



MCA

MILITARY COMMUNITY AWARENESS

Resources for All Stages of Military Life

PRINT AND DIGITAL BOOKS AVAILABLE!

5 New Assessments

See Pages 122-123 For More Information



CRISIS SELF-HELP ASSESSMENT

John J. Liptak, Ed.D. and Ester R.A. Leutenberg

WHY SHOULD YOU TAKE A CRISIS SELF-HELP ASSESSMENT?

Crisis is a time of intense difficulty, trouble, or danger for anyone in the military. Crisis can affect an individual, family, group, country, or an entire society. It can be a time when very important decisions need to be made. It is often an unstable situation, one where the old thoughts, beliefs, actions, and feelings can no longer be maintained.

Although crises may not always be prevented, they can be managed effectively. The management of crises is such that it requires skills to manage one's attitude, stress response, and change during a stressful time. This assessment is designed to help you to explore how well you manage stress, as well as to provide some tools and techniques for ensuring that you respond effectively.



ANXIETY SELF-HELP ASSESSMENT

John J. Liptak, Ed.D. and Ester R.A. Leutenberg

WHY SHOULD YOU TAKE AN ANXIETY SELF-HELP ASSESSMENT?

Exciting, unfamiliar, dangerous, and stressful military experiences often lead to anxiety. Anxiety can be described as an emotion accompanied by feelings of tension, worry, stress, and fear. It is the body's natural response to any dangerous situations in which you might feel threatened, under pressure, or stressed out.

Some anxiety is a normal part of life, but anxiety can become out of control. Anxiety can encourage you to take action when needed. You might feel anxious when faced with a problem at work, taking a test, speaking in front of people, or making an important decision. Anxiety can also be a not-so-good thing that interferes with your work, training sessions, and relationships.



GRIEF SELF-HELP ASSESSMENT

John J. Liptak, Ed.D. and Ester R.A. Leutenberg

WHY SHOULD YOU TAKE A GRIEF SELF-HELP ASSESSMENT?

When you and your family experience a loss, they are impacted by many factors, including emotional, psychological, emotional, spiritual and physical. Grief is a normal reaction and starts a process to explore their emotions and express their feelings. The impact of the loss is then processed through the grief process, and the person moves on to a new life.



STRESS SELF-HELP ASSESSMENT

John J. Liptak, Ed.D. and Ester R.A. Leutenberg

WHY SHOULD YOU TAKE A STRESS SELF-HELP ASSESSMENT?

Life in the military, and all of the changes that go along with it for you and your family, will bring on stress. Stress is the body's way of responding to this type of demand. In stressful and/or problem situations, stress hormones are released, people experience mental, physical and emotional changes in preparing to deal with the stress, and then they react to the stress either effectively or ineffectively.

The good news is that people are better able to handle this stress when they have built up resilience. Resilient people are able to survive and thrive in times of severe stress and adversity. It is a way by which one can prepare in advance for stress, and be able to ward off its effects so that it has less impact on one's health and life. Resilience is an inner ability that can be learned. When it is developed, nurtured, and supported by others, it will help people to be successful in meeting life's challenges with a sense of freedom, positivity, hope, and well-being.

STRESS SELF-HELP ASSESSMENT INSTRUCTIONS

The following assessment is designed to help you explore how resilient you are when you encounter stress and stressful situations. This assessment will look at four different types of strengths you can build to lower the stress in your life and reduce the impact of future stress.

For each statement circle the number under the column that describes you. Do not worry about the numbers for now; they will be used with the scoring.

- If the statement describes you most or all of the time, circle the number in the YES column.
- If the statement describes you only some of the time, circle the number in the SOMETIMES column.
- If the statement does not describe you at all, circle the number in the NO column.

Turn to the next page to begin your assessment.

(877) 813-4MCA

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Contact: **Sandy Collins, Government Sales**
Phone: **877-813-4MCA (4622)** • Fax: **516-496-4050**
Email: **sandy@4mca.com**

CAPABILITIES STATEMENT

Military Community Awareness, Inc., *a family-owned small business*, publishes useful educational materials and resources that tackle vital issues for all stages of military life. We support all American military bases, domestic and abroad, providing the most up-to-date, easy-to-use products for military personnel, families, and veterans. With over 15 years of serving our troops with effective life management tools, we have become America's #1 open market, sole source provider of resources to help the military community. We are proud to offer relevant merchandise on the following topics:

- Military Family Readiness
- Resiliency
- Transition
- Finances
- Deployment & Reunion
- Re-entry & Reintegration
- Army Substance Abuse Program
- Mental Health

Open Market Vendor - Small Business Classification

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FAMILY PROGRAMS & ADVOCACY

Recognizing Child Abuse Guidebook

by Ester R.A. Leutenberg and John J. Liptak, EdD

Child abuse is a serious issue and can have enduring destructive effects on children. Parenting in the military can be a difficult task, is extremely stressful, and can take a person away from family a great deal of time.

Providing safe, secure, nurturing, and supportive environments for family members will help in the prevention of child maltreatment.

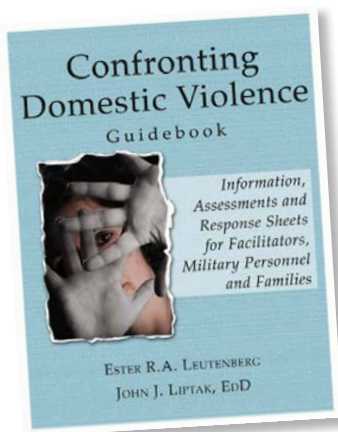
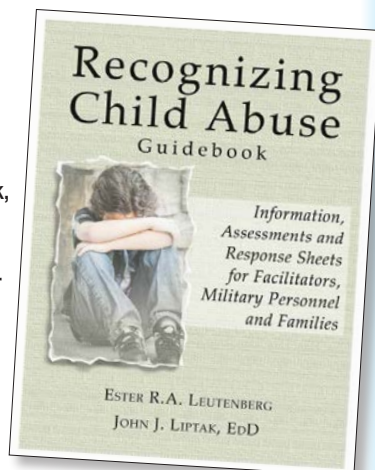
THE FOUR MODULES

- Neglect
- Emotional
- Physical
- Sexual

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MAR-2355 Printed version

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95



Confronting Domestic Violence Guidebook

by Ester R.A. Leutenberg and John J. Liptak, EdD

Domestic violence is a pattern of abusive behavior used by one partner in a relationship to gain or maintain power and control over another partner, usually in the home. Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated, or dating. Domestic violence includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

THE FOUR MODULES:

- Physical abuse
- Sexual abuse
- Psychological abuse
- Financial abuse

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Advocating for Exceptional Military Family Members Guidebook

by Ester R.A. Leutenberg and John J. Liptak, EdD

This guidebook is designed to help anyone involved with the military in any way to become aware of exceptional family members' special needs and associated concerns. It is also vital to explore the various types of special needs, recognize and examine current ways that these special needs manifest themselves, and explore caregiver stress and ways to advocate for exceptional family members.

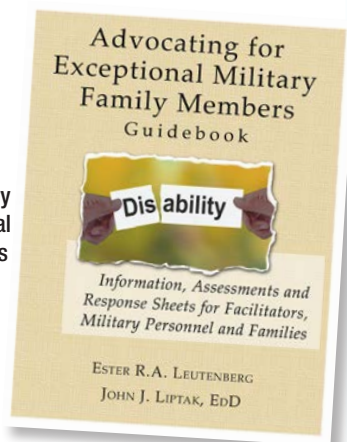
THE FOUR MODULES

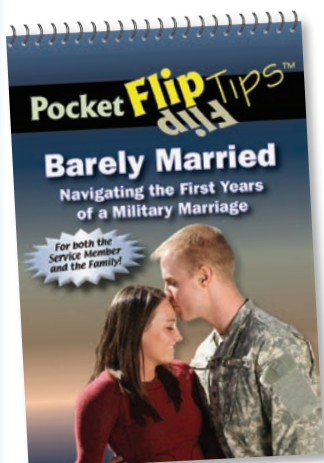
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- Mental Health Challenges
- Caregiver Stress
- Support and Advocacy

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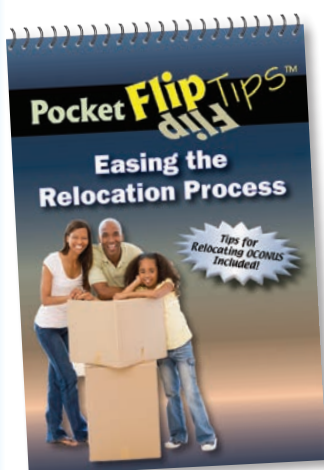
Barely Married: Navigating the First Years of a Military Marriage Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on navigating the first years of a military marriage. 16-pages, 3 ½" x 5 ½". Discusses:

- Deployments and reunions
- General military knowledge
- Advice on support groups

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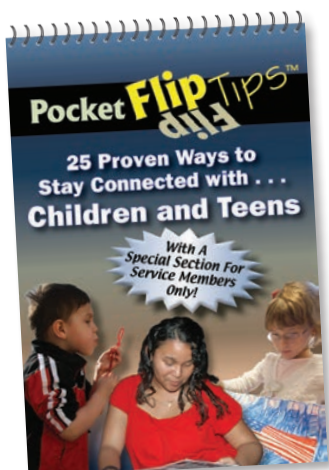
Easing the Relocation Process Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on easing the relocation process. 16-pages, 3 ½" x 5 ½". Discusses:

- Helping children adjust to the move
- Protecting your property and easing your packing
- Overseas relocation advice
- Permanent change of station checklist
- Saving money
- Credit rating and reports

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25 Proven Ways to Stay Connected with Children and Teens Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on staying connected with children and teens. Discusses 25 different activities and tips for you to use for keeping in touch with your children and teens. 16-pages, 3 ½" x 5 ½".

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FAMILY PROGRAMS & ADVOCACY

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Essential Resources At Your Fingertips Pocket Flip Tips

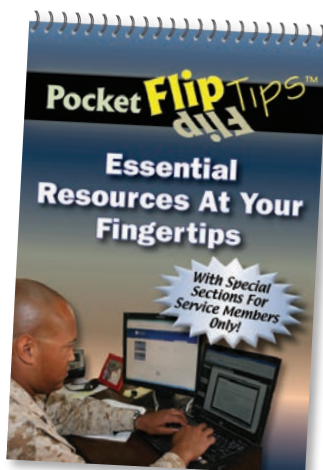
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on essential resources.

16-pages, 3 1/2" x 5 1/2". Discusses:

- Education
- Searching for employment
- Physical and mental health services

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Dealing With Divorce Pocket Flip Tips

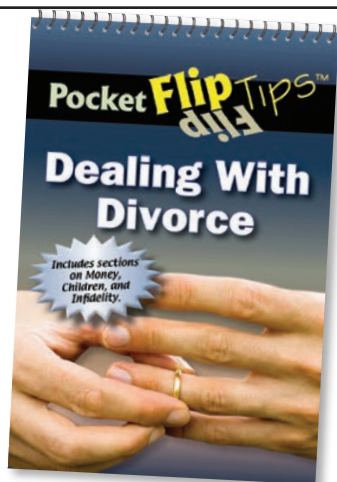
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on dealing with divorce.

16-pages, 3 1/2" x 5 1/2". Discusses:

- Money management
- Children
- Infidelity

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Single in the Military Pocket Flip Tips

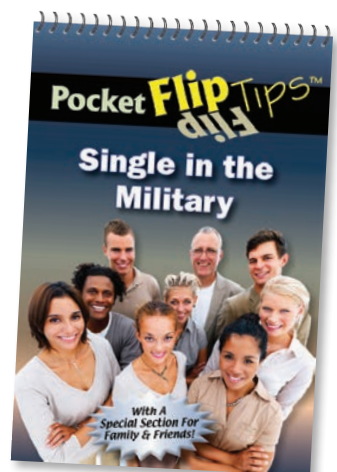
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on being single in the military.

16-pages, 3 1/2" x 5 1/2". Discusses:

- Preparing for deployment
- What to do during deployment
- Reunion and reintegration

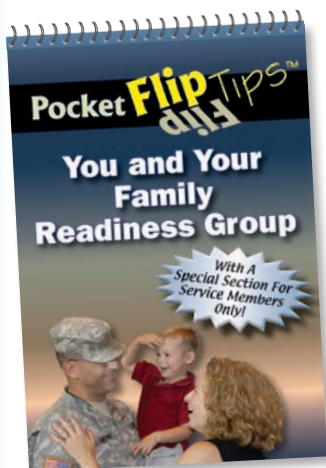
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You and Your Family Readiness Group Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on you and your family readiness group. 16-pages, 3 1/2" x 5 1/2". Discusses:

- How to utilize your FRG effectively
- FRG leaders
- Family members

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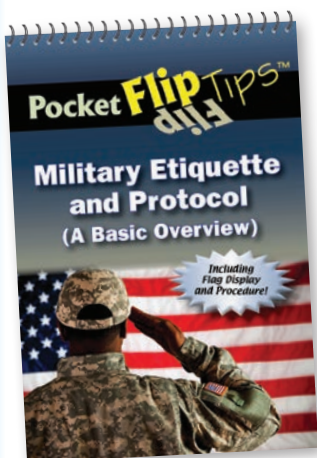
Clear Communication: Are you getting your point across? Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on clear communication. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Body language
- Active listening
- How to get your point across
- Speaking in front of others

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Military Etiquette & Protocol Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on dealing with military etiquette and protocol. 16 pages, 3 1/2" x 5 1/2". Discusses:

- The order of precedents
- Proper conduct at events
- Dos and don'ts of flag display

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Relocation Military Info Slide

This Military Info Slide focuses on coping with the stress of relocation. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 ½" x 3 ¾". Discusses:

- What to do in the months and weeks leading up to the relocation
- Moving in
- Pets
- Budgeting

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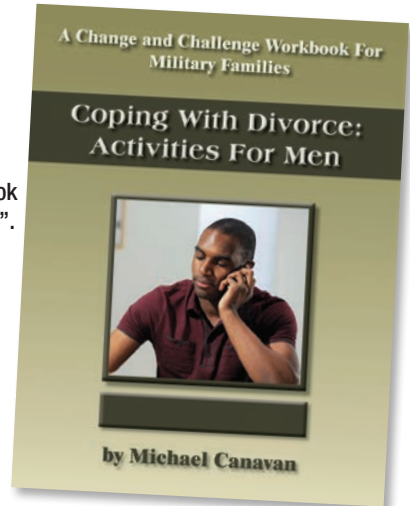
Coping With Divorce: Activities For Men Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on men coping with divorce. 16-pages, 8 ½" x 11". Discusses:

- Responding to advice from others
- What to tell your kids
- What your mediator or attorney will need
- Children's rights

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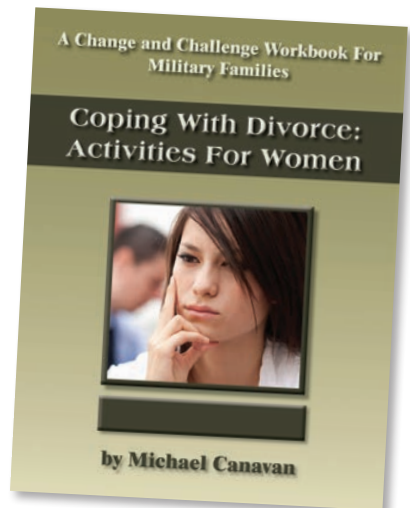
Coping With Divorce: Activities For Women Workbook

