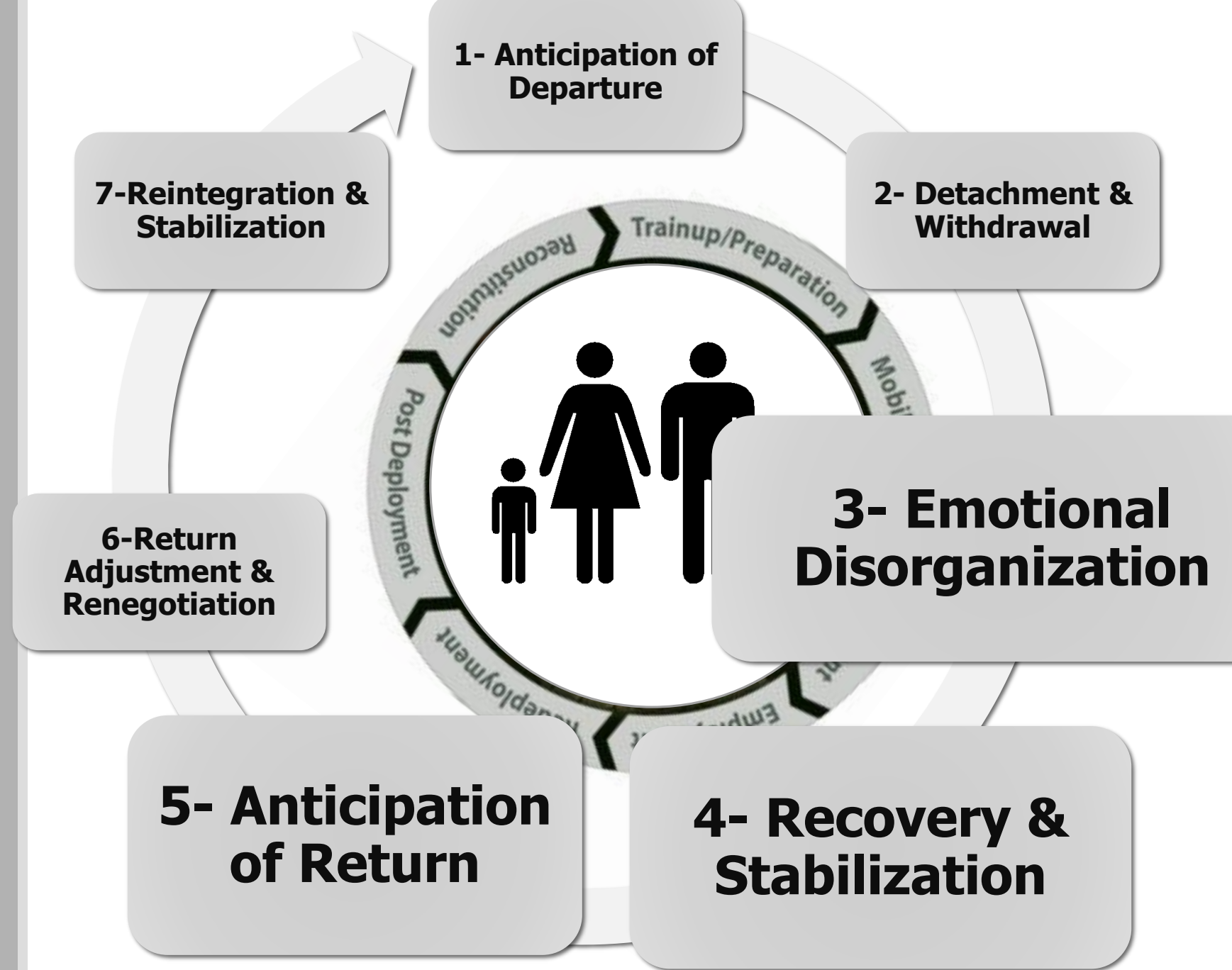
# Emotional Cycle of Deployments



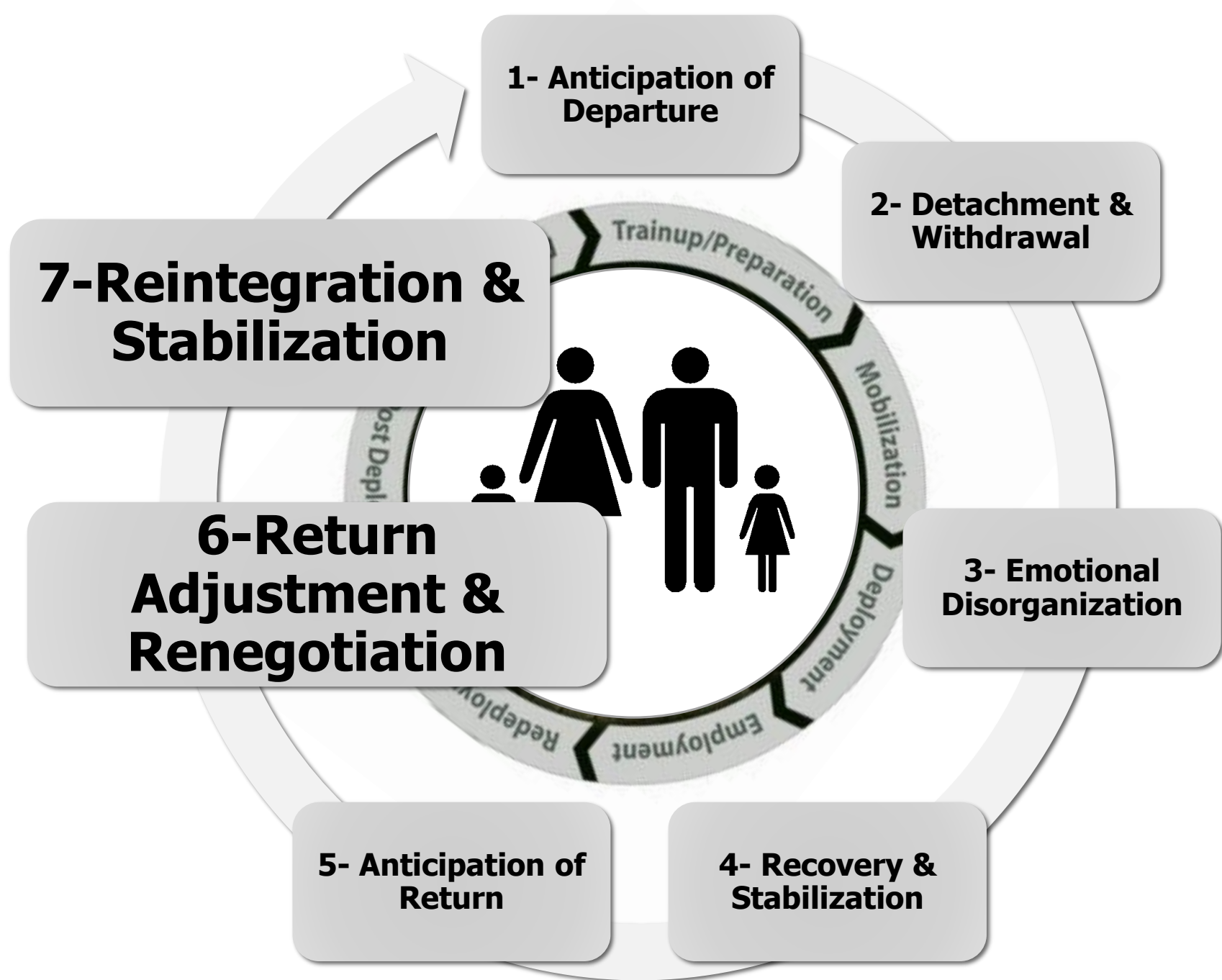
# Pre- Deployment



# Deployment



# Post Deployment





A photograph of a swing set on a porch. The swing set has two wooden seats hanging from chains. The porch has a white railing. In the background, there is a green lawn and several trees. The text is overlaid on the image.

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DISCUSSION & QUESTIONS?