

Sailors who have returned from a mobilization/deployment as an Individual Augmentee are cordially invited to attend a RWW with a guest. A guest can be a spouse, significant other or any family member, excluding children.

Dress is business casual for all attendees. This way, attendees can engage one another regardless of their status within the chain of command. This will foster greater disclosure and expands dialogue among all. Dress for the Banquet of Honor is semi-formal. Women can wear a nice dress or pant suit. Men are to wear slacks, shirt, tie and jacket.

The RWW is held at a first-rate hotel, away from the military environment where Sailors and their significant others can spend time together to reestablish their bond, free from the distracting demands of family responsibilities.

Single and Married Sailors are invited to attend.

A RWW is held two to four times a year in each of the six regions. Each region has a Warrior & Family Support Specialist and a Yellow Ribbon Program Specialist to coordinate this event.

Locations will vary, thus allowing Sailors to drive with their guest to the location closest to home.



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Returning Warrior Workshop

*Navy Region Mid-Atlantic
Reserve Component Command Norfolk*



What is the Returning Warrior Workshop?

The Returning Warrior Workshop (RWW) is an offsite workshop designed to help families in the reintegration and reunification process. The weekend affords the Sailor and his/her spouse/guest an opportunity to get away from the distracting demands of family responsibilities to focus on re-establishing their relationship along with learning about resources available to assist them in this challenging transitional period.

What is its purpose?

The RWW is designed 1) to honor Sailors for their sacrifice of standing in harm's way to protect our country and its core values of freedom and equality for all; 2) to honor spouses/significant others for supporting the Sailor and keeping the house functioning during the hardships of deployment; 3) to inform and educate Sailors and family members about local, state and national organizations designed to support and aid military families if and when the need arises; and 4) to identify and assist Sailors and family members who are experiencing difficulty adjusting in their work and family life following a deployment. The specific target populations are SELRES, FTS and AD that have completed a tour/IA in a combat zone or were exposed to highly stressful situations.

Sailors and Family members participate in "all hands" and break out group sessions which allow the attendees to share their experiences with others in a safe environment. Simply sharing their experience permits the Sailor to

experience emotional release and indirectly encourages fellow Sailors to disclose as well. It normalizes their experiences and helps in the recovery process. Sharing experiences breeds trust and greater disclosure among the Sailors and family members. The presentations and group sessions provide insight into how Sailors and family members can become successful in their reintegration with family, friends and careers.

The Reserve Forces is a major asset to the Fleet. On any given day, 20,000 Reserve Component Sailors are on some type of active duty orders supporting the Fleet. The Reserve Sailor brings both civilian and Navy skill sets to the active duty command, fostering the fleet's ability to effectively and efficiently fulfill its mission.

The Sailor will attend the RWW on ADT travel orders. Travel by personal vehicle is encouraged and mileage at the current government rate will be paid to cover travel expenses. Ideally, attendees should be within 400 miles of the Workshop. Mid-Atlantic RCC Norfolk will pay travel, hotel and food accommodations for SELRES and the NOSC's' FTS. For active duty attendees, their respective Commands are asked to pay the Sailor's travel expenses and Mid-Atlantic RCC Norfolk will pay for hotel and food accommodations.



Topics for the RWW Weekend
All hands presentations:
Warrior Reflection & Transitions
Spiritual Resiliency
Operational Stress Control Continuum
Transformational Growth
Personality Styles and Preferences
Break out sessions:
Developing a Budget
Debt Management
Couples Reconnecting
Do I Want to Go Back?
Taking Care of Number One