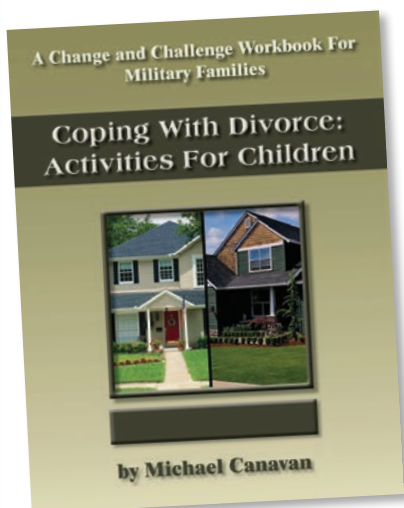
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on women coping with divorce. 16-pages, 8 ½" x 11". Discusses:

- Responding to advice from others
- What to ask your attorney
- What to tell your kids about your divorce

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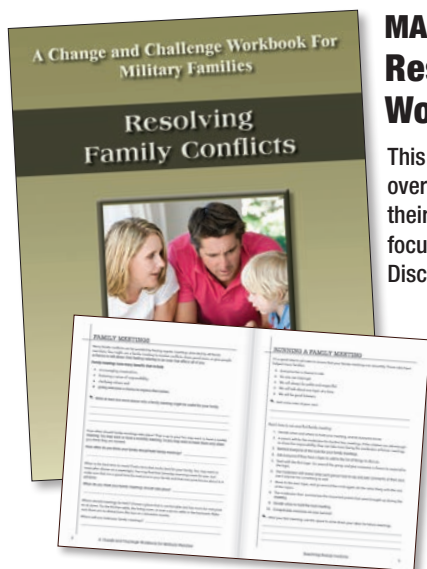
Coping With Divorce: Activities For Children Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on children coping with divorce. 16-pages, 8 1/2" x 11". Discusses:

- Creating two comfortable homes
- House rules
- People you can call for help

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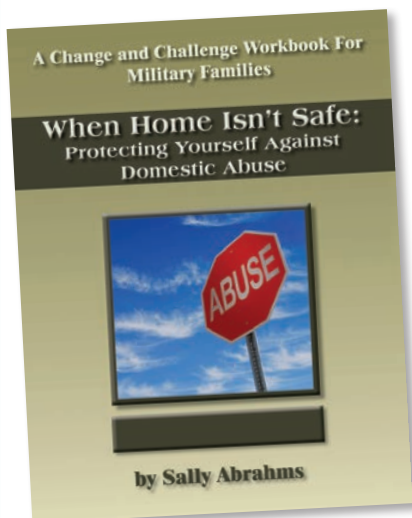
Resolving Family Conflicts Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on resolving family conflicts. 16-pages, 8 1/2" x 11". Discusses:

- Identifying the problem
- If parents don't agree
- Discipline
- Effective communication

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When Home Isn't Safe: Protecting Yourself Against Domestic Abuse Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on protecting yourself against domestic abuse. 16-pages, 8 1/2" x 11". Discusses:

- Truths and myths about abuse
- How abusers behave
- Sexual abuse

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When Love Hurts: Protecting Yourself Against Emotional Abuse Workbook

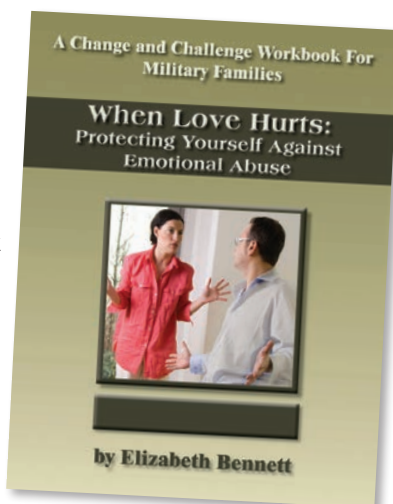
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on protecting yourself against emotional abuse.

16-pages, 8 ½" x 11". Discusses:

- Identifying if you are in an abusive relationship
- What a healthy relationship looks like
- If an abuser can change

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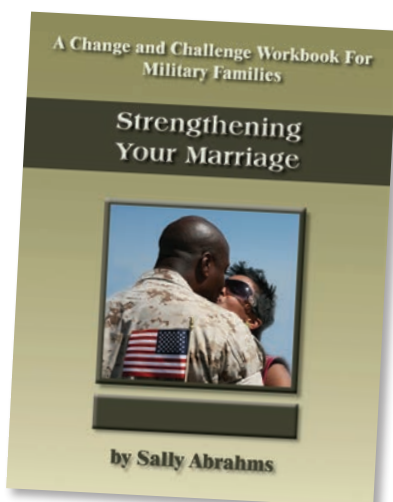
Strengthening Your Marriage Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on strengthening your marriage. 16-pages, 8 ½" x 11". Discusses:

- What contributes to a strong marriage
- What causes stress in a marriage
- Working on your marriage

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MAR-3BK11125

Single Soldiers Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life.

This booklet focuses on single soldiers. 16-pages, 5 ½" x 8 ½".

Discusses:

- Being single vs. being married
- Personal responsibilities
- Things to keep in mind while dating

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MAR-3BK10325

Stress in the Military Family Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on stress in the military family.

16-pages, 5 1/2" x 8 1/2". Discusses:

- Acute stress
- Episodic stress
- Chronic stress
- Common questions about stress

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Healthy Relationships for Military Families Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on healthy relationships for military families.

16-pages, 5 1/2" x 8 1/2". Discusses:

- Ingredients for healthy relationships
- Sacrifice
- Traditions
- Honesty
- Security
- Trust

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Volunteering, Leadership Skills, and Problem Solving Booklet

Written by expert military counselors, this easy-to-read booklet guides military families through the many challenges of military life. This booklet focuses on volunteering, leadership skills, and problem solving. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Benefits of volunteering
- Traits a good leader should have
- How to be a good problem solver

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Traditions and Protocol Booklet

Written by expert military counselors, this easy-to-read booklet guides military families through the many challenges of military life. This booklet focuses on traditions and protocol. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Important situations that might be encountered
- How to handle important situations

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Military Lingo, Time, and the LES Booklet

Written by expert military counselors, this easy-to-read booklet guides military families through the many challenges of military life. This booklet focuses on military lingo, time, and the LES. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Branch specific lingo
- Phonetic alphabet
- Leave and earning statement

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MAR-2077

Managing Anger And Resolving Conflict Booklet

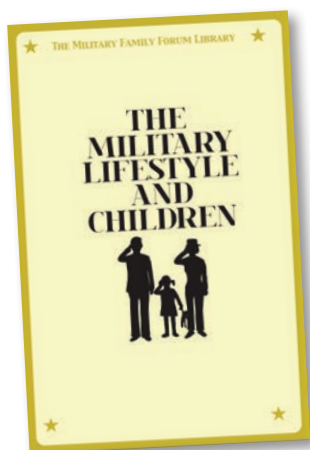
Everyone becomes angry and faces conflict at times. This booklet discusses how military members and their families can better manage anger and conflict. It offers a seven-step method to resolving conflict before it escalates. 16-pages, 5 1/2" x 8 1/2".

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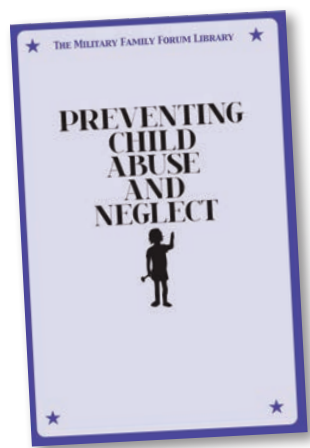
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MAR-2078 The Military Lifestyle and Children Booklet

How can parents help their children adapt to the special aspects of military life? This booklet explores ways to make the military lifestyle a positive experience. 16-pages 5 ½" x 8 ½".

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Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



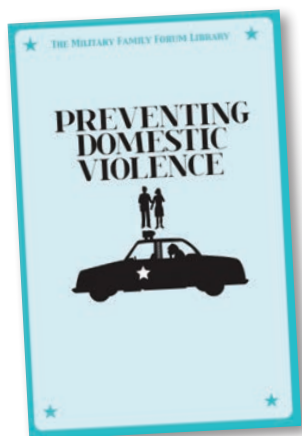
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See DIG2079 online.

MAR-2079 Preventing Child Abuse and Neglect Booklet

This important booklet offers tips on how to identify abuse and neglect and instill self-esteem in children to help them avoid abusive situations. Risk factors specific to military families are reviewed. 16-pages 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2080 online.

MAR-2080 Preventing Domestic Violence Booklet

The unique stresses that military families face can put them at risk for domestic violence. This booklet's suggestions for controlling temper and keeping a marriage healthy will help prevent domestic violence. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99

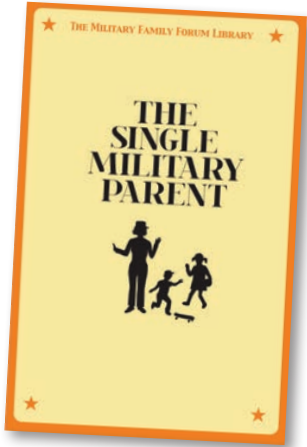
MAR-2081

The Single Military Parent Booklet

What happens when a single parent leaves for a tour of duty? How can the parent manage career and home responsibilities? This booklet offers specific suggestions to help single parents raise their children successfully. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2081 online.

MAR-2082

Parenting Your Grandchildren Booklet

Stepping in for a parent who is deployed, incarcerated or incapacitated due to drug use is a stressful and emotionally delicate situation. This booklet covers essential information about the feelings, legal and financial issues, and the resources available to cope with this situation. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2082 online.

MAR-2084

Building Strong And Happy Families Booklet

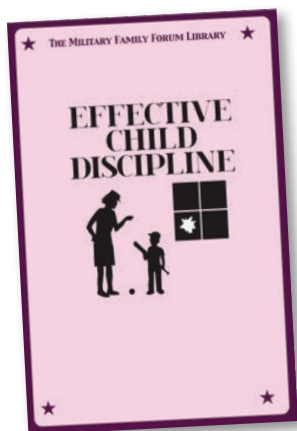
This booklet explains six characteristics of strong families. It explores ways to meet challenges caused by either a change in the family or by external events. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2084 online.



Digital Version Available.
See DIG2085 online.

MAR-2085

Effective Child Discipline Booklet

Disciplining children can be more difficult for military parents because of their many separations. This booklet reviews the special needs of military families and children, and provides practical discipline techniques that work. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2086 online.

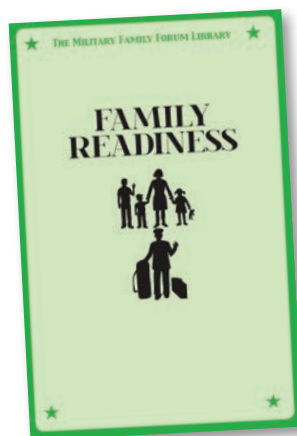
MAR-2086

Family Communication Booklet

Families that communicate well are usually strong families, with a level of closeness and support that helps them survive crises. This booklet offers sound advice to improve family communication. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2087 online.

MAR-2087

Family Readiness Booklet

Readiness is crucial to success for both service members and their families. This booklet offers help in planning for the inevitable separations, moves, and other experiences that military families face. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99

FAMILY PROGRAMS & ADVOCACY

MAR-1696

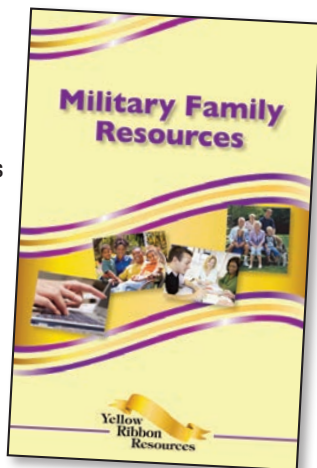
Military Family Resources Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

- Children
- Permanent change of station
- Support
- Entertainment

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG1696 online.

MAR-1728

Responsibilities Of Military Families: Social Media Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on managing the benefits and risks of social media for service members and their families. 3 ½" x 2 ½". Discusses:

- The benefits of using social media sites
- The dangers of using social media sites
- How to safely make posts about loved ones in the military

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1886

Volunteering Military Instant Facts Banner Pen

This Banner Pen focuses on volunteering. **WARNING:** This pen is not for use by children. Discusses:

- Volunteering for family readiness groups and unit support organizations
- Volunteering time to send cards, letters, gifts, and care packages
- Volunteering to help military families

Quantity	1-249	250-499	500-999	1000-2499	2500+
Price	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea



FAMILY PROGRAMS & ADVOCACY

MAR-1654

Relationships STRESS-O-METER

A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1⁄8" x 3 3⁄8". This card focuses on relationships

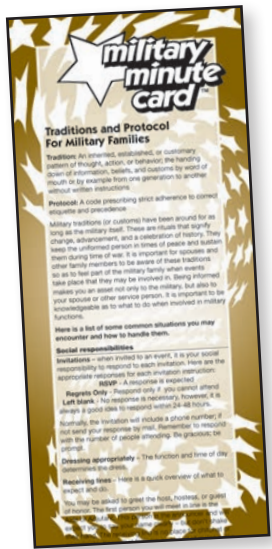


On the back of the card are helpful tips for relationship stress reduction, such as:

- Communication is the key
- Talk about your feelings with your partner
- Discuss your concerns with a friend or counselor when necessary
- Connect with spouse groups on base

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



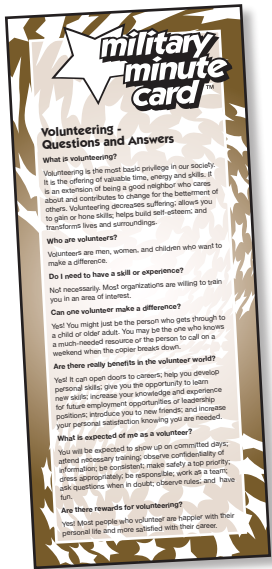
MAR-3MM11550

Traditions and Protocol for Military Families Military Minute Card

Military members love this fast-read card that encapsulates the best advice on traditions and protocol. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5⁄8" x 8 1⁄2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM11650

Volunteering Questions and Answers Military Minute Card

Military members love this fast-read card that encapsulates the best advice on volunteering. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5⁄8" x 8 1⁄2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

FAMILY PROGRAMS & ADVOCACY

MAR-3MM11450

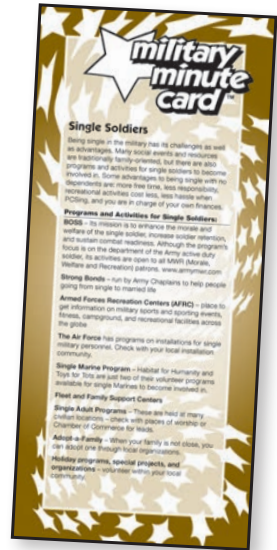
Single Soldiers Military Minute Card

Military members love this fast-read card that encapsulates the best advice for single soldiers. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays.

Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM11950

Army/Army National Guard Military Minute Card

Military members love this fast-read card that encapsulates the best advice for Army/Army National Guard. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays.

Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM12350

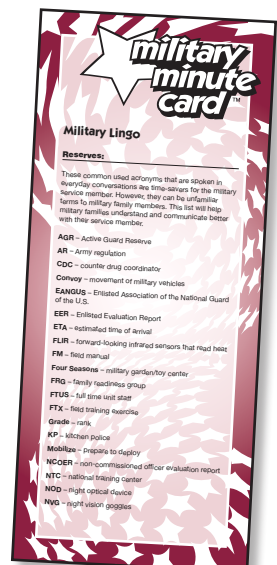
Reserves Military Minute Card

Military members love this fast-read card that encapsulates the best advice for Reserves. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays.

Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



FAMILY PROGRAMS & ADVOCACY



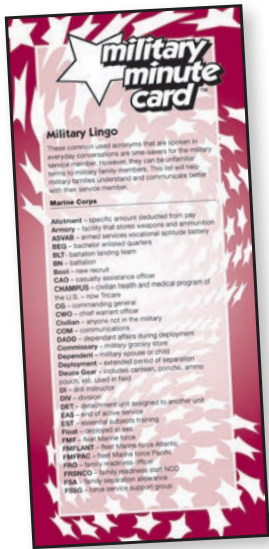
MAR-3MM12050

Navy/Coast Guard Military Minute Card

Military members love this fast-read card that encapsulates the best advice for Navy/Coast Guard. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



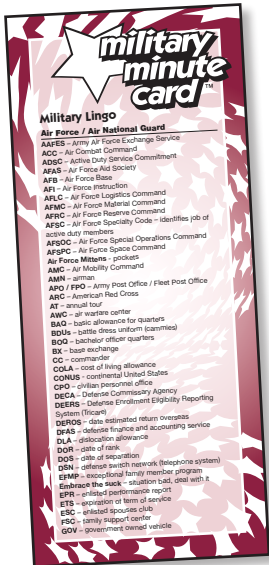
MAR-3MM12150

Marines Military Minute Card

Military members love this fast-read card that encapsulates the best advice for Marines. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM12250

Air Force/Air National Guard Military Minute Card

Military members love this fast-read card that encapsulates the best advice for Air Force/Air National Guard. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 cards of the same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

FAMILY PROGRAMS & ADVOCACY

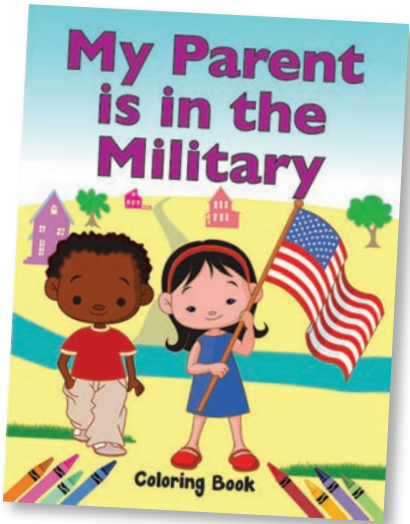
MAR-2096

My Parent is in the Military Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



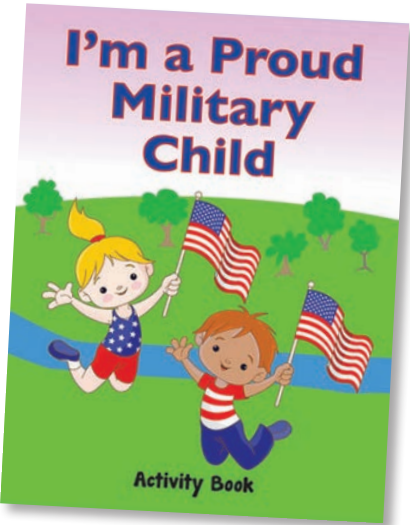
MAR-2099

I'm A Proud Military Child Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



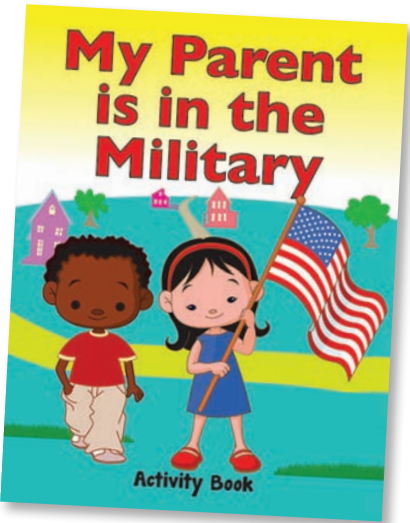
MAR-2105

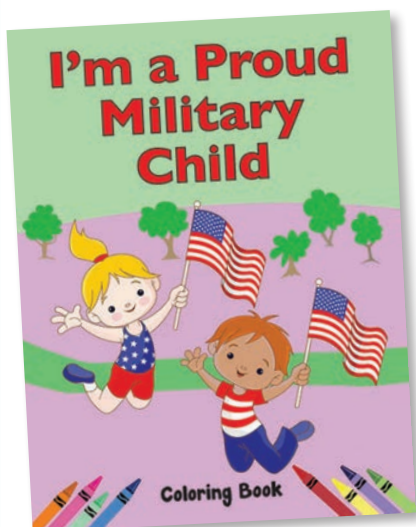
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Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99





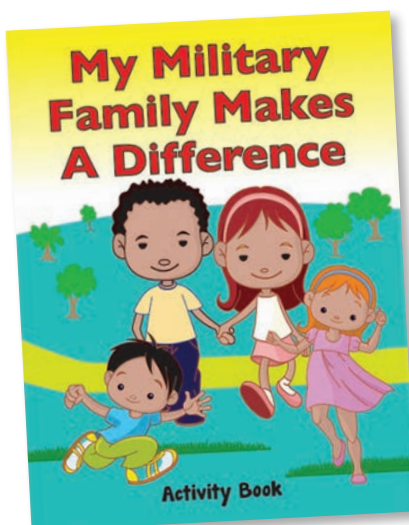
MAR-2090

I'm A Proud Military Child Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



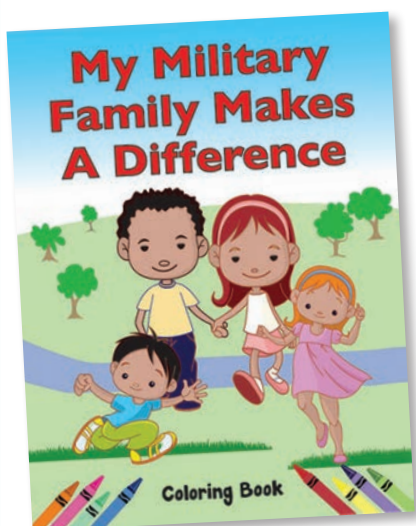
MAR-2100

My Military Family Makes A Difference Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



MAR-2091

My Military Family Makes A Difference Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99

FAMILY PROGRAMS & ADVOCACY

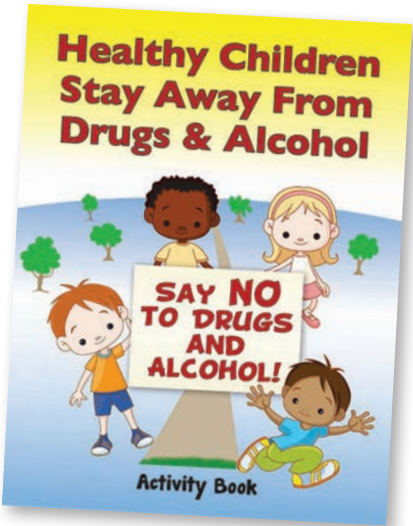
MAR-2102

Healthy Children Stay Away From Drugs and Alcohol Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



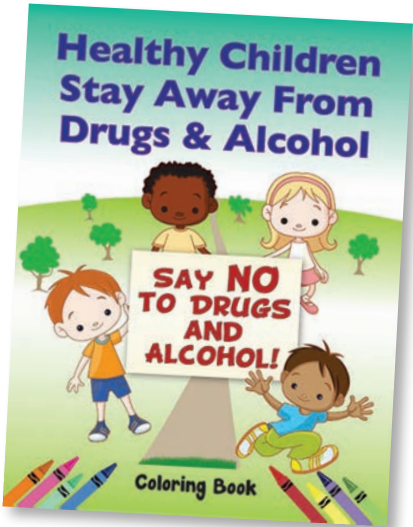
MAR-2093

Healthy Children Stay Away From Drugs and Alcohol Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



MAR-2106

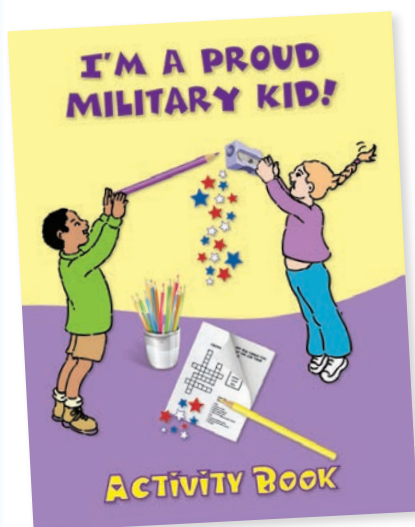
My New School Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99





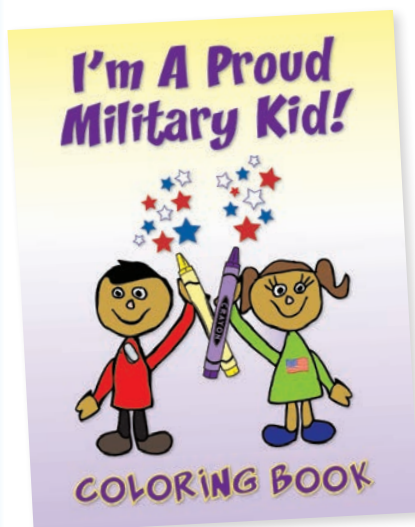
MAR-1681

I'm A Proud Military Kid Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



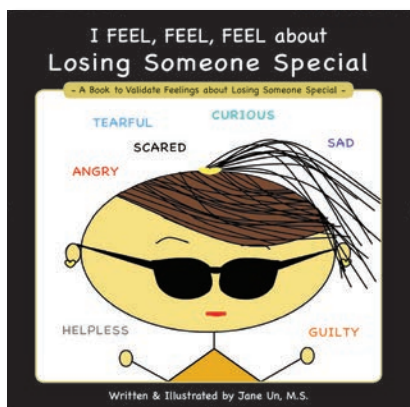
MAR-1679

I'm A Proud Military Kid Coloring Book

This coloring book offers a positive message about military life. Colorful 8 1/2" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



MAR-1897

I FEEL, FEEL, FEEL about Losing Someone Special Book

Ages 4-8. A book to validate feelings about losing someone special. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Grieving from a loss takes time and family effort. This book can help foster closer relations by understanding how the child feels, promote better communication between you and your child, and help you in being a support system for your child. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities: \$10.95 each

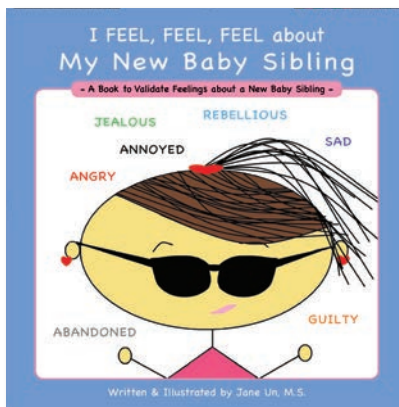
FAMILY PROGRAMS & ADVOCACY

MAR-1898

I FEEL, FEEL, FEEL about My New Baby Sibling Book

Ages 4-8. A book to validate feelings about a new baby sibling. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. This book can help foster closer relations by understanding how the child feels, promote better communication between you and your child, and help you in being a support system for your child. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities: \$10.95 each



MAR-1900

I FEEL, FEEL, FEEL about My Step-Family Book

Ages 4-8. A book to validate feelings about step-families. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning into a step-family is a long process, as it will take patience and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities: \$10.95 each

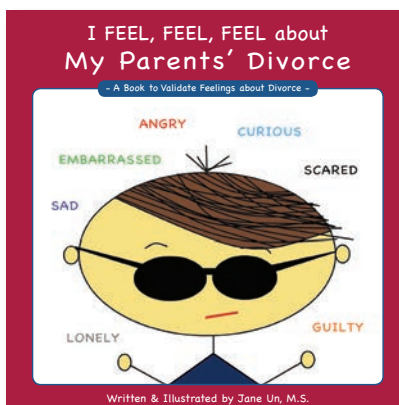


MAR-1901

I FEEL, FEEL, FEEL about My Parents' Divorce Book

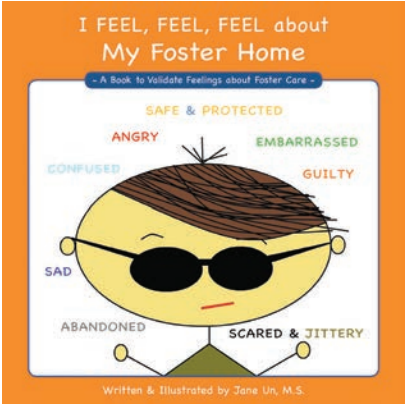
Ages 4-8. A book to validate feelings about divorce. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning from a parental divorce takes time, patience, and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities: \$10.95 each



FAMILY PROGRAMS & ADVOCACY

FAMILY PROGRAMS & ADVOCACY



MAR-2050 I FEEL, FEEL, FEEL about My Foster Home Book

Ages 4-8. A book to validate feelings about foster homes. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. This book is an initial stepping stone for the child to identify feelings, learn positive coping skills, and feel validated about feelings towards their foster home. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities: \$10.95 each



MAR-1632R Yellow Ribbon Student Kit

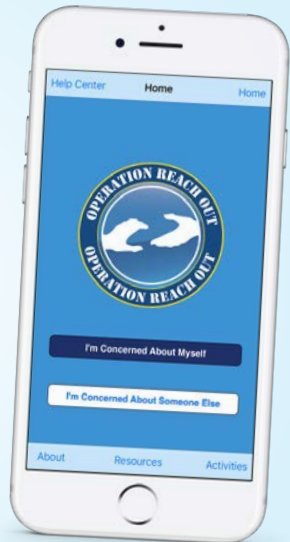
Now, everyday student necessities are available with our great Yellow Ribbon slogan. Conveniently packaged in a clear zippered pouch, this kit includes 2 pencils, eraser, pencil sharpener, ruler, and crayons. This pouch fits into most three-ring binders. 9" x 6"

1-99	100-499	500+
\$3.45 ea	\$3.25 ea	\$2.85 ea

FREE Suicide Prevention App from **OPERATION REACH OUT**



Download a free version
on the App Store or Google Play.
For more information, visit
OpReachOut.com



FAMILY PROGRAMS & ADVOCACY

MAR-18042

"Support Our Heroes" Silicone Bracelet

Wear this positive message on your wrist for everyone to see! Our fun-to-wear bracelets are always a treat for anyone that receives them. One size fits all!

Sold in packs of 10.

All Quantities: \$11.95 per pack



MAR-1627

Yellow Ribbon Silicone Bracelet

These fashionable bracelets are very popular and can be worn every day to show your support! One size fits all.

Sold in packs of 10 bracelets.

All Quantities: \$9.95 per pack



MAR-18041

Proud to be a Military Family Silicone Bracelet

Wear this positive message on your wrist for everyone to see! Our fun-to-wear bracelet is always a treat for anyone that receives it. 1 size fits all!

Sold in packs of 10 bracelets.

All Quantities: \$11.95 per pack



MAR-390648

"Proud to be a Military Kid" Silicone Bracelet

These red, white and blue bracelets are the perfect, low-cost giveaway.

