



**YOU ARE CORDIALLY INVITED TO ATTEND**

# **NAVY REGION SOUTHEAST**

**RESERVE COMPONENT COMMAND, JACKSONVILLE**



## **2016 RETURNING WARRIOR WORKSHOP (RWW)**

### **WHAT IS RWW AND WHY IS IT NEEDED?**

The Returning Warrior Workshop (RWW) is a weekend event available to Sailors who served as Individual Augmentees (IA). Warriors who attend the event are able to bring their spouse, or if unmarried, significant other or close family member. Here, they learn how to overcome the battles they face back home -- the struggles that come from the dramatic transition from combat life to civilian life.

RWW events are being held throughout the Southeast region. Warriors will be able to drive with their spouse or adult designated representative to a location closest to home.

The upcoming event dates and locations are listed below:

- **Atlanta – Dec. 4 - 6, 2015**
- **Hilton Head – Mar. 11 - 13, 2016**
- **Orlando – Jul. 29 - 31, 2016**



Event check-in convenes on the Friday at 17:00 and includes an evening meal at 17:30.

### **FOR INFORMATION**

#### **CONTACT:**

NOSC Chain of Command  
(CO/XO/SEL)

or

RCC SE JAX Staff

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### **TOPICS:**

- Puzzle Maker (Coping with Change)
- Warrior Transitions
- Military Family (Reintegration/Reuniting)
- Combat Operational Stress
- Transformational Growth

### **BREAKOUT SESSIONS:**

- Why I Want To Go Back
- Couples Coming Together
- Strengthening Families
- Money Matters
- Women Warriors
- Stress and Positive Thinking

## **VALUE OF RESERVE FORCES TO THE FLEET**

Warriors (Service Member) who have recently returned from a mobilization or deployment as an Individual Augmentee (IA) are cordially invited to attend a Returning Warrior Workshop (RWW) with a guest of their choice. The guest may include a spouse, significant other, or family member. The definition of family member has been expanded to include: girlfriend, boyfriend, parent, brother or sister. No children will be allowed.

The Warrior will attend the RWW on ADT or DTS travel orders. The event is held at a 3- Star hotel away from military bases and every day distractions. Civilian business casual attire is required. The goal is to give loved ones a chance to reconnect. All lodging and meal expenses are covered at the RWW and include: dinner Friday night, three meals on Saturday, and breakfast and lunch on Sunday.

Warriors are reimbursed for POV travel expenses up to 400 miles from home of record so that one guest may accompany the Warrior. We are unable to pay for plane tickets.

The RWW focuses on three major goals:

1. Honor returning warriors for their sacrifice, standing in harm's way to protect our country and its citizens. We also honor the Sailor's guest for supporting them and meeting the challenge of keeping the home and family strong in the Sailor's absence.
2. Facilitate personal and interpersonal growth through the reintegration process.
3. Educate returning warriors and their guests about the many resources and benefits available to them following deployment.

Trained Facilitators lead Warriors and their guests through a series of presentations and table-top discussions that address post-combat stress and transition back to civilian life. Participants are afforded the opportunity to share their experiences in a safe environment with their peers. Symptoms such as sleep and appetite disturbances, decreased intimacy, job loss, financial difficulties, increased anger and/or frustration, alcohol or drug use, and other behaviors that were not present prior to deployment are safely discussed. Service Members learn that they are NOT alone and they learn how to move forward.