

# FOCUS

**Families OverComing Under Stress  
is available at a distance!**

**FOCUS** is a prevention service designed to strengthen couples and families in readiness for tomorrow. FOCUS provides personalized training for each family and its individual goals. The program teaches practical skills to help families and couples feel prepared to meet the challenges of military life such as stress, injury and other transitions. FOCUS builds strong connections with other military family providers to support a network of care for service members, their partners and families. FOCUS training is confidential, free and offers services at family-friendly hours.

**FOCUS sessions allow families and couples to build their own story about military life experiences.**

**This helps them to:**

- Build on current strengths
- Use problem-solving and goal-setting to empower the entire family
- Clarify misunderstandings and respect individual points of view
- Identify, manage and discuss emotions
- Feel closer and more supported



**TeleFOCUS** brings FOCUS Family Resilience Training to active duty couples and families all over the world. TeleFOCUS uses a secure video chat program. Families only need an internet-connected computer with a camera.

**TeleFOCUS** is open to all active duty families and couples, including activated Reserve and Guard families. Wounded warrior families and couples who are dealing with visible or invisible injuries—PTSD, TBI, depression, etc. —are encouraged to participate. Training services are free, but internet and data rates may apply depending on your service provider.

**To set up an appointment or to learn more about the program,  
please contact TeleFOCUS Referrals at:**

**P | 805.982.1976**

**E | [PortHueneme@focusproject.org](mailto:PortHueneme@focusproject.org)**

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For more information, visit [www.focusproject.org/TeleFOCUS](http://www.focusproject.org/TeleFOCUS).