Kids love them and the message of pride they send.

Sold in packs of 10 bracelets.

All Quantities: \$11.95 per pack





MAR-1324

Dog Tag: Proud to be a Military Kid

These patriotic dog tags make a unique gift to celebrate the Month of the Military Child in April or for any special event. The 1 1/8" x 2 1/4" dog tag comes on a 24" chain.

Sold in packs of 10 dog tags.

All Quantities: \$19.95 per pack



MAR-352493

Proud to be a Military Kid Teddy Bear

Our low-cost 7" cuddly sitting bear makes a great gift or prize for special youngsters. Each bear is dressed in a T-shirt with our "Proud to be a Military Kid" logo on the front.

All Quantities: \$8.49 each

MAR-390633 Celebrate Military Family Month Banner

This giant 3' x 5' high quality banner announces to everyone that it is time for National Military Family Month! Celebrated in November, this event commemorates

the commitment and strength of the men and women in our Armed Forces and the sacrifices and courage of their family members. This banner is a perfect way to highlight the event. Hang it at your base school, administration building, family center or any place where military families converge. Made of durable poly with brass corner grommets for easy fastening, this colorful banner will provide years of use.



All Quantities: \$27.95 each

FAMILY PROGRAMS & ADVOCACY

MAR-382519

“Proud to be a Military Family!” Magnet

Demonstrate pride in being a military family and raise public awareness at the same time! Families will be sending a meaningful message for all to see when they put this colorful magnet on their car, in their home or at their office. These 3-7/8” x 8” magnets are designed to be durable, flexible, and easy to move from place to place! Special pop-out section.

Sold in packs of 25 magnets of the same style.

All Quantities: \$17.99 per pack



MAR-3MG10125

Positive Message Magnet: Recipe for Military Family Success

- Focused on important military family issues, these magnets offer messages with high impact
- These billboard, 3” x 5” magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc.
- Military families will appreciate the uplifting messages about childcare, relationships, self-esteem, and more
- Colorful design and graphics make these magnets shout out their message to all

Sold in packs of 25 magnets of the same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



MAR-3MG10425

Positive Message Magnet: Military Parents Promise Pledge

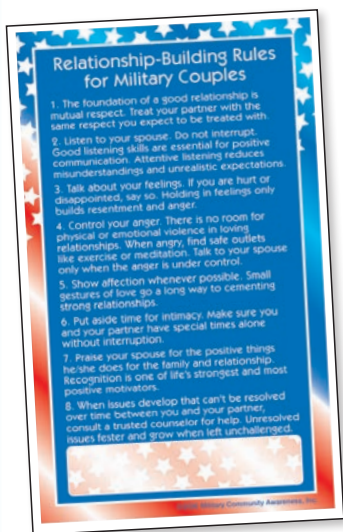
- Focused on important military family issues, these magnets offer messages with high impact
- These billboard, 3” x 5” magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc.
- Military families will appreciate the uplifting messages about childcare, relationships, self-esteem, and more
- Colorful design and graphics make these magnets shout out their message to all

Sold in packs of 25 magnets of the same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



FAMILY PROGRAMS & ADVOCACY



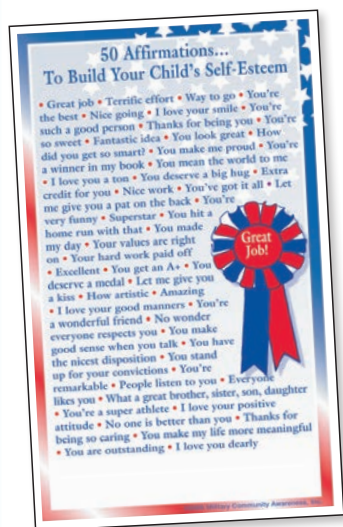
MAR-3MG10525

Positive Message Magnet: Relationship Building Rules for Military Couples

- Focused on important military family issues, these magnets offer messages with high impact
- These billboard, 3" x 5" magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc.
- Military families will appreciate the uplifting messages about childcare, relationships, self-esteem, and more
- Colorful design and graphics make these magnets shout out their message to all

Sold in packs of 25 magnets of the same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



MAR-3MG10325

Positive Message Magnet: 50 Affirmations

- Focused on important military family issues, these magnets offer messages with high impact
- These billboard, 3" x 5" magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc.
- Military families will appreciate the uplifting messages about childcare, relationships, self-esteem, and more
- Colorful design and graphics make these magnets shout out their message to all

Sold in packs of 25 magnets of the same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



FINANCIAL & LEGAL

MAR-1775

Budget Planning Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on budget planning. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Family budgets
- Budgets for singles
- Basic rules
- Decreasing your expenses
- Saving money
- Credit rating and reports

Sold in packs of 10 of same title.

No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG1775 online

MAR-1919

Finances Military Info Slide

This Military Info Slide focuses on tips for budgeting your finances. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

- Future planning
- Home finances
- Income vs. expenses

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-1389

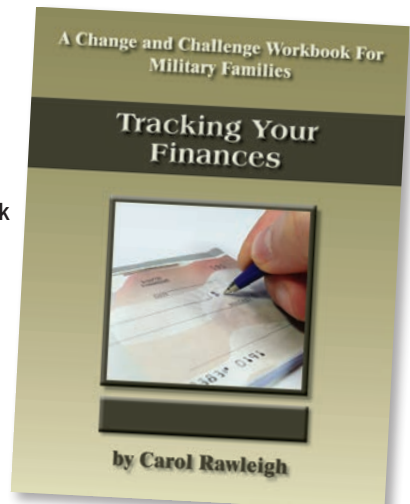
Tracking Your Finances Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on tracking your finances. 16-pages, 8 1/2" x 11". Discusses:

- Tracking your finances
- Planning and goals
- Understanding your spending patterns
- Tracking your money

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



This product available in Spanish

MAR-1038 Military Family Finances: Planning and Budget Handbook

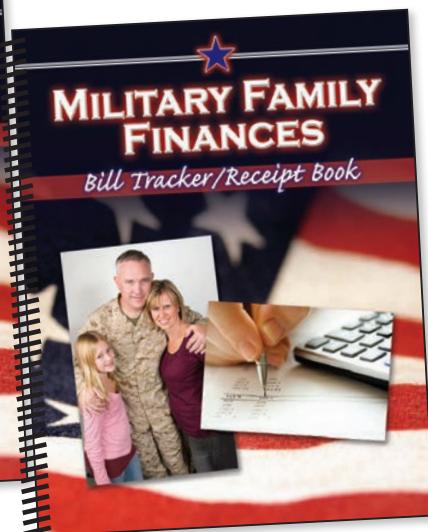
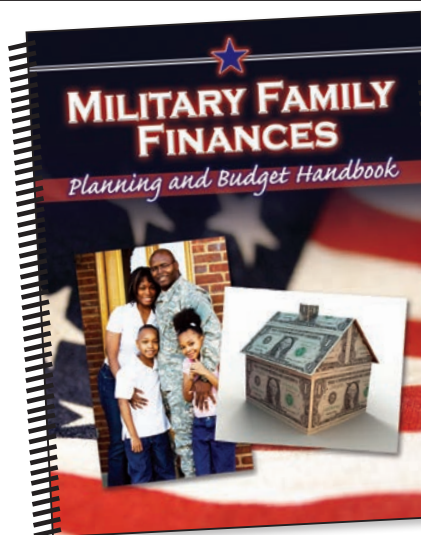
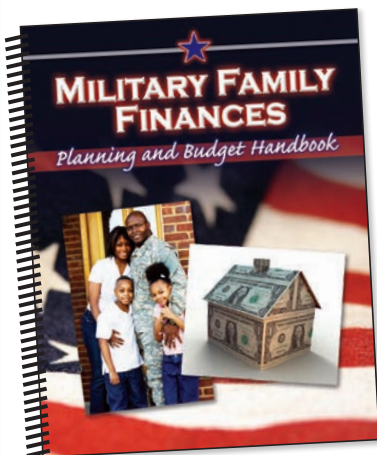
Designed specifically for military families, this book will provide you with the tips and tools you need to get control over your personal finances. You'll learn how to:

- Set and achieve short- and long-term financial goals
- Create a realistic budget
- Reign in spending
- Restructure and pay down debt
- Set aside an emergency fund
- Grow your savings

Worksheets, checklists, and tip sheets will help your family gain control over finances so you not only meet your present needs, but achieve your long-term financial goals. 18-pages, 8 ½ x 11", spiral bound.

Sold in packs of 10 of same title.

No. of Packs	1-9	10-24	25-49	50+
Price Per Pack	\$103.50	\$93.50	\$89.00	\$83.50



MAR-1039A

Military Family Finances: Set of Bill Tracker and Budget Handbook

All Quantities: \$149.50 per set

Set includes 1 pack (10) of Bill Tracker and 1 pack (10) of Budget Handbook.

Military Family Finances Bill Tracker/Receipt Book:

This book, designed specifically for military families, will give you greater control over your personal finances. 64-pages, 8 ½" x 11", spiral bound.

- Each section includes a handy pocket for information storage
- Keeps you organized and on top of your finances
- Lets you instantly find bills
- Portable-easy to take anywhere
- Ideal for preparing tax returns

Military Family Finances Planning and Budget Handbook:

Designed specifically for military families, this book will provide you with the tips and tools you need to get control over your personal finances. 18-pages, 8 ½" x 11", spiral bound. You'll learn to:

- Set and achieve short- and long-term financial goals
- Create a realistic budget
- Reign in spending
- Restructure and pay down debt
- Set aside an emergency fund
- Grow your savings

FINANCIAL & LEGAL

MAR-1037 Military Family Finances: Bill Tracker/Receipt Book

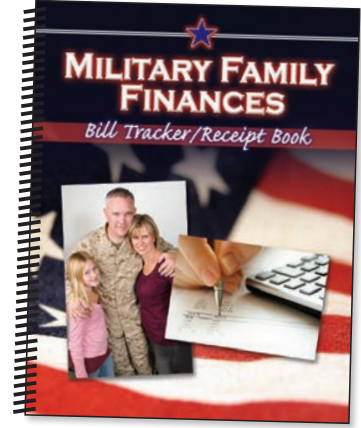
Staying on top of your family's financial records is vital to protecting your credit, being prepared for emergencies, and saving money on your taxes. This book, designed specifically for military families, will give you greater control over your personal finances.

- Each section includes a handy pocket for information storage
- Keeps you organized and on top of your finances
- Lets you instantly find bills
- Portable-easy to take anywhere
- Ideal for preparing tax returns

As bills come in, place them in the pocket for the month due and record them on the monthly form. As you pay them, just check paid on the form. Now you have a permanent record for each month of your expenses with hard copies of the bills ready for retrieval anytime you need them. 64-pages, 8 ½ x 11", spiral bound.

Sold in packs of 10 of same title.

No. of Packs	1-9	10-24	25-49	50+
Price Per Pack	\$103.50	\$93.50	\$89.00	\$83.50

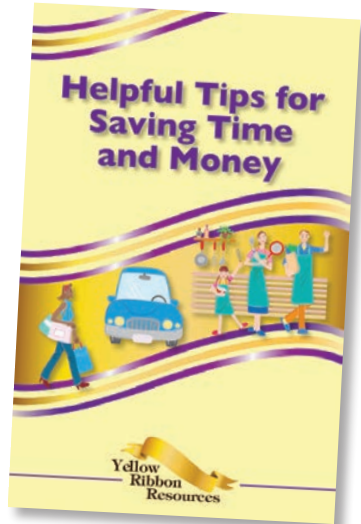


MAR-1690 Helpful Tips for Saving Time and Money

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This booklet addresses tips for saving time and money. 5 ½" x 8 ½", 16 pages.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-1646 Creating A Budget Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on creating a budget. 3 ½" x 2 ½". Discusses:

- What a budget is
- Budgeting dos and don'ts
- Budget resources

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50





MAR-18007 Budgeting Booklet

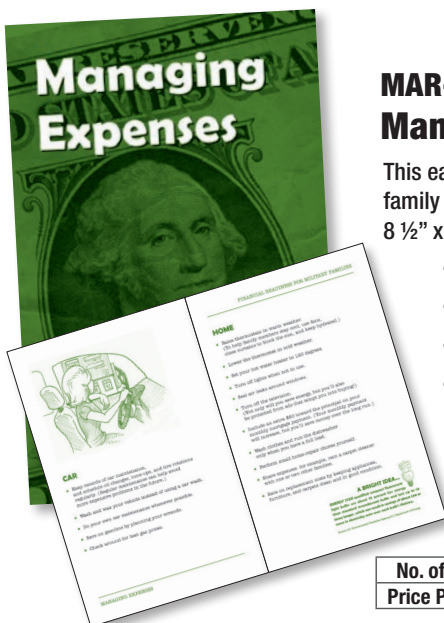
This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 1/2" x 5 1/2". Topics in this booklet include:

- Necessity or luxury?
- Planning ahead
- Developing a budget
- Debt consolidation

Digital Version Available.
See DIG18007 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-18008 Managing Expenses Booklet

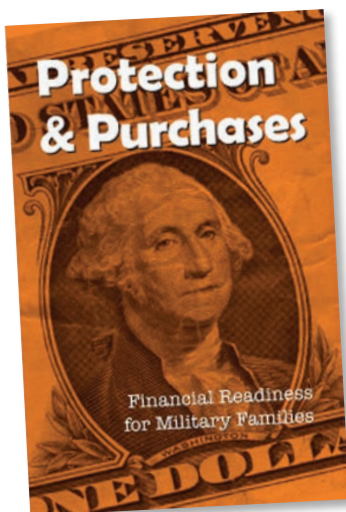
This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 1/2" x 5 1/2". Topics in this booklet include:

- Tips for cutting your expenses
- Extra money
- Compulsive shopping
- Involving family members

Digital Version Available.
See DIG18008 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-18009 Protection and Purchases Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 1/2" x 5 1/2". Topics in this booklet include:

- Personal financial management
- Service members Civil Relief Act
- Employment rights
- Military Lending Act

Digital Version Available.
See DIG18009 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99

MAR-18010

Separation, Divorce & Wills Booklet

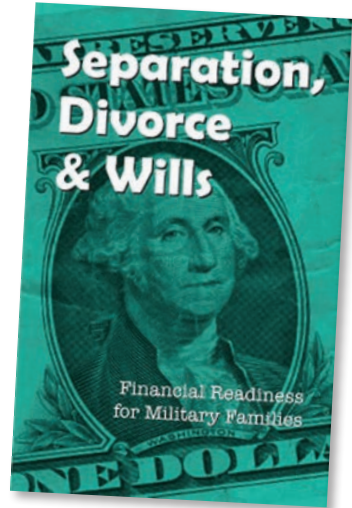
This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Working out a budget
- Decision-making during separation
- Dividing property
- Child support

Digital Version Available.
See DIG18010 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-18011

Setting Goals Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Career goals
- Educational goals
- Physical goals
- Family goals
- Involving family members

Digital Version Available.
See DIG18011 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-18012

Taxes, Benefits & Investments Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Record-keeping
- When it's time to file
- Maintaining your home
- Investing your funds

Digital Version Available.
See DIG18012 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99





MAR-1738

Relationships and Finances Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on relationships and finances. 5 ½" x 8 ½". Discusses:

- Communication and budgeting
- The spouse at home
- Balancing finances with your family and relationships

Digital Version Available.
See DIG1738 online.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-1763

10 Things You Need to Know About Handling Money Workbook

Learning to be responsible about money is an important task for all military families. This workbook helps kids understand that money is not unlimited, and that every family must live on a budget. They learn that it is important to be responsible about their money, and that saving and giving money to help others is as important as spending money on things they want. 16-pages, 8 ½" x 11". For ages 7-12.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



MAR-1404

Mastering Personal Finances Banner Pen

This Banner Pen focuses on mastering personal finances.

