

CYCLE OF DEPLOYMENT



1-6 Weeks Before: Anticipation of Loss

Fantasizing, fluctuations in mood and energy level, sadness, anger, excitement, anxiety, tension, frustration, depression.



6-12 Weeks after Return Home: Reintegration and Stabilization

Feelings of intimacy, closeness, confidence in relationship(s).

Last Week at Home: Detachment and Withdrawal

Reduced emotional and sexual intimacy, despair, hopelessness, impatience, numbness.

First 6 Weeks at Home: Re-negotiation of Relationship

Difficulty re-establishing emotional and sexual intimacy, excitement, disorganization, resentment, frustration, grieving loss of freedom.

First 6 Weeks of Deployment: Emotional Disorganization

Magical thinking, sleep disturbances, relief, guilt, confusion, indecision, disorganization, loneliness, irritability.

Last 6 Weeks of Deployment: Anticipation of Homecoming

Increased energy and activity, sleep and appetite disturbances, joy, excitement, apprehension, restlessness, impatience.

Variable Duration Between Stages: Recovery and Stabilization

Concern that your partner is coping so well that you are no longer needed, increased confidence, independence, freedom BUT ALSO isolation, anxiety, depression.



DEPLOYMENT PACKAGES

Your Deployment Package for Family Separation & Reunion includes:

- ◆ An Introductory letter documenting the services offered by the Family Separation & Reunion Program
- ◆ Preparing for Deployment Checklist
- ◆ "The Emotional Cycle of Deployment" handout
- ◆ Deployment Planning Handout
- ◆ Various brochures detailing many of the programs available through the Canadian Forces (e.g. Mission Information Line, SISIP, etc.)

For those with children:

- ◆ "Children and Deployment" handout
- ◆ "Ideas for Helping Children Cope with Deployment" handout
- ◆ Deployment Journal
- ◆ Children's book (if age appropriate) relating to mothers' or fathers' deployment

For those caring for young children or children special needs:

Staff Contact Information

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Deployment Coordinator

SERVICES

Definition of Deployment:

"any separation faced by a military family due to operations and exercises both domestic and abroad, and for periods of temporary duty associated with military courses".

Services Offered:

- ◆ Education and information
- ◆ Deployment meetings
- ◆ Warm line calls
- ◆ Mail service
- ◆ Resource Library
- ◆ Free Computer Use
- ◆ Video
- ◆ Presentations available



"Strength Behind
the uniform"



MILITARY FAMILY RESOURCE CENTRE

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