

About the Returning Warrior Workshop (RWW)

Sailors who have recently returned from a mobilization or deployment as an Individual Augmentee (IA) are invited to attend a Returning Warrior Workshop (RWW) with the guest of their choice. Guests can be any individual designated by the Sailor whose presence will contribute to the purpose of the event for the member.

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.

Topics at the RWW Include

- Warrior Transition
- Spiritual Balance and Well Being
- Telling Your Story
- Improving the Process
- Transformational Growth
- Military Families
- Combat Operational Stress
- Financial Management
- Couples Communication
- Why I Want to Go Back
- Stress Management



RWWs are hosted by the five Reserve Component Commands (RCC) and held at a 3-star hotel away from military bases to ensure a safe, relaxed atmosphere for Sailors and guests to focus on the reintegration process. IA Sailors will attend the event on ADT travel orders paid by the Yellow Ribbon Reintegration Program. Attire for all attendees is civilian business casual. All lodging, meals, and travel expenses are covered at the RWW and include: dinner Friday night, three meals on Saturday, and breakfast and lunch on Sunday. Travel is by personal vehicle and mileage will be paid at the current government rate. The host RCC will work to pair returning Sailors with an RWW nearest to their residence.

FY 2016 Returning Warrior Workshop (RWW) Schedule

<u>RWW Date</u>	<u>Location</u>	<u>Host Command & Point of Contact</u>
20-22 Jan 2017	San Juan, PR	Navy Region SouthEast - RCC Jacksonville (904) 542-3429 / 534-4827
27-29 Jan 2017	San Diego, CA	Navy Region SouthWest - RCC San Diego (619) 532-4103 / 532-4274
17-19 Mar 2017	Memphis, TN	Navy Region MidAtlantic-RCC Great Lakes (847) 688-4916 x205 / 688-5948 x207
17-19 Mar 2017	Phoenix, AZ	Navy Region NorthWest - RCC Everett (425) 304-3829
7-9 Apr 2017	St. Louis, MO	Navy Region SouthEast - RCC Fort Worth (817) 782-1660 / 782-1922
21-23 Apr 2017	Boston, MA	Navy Region MidAtlantic - RCC Norfolk (757) 341-5891 / 341-5892
21-23 Apr 2017	San Francisco, CA	Navy Region SouthWest - RCC San Diego (619) 532-4103 / 532-4274
5-7 May 2017	Miami, FL	Navy Region SouthEast - RCC Jacksonville (904) 542-3429 / 534-4827
23-25 Jun 2017	Cincinnati, OH	Navy Region MidAtlantic-RCC Great Lakes (847) 688-4916 x205 / 688-5948 x207
23-25 Jun 2017	Houston, TX	Navy Region SouthEast - RCC Fort Worth (817) 782-1660 / 782-1922
21-23 Jul 2017	Denver, CO	Navy Region SouthWest - RCC San Diego (619) 532-4103 / 532-4274
11-13 Aug 2017	Daytona Beach, FL	Navy Region SouthEast - RCC Jacksonville (904) 542-3429 / 534-4827
11-13 Aug 2017	Westchester County, NY	Navy Region MidAtlantic - RCC Norfolk (757) 341-5891 / 341-5892
18-20 Aug 2017	Indianapolis, IN	Navy Region MidAtlantic-RCC Great Lakes (847) 688-4916 x205 / 688-5948 x207
15-17 Sep 2017	Seattle, WA	Navy Region NorthWest - RCC Everett (425) 304-3829
		Updated 11/15/2016