WARNING: This pen is not for use by children. Discusses:

- Good financial habits
- Bad financial habits
- A 4-step plan to help you master your money

Quantity	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea

MAR-1743

Understanding Personal Budgets Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on understanding personal budgets. 3 5/8" x 8 1/2". Discusses:

- Setting goals
- Living by a budget
- Keeping your debt down
- Establishing an emergency fund

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1744

Purchasing Stocks 101 Minute Card

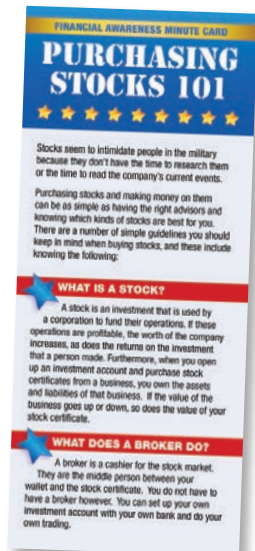
This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on purchasing stocks.

3 5/8" x 8 1/2". Discusses:

- What a stock is
- What a broker does
- Managed funds
- Index funds

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1745

Grants Minute Card

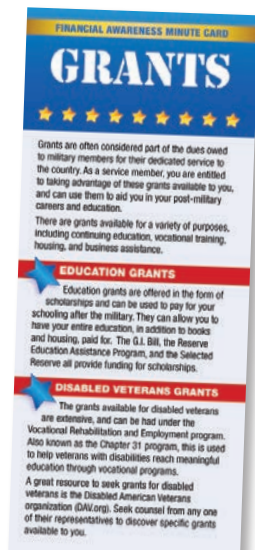
This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on grants.

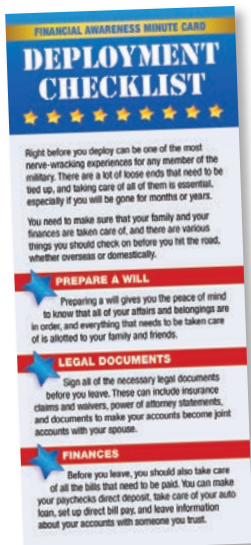
3 5/8" x 8 1/2". Discusses:

- Education grants
- Disabled veterans grants
- Housing grants
- Business assistance grants

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99





MAR-1746

Deployment Checklist Minute Card

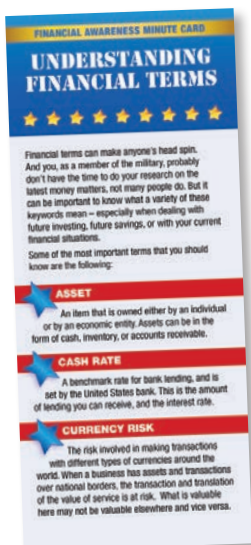
This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on deployment checklists. 3 5/8" x 8 1/2".

Discusses:

- Preparing a will
- Legal documents
- Finances
- Personal property
- Family and friends

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1747

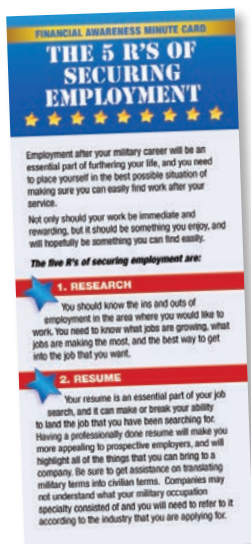
Understanding Financial Terms Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on understanding financial terms. 3 5/8" x 8 1/2". Discusses:

- Asset
- Cash rate
- Currency risk
- Equities
- Hedge fund
- Junk bond
- Purchasing power
- Shares

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1748

The 5 R's of Securing Employment Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on securing employment. 3 5/8" x 8 1/2".

Discusses:

- Research
- Resume
- Resourcefulness
- Range
- Realistic

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

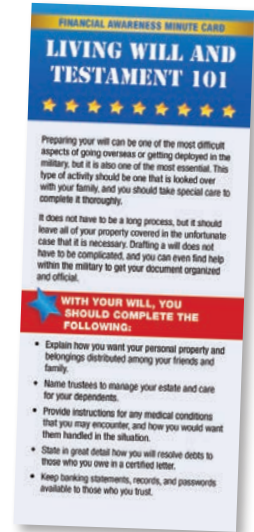
MAR-1749

Living Will And Testament 101 Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card discusses what to include in a will and testament. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1750

Money Matters For Military Members Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on money matters for military members. 3 5/8" x 8 1/2". Discusses:

- Setting money aside
- Credit score
- Direct deposit/bill pay
- Financial advisors

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1751

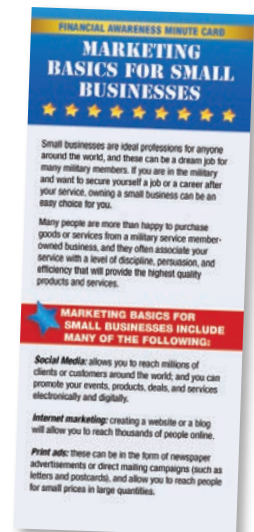
Marketing Basics For Small Businesses Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on marketing basics for small businesses. 3 5/8" x 8 1/2". Discusses:

- Social media
- Print ads
- Internet marketing
- Seminars

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99





MAR-1752 Technology And Financial Tools Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on technology and financial tools. 3 5/8" x 8 1/2". Discusses:

- Internet
- Smartphones
- Social media

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1753 Types Of Investing Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on types of investing. 3 5/8" x 8 1/2". Discusses:

- Stocks
- Bonds
- Mutual funds

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1754 Employment And Labor Trends Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on employment and labor trends. 3 5/8" x 8 1/2". Discusses:

- Management
- Business and financial operations
- Computer science
- Social services
- Education
- Communications

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

RESILIENCY & MENTAL HEALTH

Assessments/Scales

The assessments/scales were developed in an attempt to help facilitators or students/clients gather as much information about themselves as they possibly could within the smallest amount of time.

FOR BEST RESULTS:

When administering the assessments, please remember that the assessments can be administered, scored, and interpreted by the client. If working in a group, facilitators should circulate among participants as they complete assessments to ensure that there are no questions. If working with an individual client, facilitators can use the instruction collaboratively.

MAR-2373 - CSS

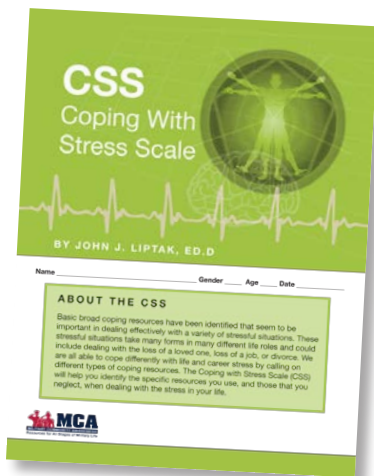
Coping with Stress Scale

The CSS will help you identify the specific resources you use, and those that you neglect, when dealing with the stress in your life. Contains 42 statements that measure the effectiveness of your ability to cope with stress. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages. Discusses:

- Social support resources
- Planning and change
- Internal resources
- Stress reduction

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



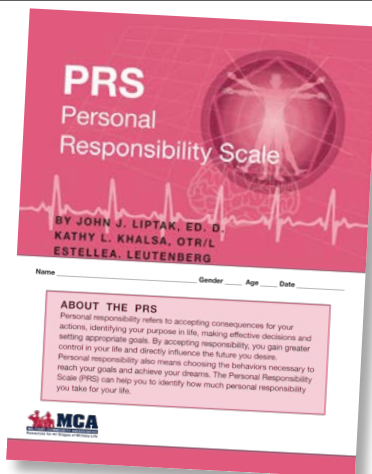
MAR-2374 - PRS

Personal Responsibility Scale

The PRS can help you to identify how much personal responsibility you take for your life. This inventory contains 28 statements. Includes an action plan to help you take more responsibility in your life. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



MAR-2375 - SRTS

Social Risk Taking Scale

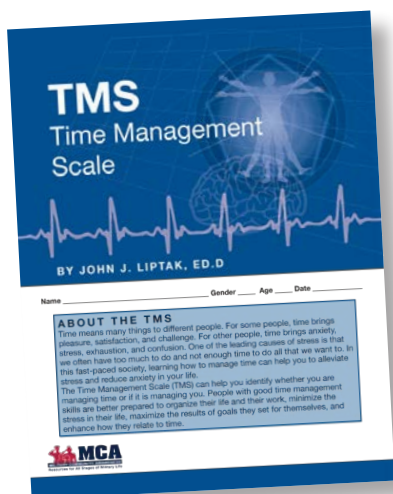
The SRTS can help you explore how much of a risk-taker you are. Contains 40 statements. Includes an "Upcoming Risks" section to help you anticipate upcoming risks you want to take but are afraid to do so. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



RESILIENCY & MENTAL HEALTH

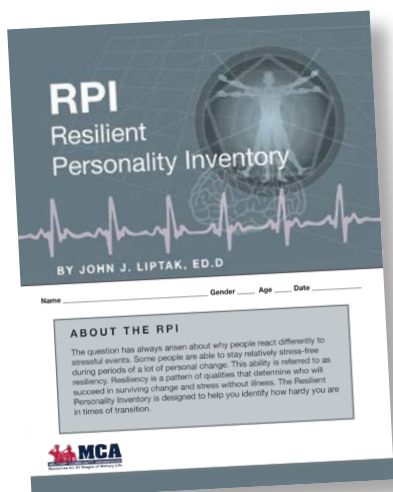


MAR-2376 - TMS Time Management Scale

The TMS can help you identify whether you are managing time or if it is managing you. Contains 40 statements. Also includes a "Time Management Exercise." 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99

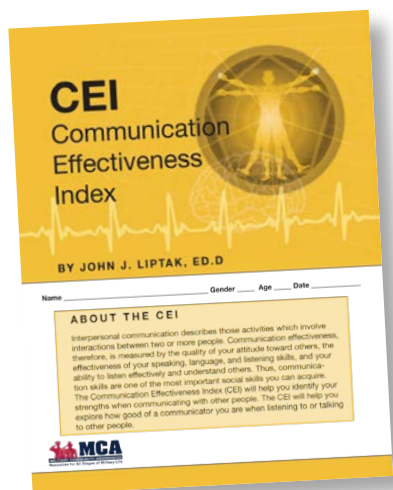


MAR-2377 - RPI Resilient Personality Inventory

The RPI is designed to help you identify how hardy you are in times of transition. Contains 32 statements that are divided into 4 sections; challenge, commitment, control, and creativity. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



MAR-2388 - CEI Communication Effectiveness Index

The CEI will help you explore how good of a communicator you are when listening to or talking to other people. Contains 40 statements that measure a variety of communication skills. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages. Discusses:

- Listening
- Verbal communication
- Trust building
- Nonverbal communication

Sold in packs of 10 of same title.

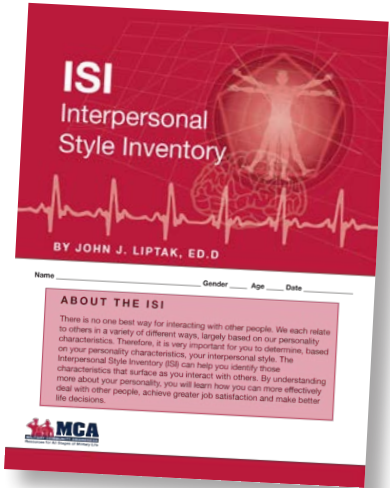
No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99

MAR-2389 - ISI
Interpersonal Style Inventory

There is no one best way for interacting with other people. We each relate to others in a variety of different ways, largely based on our personality characteristics. The ISI can help you identify those characteristics that surface as you interact with others. By understanding more about your personality, you will learn how you can more effectively deal with other people. Contains 64 questions. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
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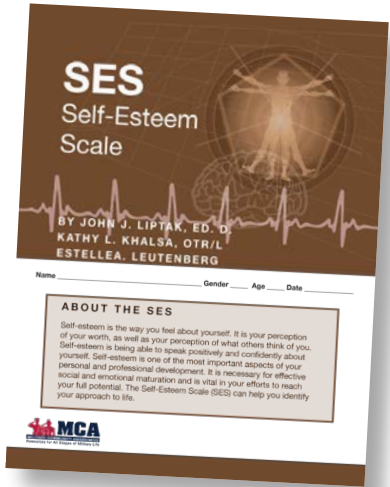


MAR-2380 - SES
Self-Esteem Scale

The SES can help you identify your approach to life. Contains 40 statements. Also includes a "PRIDE" section in which you fill in the sentence "I take pride in what I ..." 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

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Price Per Pack	\$19.99	\$18.99	\$17.99

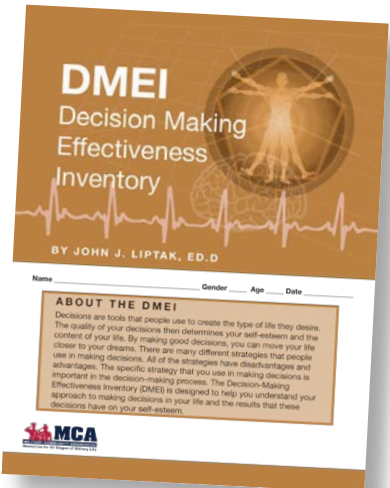


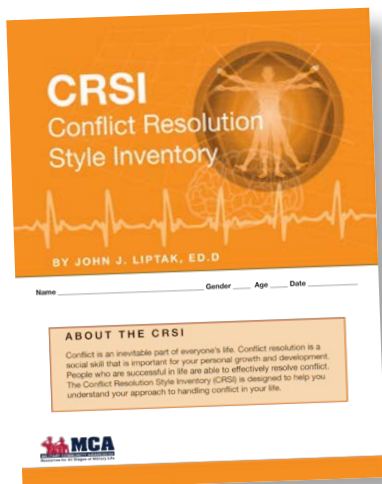
MAR-2381 - DMEI
Decision-Making Effectiveness Inventory

The DMEI is designed to help you understand your approach to making decisions in your life and the results that these decisions have on your self-esteem. Contains 28 statements that are divided into 4 sections. Includes a decision-making process which describes an example of an effective decision-making process that can be used to help with an upcoming decision that needs to be made. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



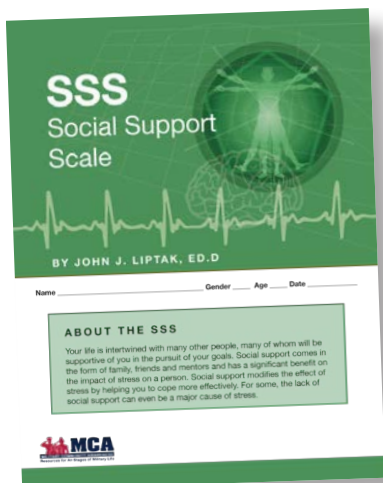


MAR-2382 - CRSI Conflict Resolution Style Inventory

The CRSI is designed to help you understand your approach to handling conflict in your life. Contains 28 statements that are divided into 4 conflict resolution styles. Includes conflict resolution worksheet. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99

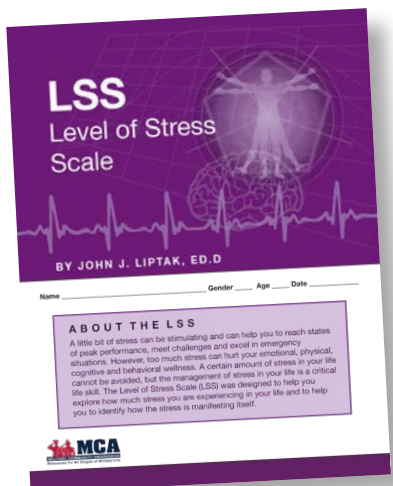


MAR-2383 - SSS Social Support Scale

This assessment contains 33 statements that are related to your social support system. Includes a section to record areas in which you need support and who can be your supporter in that area. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



MAR-2384 - LSS Level of Stress Scale

The LSS was designed to help you explore how much stress you are experiencing in your life and to help you to identify how the stress is manifesting itself. Includes a "Plans for Stress Management" section. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

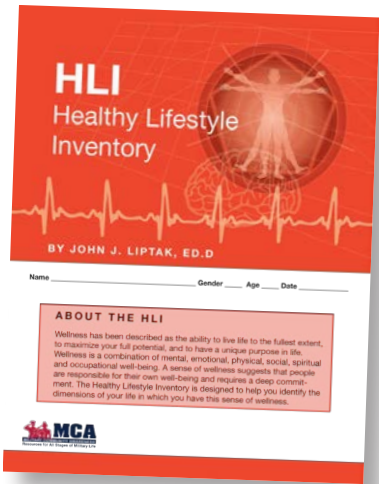
No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99

MAR-2385 - HLI
Healthy Lifestyle Inventory

Wellness has been described as the ability to live life to the fullest extent, to maximize your full potential, and to have a unique purpose in life. Wellness is a combination of mental, emotional, physical, social, spiritual and occupational well-being. A sense of wellness suggests that people are responsible for their own well-being and requires a deep commitment. The Healthy Lifestyle Inventory is designed to help you identify the dimensions of your life in which you have this sense of wellness. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99

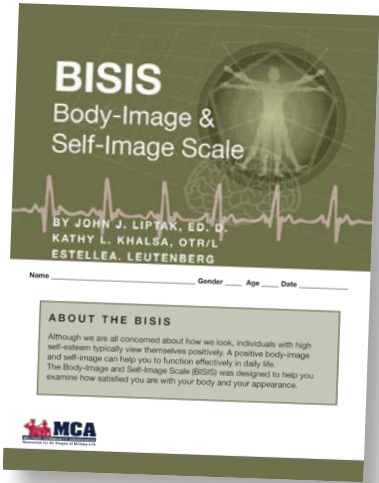


MAR-2386 - BISIS
Body-Image & Self-Image Scale

The BISIS was designed to help you examine how satisfied you are with your body and your appearance. Contains 32 statements that are related to your body-image and self-image. Includes suggestions for improving your body-image and self-image. And also includes a list of online helpful resources. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

No. of Packs	1-49	50-99	100+
Price Per Pack	\$19.99	\$18.99	\$17.99



MAR-2387 - VMI
Values Motivation Inventory

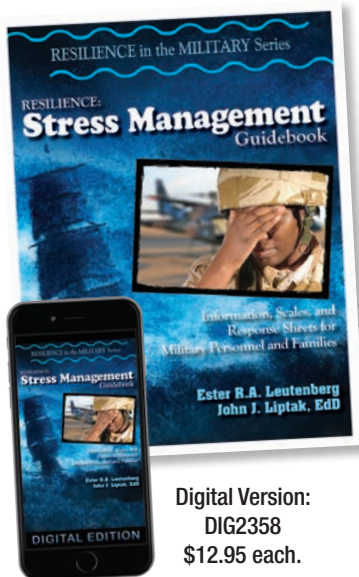
The VMI can help you identify and explore your dominant values and how they affect your lifestyle. Contains 72 statements. Includes a "Values Exploration" page in which you list your 4 most important values and then list one or more activities related to your values that you would like to learn more about. 17" x 22" unfolded, folds into 4 - 8 ½" x 11" pages.

Sold in packs of 10 of same title.

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RESILIENCY & MENTAL HEALTH



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DIG2358
\$12.95 each.

MAR-2358

RESILIENCE: Stress Management Guidebook

This guidebook is designed to help people involved with the military in any way, to learn specific skills that will allow them to manage stress they are currently experiencing, build resilience skills for times when they encounter stress, prevent the long term effects of chronic stress, and learn to deal effectively with the stress when it does occur.

THE FOUR MODULES

- Developing Mental Strength
- Developing Emotional Strength
- Developing Spiritual Strength
- Developing Social Strength

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95



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MAR-2359

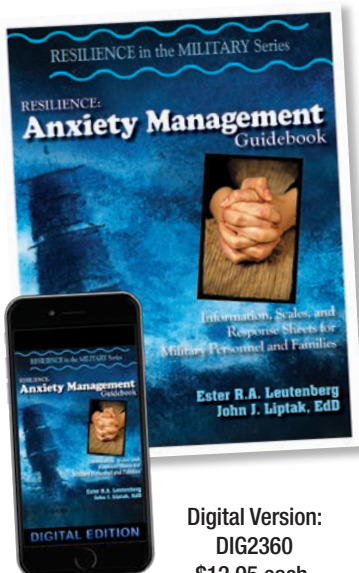
RESILIENCE: Crisis Management Guidebook

This guidebook is designed to help people involved with the military in any way, to learn specific skills that will allow them to manage stress they are currently experiencing, build resilience skills for times when they encounter stress, prevent a crisis from occurring, and cope with the crisis when it does occur.

THE FOUR MODULES

- Change Management
- Attitude Management Stress
- Management
- Crisis Management

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95



Digital Version:
DIG2360
\$12.95 each.

MAR-2360

RESILIENCE: Anxiety Management Guidebook

This guidebook is designed to help people involved with the military in any way, to learn specific skills that will allow them to manage anxiety they are currently experiencing, build resilience skills for managing anxiety in the future, and prevent anxiety and panic attacks from occurring.

THE FOUR MODULES

- Anxiety Symptoms
- Intensifying Anxiety
- Preventing Panic
- Mindfulness Techniques

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95

RESILIENCY & MENTAL HEALTH

MAR-2366

Mental Health Awareness Guidebook

by Ester R.A. Leutenberg and John J. Liptak, EdD

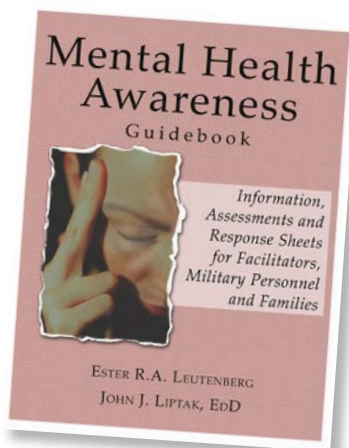
Mental health issues are prevalent in all levels of society, and certainly prevalent for members of the military. The purpose of this guidebook is to help anyone involved in the military to develop an awareness of the dynamics of mental health illness, the forms it takes, how it affects one, how to cope with it, how to recognize when it becomes a crisis, as well as the value of seeking a mental health professional.

THE FOUR MODULES

- Signs and Symptoms • Impact on Daily Life
- Coping Skills • Crisis: Harm and Suicide

Digital Version Available. DIG2366 \$12.95 each.

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95

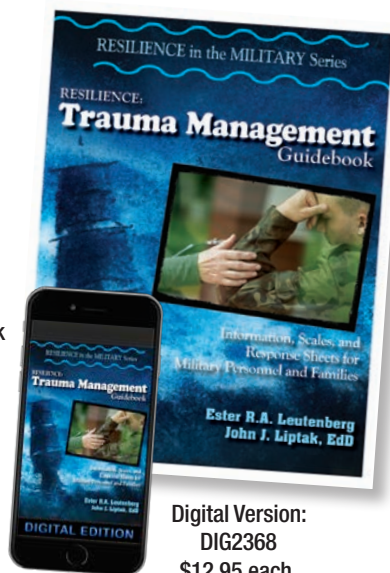


MAR-2368

RESILIENCE: Traumatic Management Guidebook

A loss of any type brings with it many different reactions. Grief represents the social, psychological, emotional, and physical reactions to the perception of a loss. It is normal to react to a loss with grief. Grief is actually a process through which people are able to pass through stages until the loss is accepted, emotions are expressed, and people have transitioned to a new and different life. This guidebook is designed to help people involved with the military in any way, to learn specific skills that will allow them to manage grief they are currently experiencing, build resilience skills for times when they encounter the effects of grief, prevent the long term effects of chronic grief, and learn to deal effectively with grief when it does occur.

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95



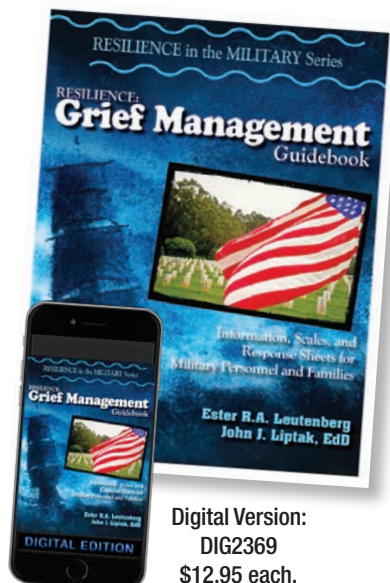
Digital Version:
DIG2368
\$12.95 each.

MAR-2369

RESILIENCE: Grief Management Guidebook

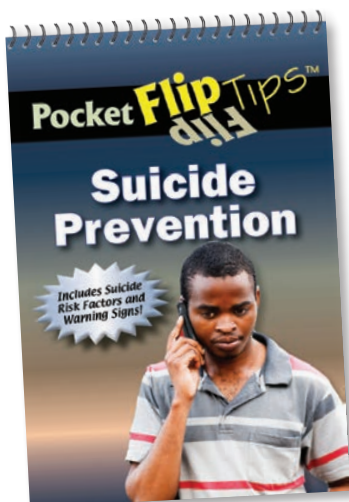
Traumatic events can evoke a great deal of stress in people. There are many types of trauma that people endure which affect their health and well-being. A traumatic event or situation creates psychological trauma that often overwhelms the individual's ability to cope. This guidebook is designed to help people involved with the military in any way, to learn specific skills that will allow them to manage their trauma, traumatic symptoms, and effects of trauma in their lives. This workbook will help people build resilience skills for times when they encounter traumatic situations related to past trauma, prevent the long term effects of these trauma symptoms, and learn to deal effectively with the effects of trauma when it does occur.

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95



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RESILIENCY & MENTAL HEALTH



Digital Version:
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MAR-1731

Suicide Prevention Pocket Flip Tips

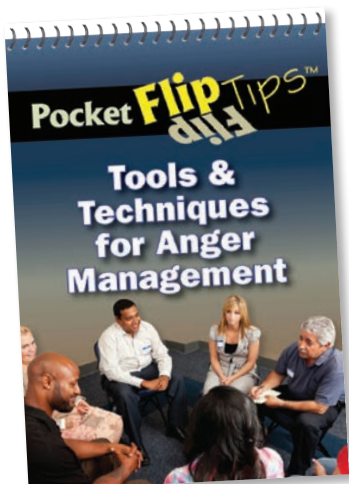
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on suicide prevention. 16-pages, 3 1/2" x 5 1/2".

Discusses:

- Military suicide statistics
- Risk factors
- Warning signs
- How to help someone else

Sold in packs of 10 of same title.

No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
DIG1777\$4.99 each

MAR-1777

Tools & Techniques for Anger Management Pocket Flip Tips

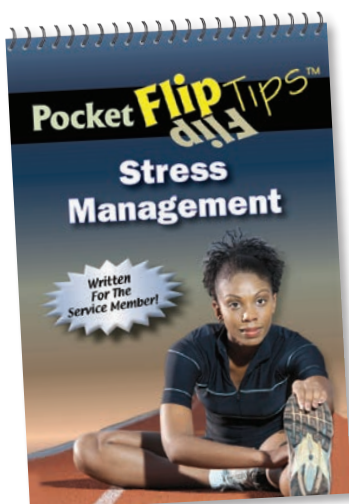
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on tools and techniques for anger management.

16-pages, 3 1/2" x 5 1/2". Discusses:

- What triggers anger
- Recognizing signs of uncontrollable anger
- Expressing anger
- Anger management tips

Sold in packs of 10 of same title.

No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99



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MAR-1460

Stress Management Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on stress management. 16-pages, 3 1/2" x 5 1/2".

Discusses:

- Symptoms of high stress
- Relaxation tips
- How to lower stress levels by maintaining proper eating habits and exercise

Sold in packs of 10 of same title.

No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99

RESILIENCY & MENTAL HEALTH

MAR-1776

Preventing Substance Abuse Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on preventing substance abuse. 16-pages, 3 ½" x 5 ½". Discusses:

- Risk factors
- Prescription drug abuse
- Substance abuse treatment

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No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
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Recruiting for Resiliency Pocket Flip Tips

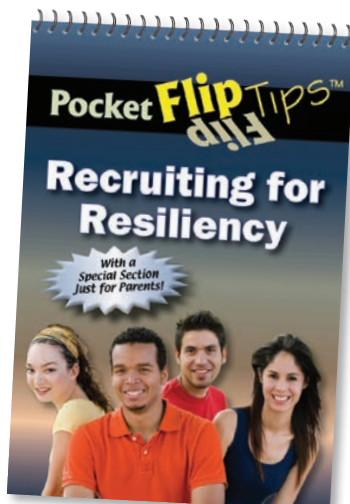
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military recruitment. 16-pages, 3 ½" x 5 ½".

Discusses:

- Facts about recruiting
- What to expect after signing your enlistment contract

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Price Per Pack	\$45.99	\$40.99	\$35.99



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Answering Your Questions About Posttraumatic Stress Disorder Pocket Flip Tips

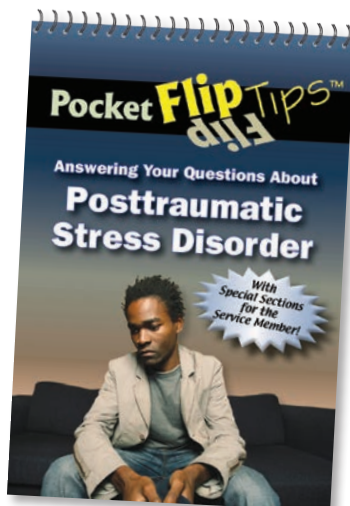
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on PTSD. 16-pages, 3 ½" x 5 ½".

Discusses:

- What PTSD is
- Talking about PTSD with your family
- Helping loved ones deal with PTSD
- Causes of PTSD

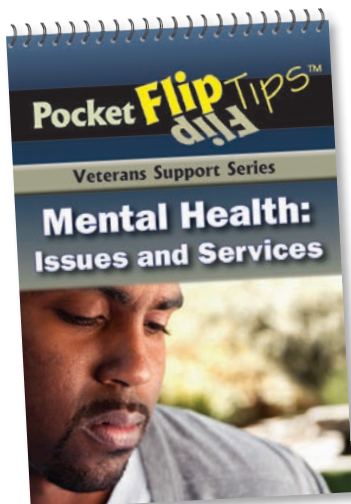
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RESILIENCY & MENTAL HEALTH



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MAR-1880

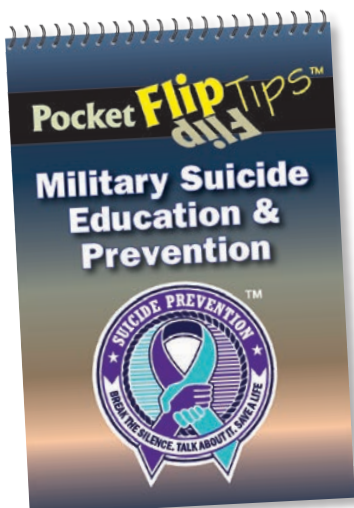
Mental Health: Issues and Services Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on mental health issues and services. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Signs of mental health problems
- Finding care
- Treatment settings
- Common mental health problems

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Price Per Pack	\$45.99	\$40.99	\$35.99



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MAR-2287

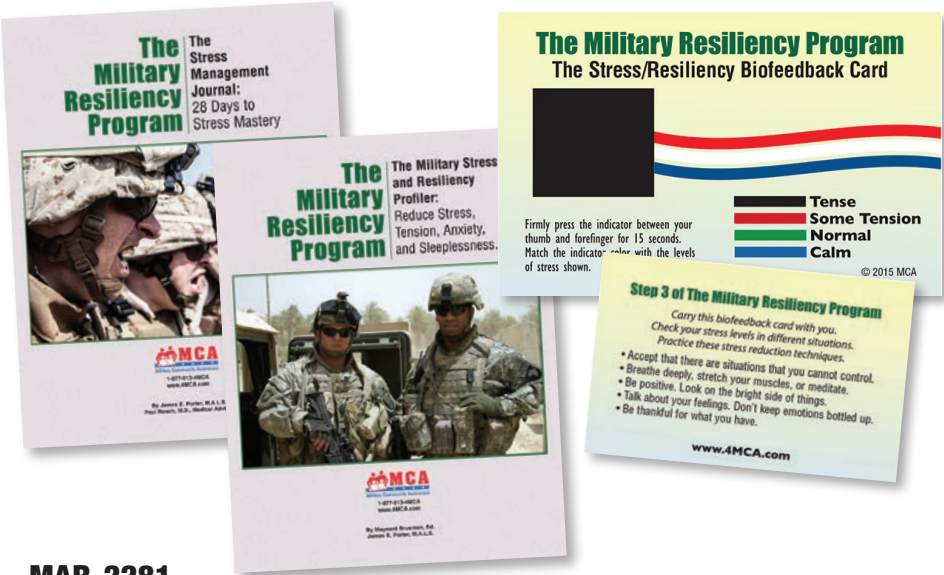
Military Suicide Education & Prevention Pocket Flip Tips

The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on military suicide education and prevention. Discusses risk factors, warning signs, how others can help, obstacles to seeking help, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly with an interactive Table of Contents directing the reader to the answer he or she needs in a flash. The topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

No. of Packs	1-24	25-99	100+
Price Per Pack	\$45.99	\$40.99	\$35.99





MAR-2281
The Military Resiliency Program:
Reduce Stress, Tension, Anxiety, Worry, and Sleeplessness

- Low-cost, wellness program
- Proven effective with military families
- Perfect for individuals or groups
- This 3-part, research-based program helps military personnel and their families cope with the very real stresses of everyday life. The program is easy to implement and can be self-administered or given by a facilitator to small groups. It includes two program books: 16-page military stress and resiliency profiler w/self-assessment questionnaire and 32-page, 28-day resiliency journal, and a stress monitoring feedback tool.

Step 1. Take the Stress Self-Assessment Questionnaire

Step 2. Use the 28-Day Resiliency Diary

Step 3. Monitor Stress with Stress Feedback Card

Each program is conveniently shrink wrapped.

No. of Packs	1-99	100-249	250+
Price Per Pack	\$22.99	\$21.99	\$20.99

MAR-1920
Alcohol Prevention Military Info Slide

This Military Info Slide focuses on alcohol prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 ½" x 3 ¾". Discusses:

- Educating yourself
- Getting help to quit
- Planning ahead

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Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



RESILIENCY & MENTAL HEALTH



MAR-1921

Drug Prevention Military Info Slide

This Military Info Slide focuses on drug prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 ½" x 3 ¾". Discusses:

- Drugs and the military
- Abusing prescription drugs
- Self-medicating
- Ways to quit

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No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-1923

Stress Military Info Slide

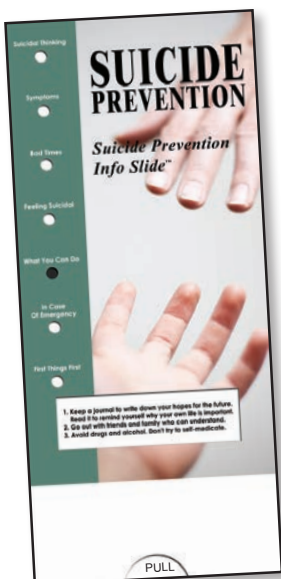
This Military Info Slide focuses on tips for dealing with stress. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. 8 ½" x 3 ¾".

Discusses:

- Facing your problems
- Relaxing
- Ways to relieve stress
- Symptoms of stress

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No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-1922

Suicide Prevention Military Info Slide

This Military Info Slide focuses on suicide prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. 8 ½" x 3 ¾". Discusses:

- Symptoms
- What you can do
- Working with professionals
- In case of emergency

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RESILIENCY & MENTAL HEALTH

MAR-1926

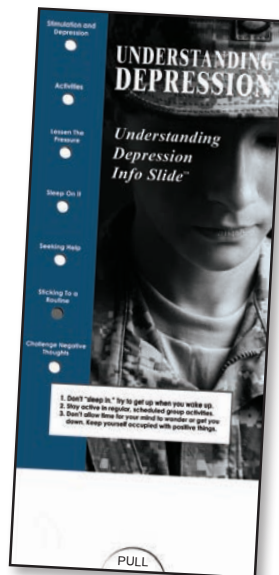
Understanding Depression Military Info Slide

This Military Info Slide focuses on understanding depression. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 ½" x 3 ¾". Discusses:

- Lessening the pressure
- Learning the signs
- Seeking help
- Being supportive

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No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-1386

Coping With Grief Workbook

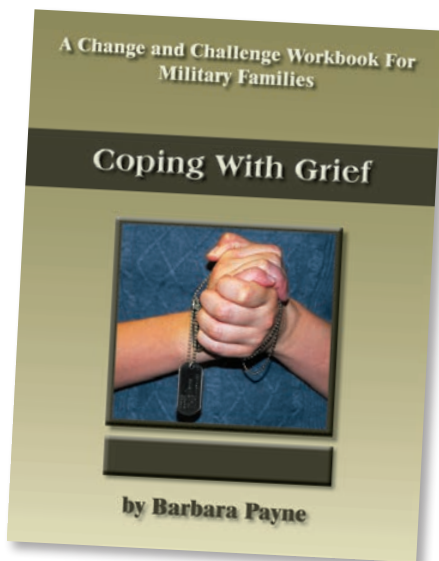
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with grief. 16-pages, 8 ½" x 11".

Discusses:

- Working through the grieving process
- Helping children grieve
- Living with grief

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No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-1452

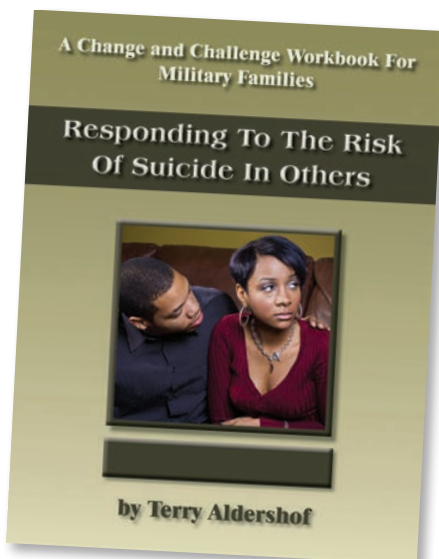
Responding To The Risk Of Suicide In Others Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on responding to the risk of suicide in others. 16-pages, 8 ½" x 11". Discusses:

- Recognizing the signs
- Preventing a suicide attempt
- Suicide prevention resources

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



RESILIENCY & MENTAL HEALTH

A Change and Challenge Workbook For
Military Families

Understanding Depression And Suicide



by Sally Abrahms

MAR-1387

Understanding Depression And Suicide Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on understanding depression and suicide. 16-pages, 8 1/2" x 11". Discusses:

- Warning signs of suicidal thoughts or behaviors
- Asking for help
- Identifying your support system

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95

A Change and Challenge Workbook For
Military Families

Understanding Posttraumatic Stress Disorder



by Carol Rawleigh

MAR-1388

Understanding Posttraumatic Stress Disorder Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on understanding PTSD. 16-pages, 8 1/2" x 11".

Discusses:

- Signs of PTSD
- Triggers
- Cognitive therapy

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-32102

Tobacco Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Tobacco is
- What the effects are of using Tobacco
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50

MAR-1757
Spice Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Spice" is
- What the effects are of using "Spice"
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



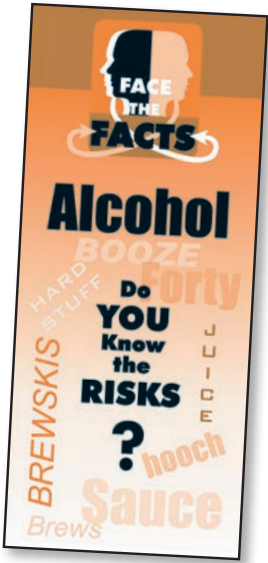
MAR-32101
Alcohol Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Alcohol is
- What the effects are of using Alcohol
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32099
Over-The-Counter Drugs Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Over-the-Counter Drugs are
- What the effects are of using Over-the-Counter Drugs
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50





MAR-1931

Bromo-Dragonfly Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Bromo-Dragonfly" is
- What the effects are of using "Bromo-Dragonfly"
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-1756

Salt Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Salt" is
- What the effects are of using "Salt"
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32106

OxyContin Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What OxyContin is
- What the effects are of using OxyContin
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50

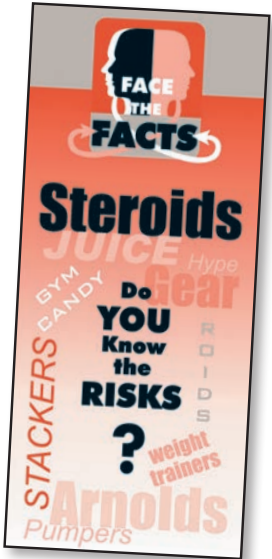
MAR-32107
Steroids Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Steroids are
- What the effects are of using Steroids
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32108
Club Drugs Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Club Drugs are
- What the effects are of using Club Drugs
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32103
Marijuana Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Marijuana is
- What the effects are of using Marijuana
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50





MAR-32104

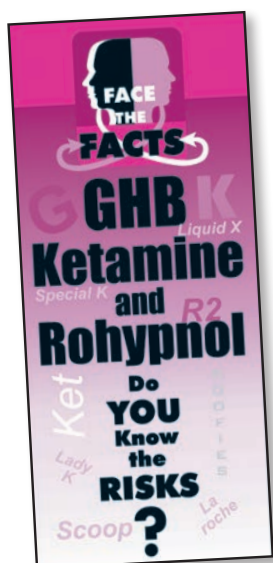
MDMA/Ecstasy Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What MDMA/Ecstasy is
- What the effects are of using MDMA/Ecstasy
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32105

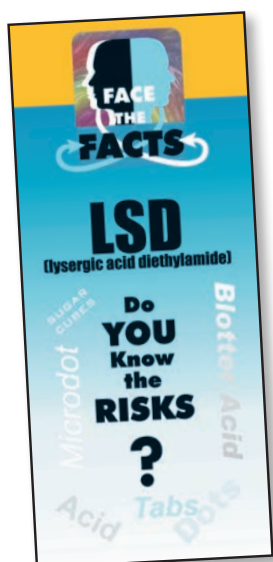
GHB, Ketamine, and Rohypnol Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What GHB/Ketamine/Rohypnol is
- What the effects are of using GHB/Ketamine/Rohypnol
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32112

LSD Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What LSD is
- What the effects are of using LSD
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50

MAR-32113

Inhalants Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Inhalants are
- What the effects are of using Inhalants
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32114

Cocaine Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Cocaine is
- What the effects are of using Cocaine
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32109

Methamphetamines Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Methamphetamines are
- What the effects are of using Methamphetamines
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50





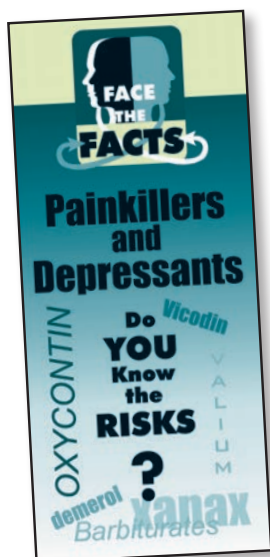
MAR-32110 Heroin Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Heroin is
- What the effects are of using Heroin
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32111 Painkillers and Depressants Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Painkillers and Depressants are
- What the effects are of using Painkillers and Depressants
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50



MAR-32116 Cheese Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Cheese" is
- What the effects are of using "Cheese"
- Why you should say no

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$14.95	\$13.95	\$12.95	\$12.50

RESILIENCY & MENTAL HEALTH

MAR-3BK11225

Crisis, Grieving, and Coping Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on crisis, grieving, and coping. 16-pages, 5 ½" x 8 ½". Discusses:

- Emotional crisis
- Recognizing physical ailments
- The 7 stages of grieving
- Coping

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99



Digital Version Available.
See DIG3BK11225 online

MAR-3BK10525

Drug Addiction And Its Prevention Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on drug addiction. 16-pages, 5 ½" x 8 ½". Discusses:

- Common questions about drug addiction
- Recognizing drug addiction in a family member or friend
- Treatment

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99



Digital Version Available.
See DIG3BK10525 online

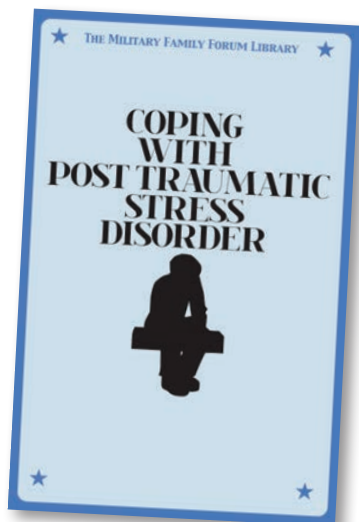
MAR-2083

Coping With Post Traumatic Stress Disorder (PTSD) Booklet

This wide-ranging booklet covers essential resources for the person suffering with PTSD and their family members. Here they will find information on the nature of PTSD, means of coping and places to find help and hope. 16-pages, 5 ½" x 8 ½".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG2083 online



Digital Version Available.
See DIG2076 online

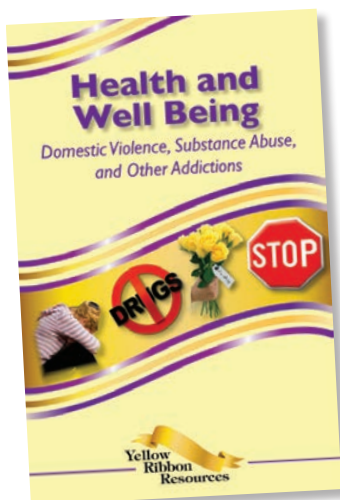
MAR-2076

Loss And Change Booklet

Change is a constant for children of military families and this booklet addresses ways to help them deal with it. Specific strategies for helping parents and children cope are presented. 16-pages, 5 1/2" x 8 1/2".

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-1684

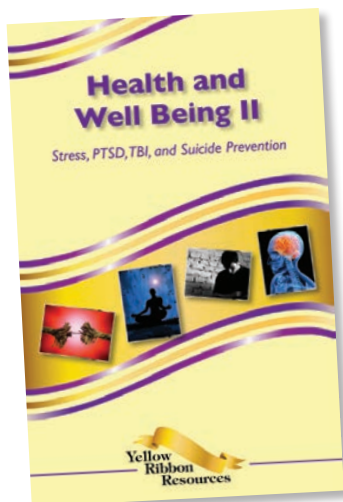
Health and Well Being Yellow Ribbon Program Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 5 1/2" x 8 1/2", 16 pages. Discusses:

- Domestic violence
- Substance abuse
- Other addictions

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-1685

Health and Well Being II Yellow Ribbon Program Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 5 1/2" x 8 1/2", 16 pages. Discusses:

- Stress
- PTSD
- TBI
- Suicide prevention

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99

MAR-1729

Preventing Suicide Handy Hint

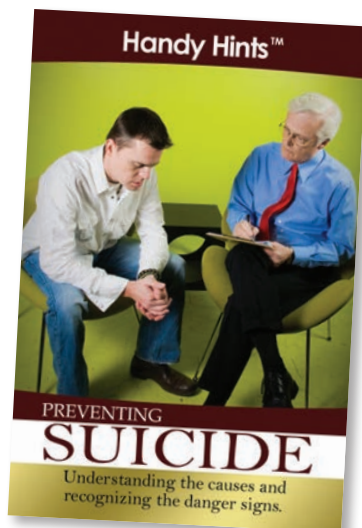
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing suicide.

3 ½" x 2 ½". Discusses:

- Causes of suicide
- Warning signs
- Myths and facts
- How to help a suicidal person

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1410

Freedom From Depression Handy Hint

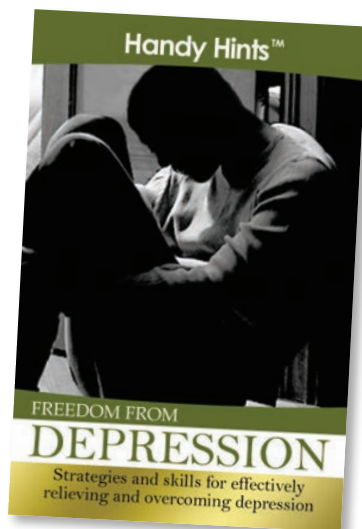
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on relieving and overcoming depression. 3 ½" x 2 ½".

Discusses:

- Causes and symptoms of depression
- Coping with depression
- Depression resources

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1409

Understanding PTSD Handy Hint

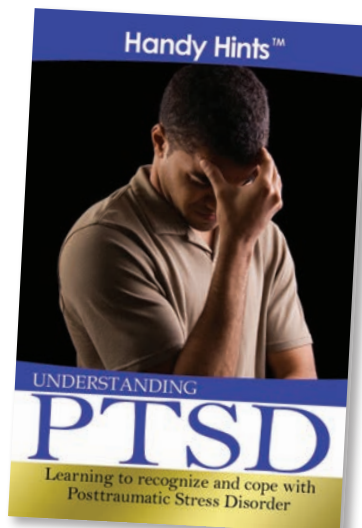
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on understanding PTSD. 3 ½" x 2 ½".

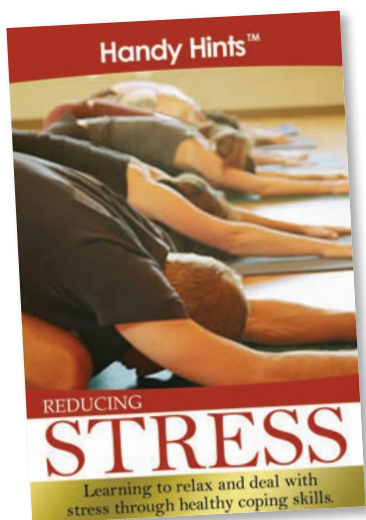
Discusses:

- Causes, symptoms, and complications
- Symptoms of PTSD
- Ways to cope with PTSD
- PTSD resources

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50





MAR-1411

Reducing Stress Handy Hint

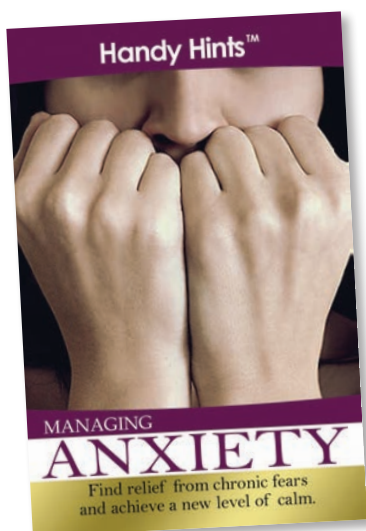
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on reducing stress. 3 ½" x 2 ½".

Discusses:

- Causes of stress
- Tips for dealing with stress

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1412

Managing Anxiety Handy Hint

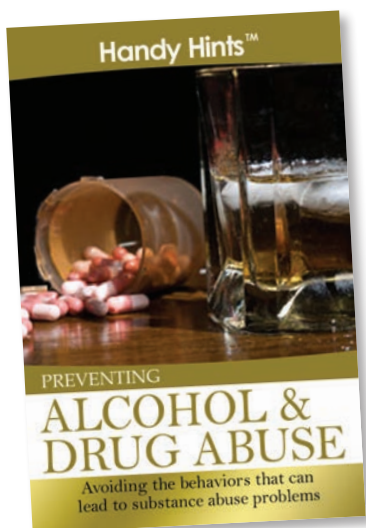
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on managing anxiety. 3 ½" x 2 ½".

Discusses:

- Causes of anxiety
- Symptoms of anxiety
- Preventing anxiety
- Treatment of anxiety

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1408

Preventing Alcohol & Drug Abuse Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing alcohol and drug abuse. 3 ½" x 2 ½". Discusses:

- Commonly abused drugs
- Reasons for abuse
- Abuse facts and myths
- Drug and alcohol abuse resources

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50

MAR-1647

Coping With Grief Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with grief. 3 ½" x 2 ½".

Discusses:

- What grief is
- Problems that can occur
- Myths and facts
- Coping

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



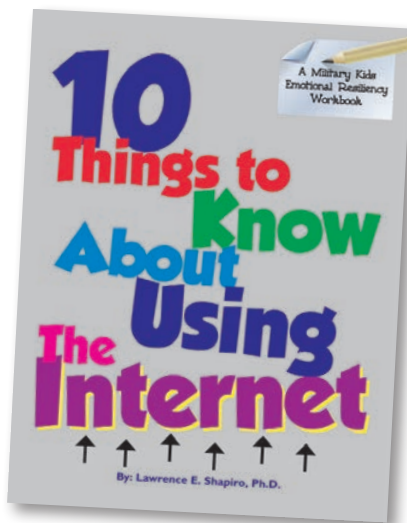
MAR-1766

10 Things To Know About Using The Internet Workbook

The Internet is an incredible tool for helping military kids stay in touch with their parents and friends, and feel "connected" to loved ones even when they are far away. But the Internet has many problems as well, some which are very unique to military kids. This workbook helps kids see the many ways that they can stay close to a loved one who is far away, and also helps them see the dangers of sharing the wrong kind of information on the Internet. 16-pages, 8 ½" x 11". For ages 7-12.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



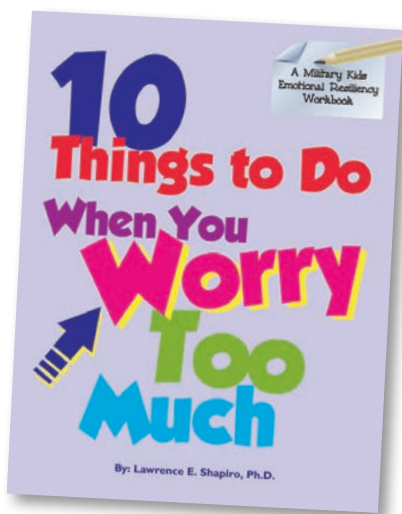
MAR-1761

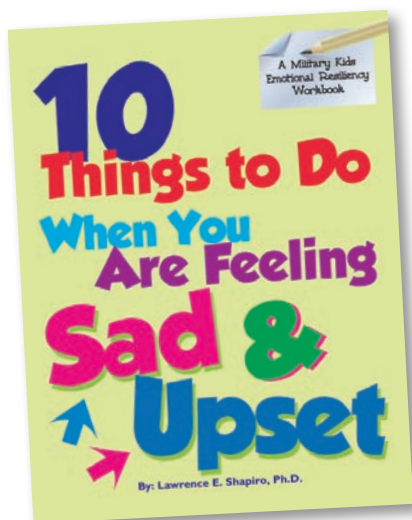
10 Things to Do When You Worry Too Much Workbook

Kids in the military often have a great deal to worry about, but worry doesn't have to take over their lives. This workbook teaches children how to cope with obsessive thoughts, night fears, and trouble sleeping, and the emotional withdrawal that often comes with excessive worry. It teaches them that worry is a normal emotion, and helps them recognize when it is time to ask for help if they worry too much. 16-pages, 8 ½" x 11". For ages 7-12.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99





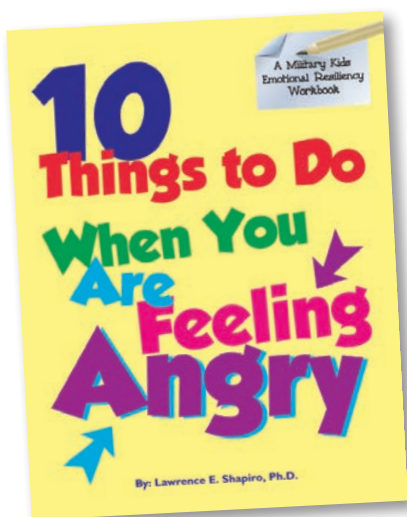
MAR-1762

10 Things to Do When You Are Feeling Sad & Upset Workbook

Sadness is a part of life, but when sadness turns into depression it can be a serious and lifelong problem. This workbook helps kids put their sadness into perspective and recognize the best things to do when they are feeling upset. The workbook presents research based techniques to help prevent sadness from taking over a child's emotional life, especially when there is a traumatic loss. 16-pages, 8 1/2" x 11". For ages 7-12.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



MAR-1767

10 Things To Do When You Are Feeling Angry Workbook

Everyone gets angry some of the time, but this workbook reminds kids: "All feelings are okay, it's what you do with them that counts." The workbook presents tried and true techniques to help kids recognize when their behavior is inappropriate, and control their anger so that they can express their feelings in a productive way. 16-pages, 8 1/2" x 11". For ages 7-12.

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



MAR-3MM11250

Recognizing Emotional Stress and Trauma Military Minute Card

Military members love this fast-read card that encapsulates the best advice on recognizing emotional stress and trauma. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

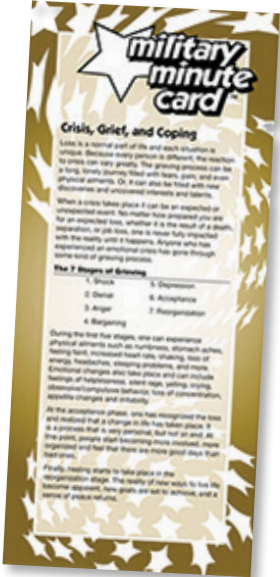
No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

MAR-3MM11350
Crisis, Grief, and Coping
Military Minute Card

Military members love this fast-read card that encapsulates the best advice on crisis, grief, and coping. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM10650
Taking Care of Yourself at Home
Military Minute Card

Military members love this fast-read card that encapsulates the best advice on taking care of yourself at home. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



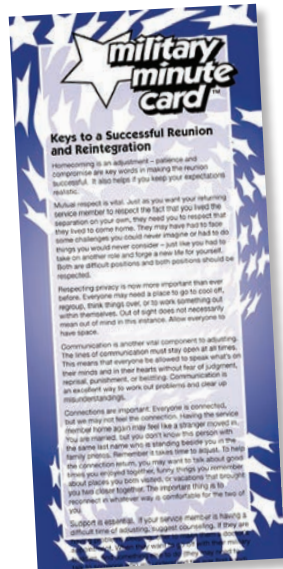
MAR-3MM10850
Common Thoughts about
Reunion and Reintegration
Military Minute Card

Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99





MAR-3MM10750
Keys to a Successful
Reunion and Reintegration
Military Minute Card

Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

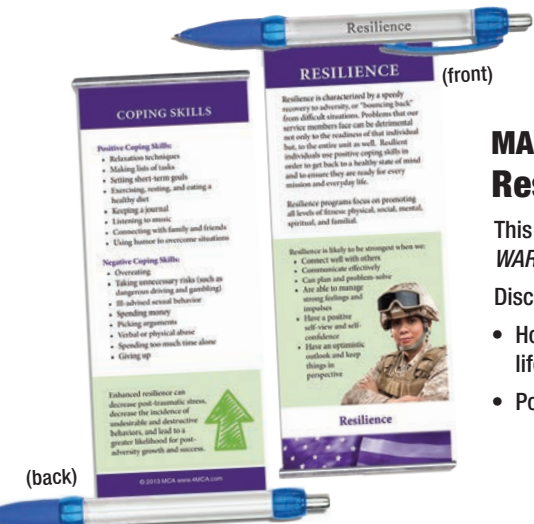


MAR-3MM10450
Emotional Challenges: The 6 Stages
of Deployment for Military Families
Military Minute Card

Military members love this fast-read card that encapsulates the best advice on emotional challenges. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. Card size: 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-2110
Resilience Banner Pen

This Banner Pen focuses on resilience.
WARNING: This pen is not for use by children.

Discusses:

- How to stay resilient in the face of everyday life in the military
- Positive and negative coping skills

No. of Pens	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15	\$1.75	\$1.69	\$1.39	\$1.20

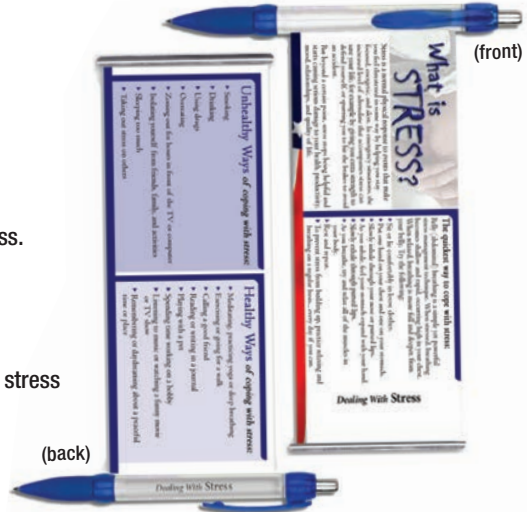
RESILIENCY & MENTAL HEALTH

MAR-1405 Dealing With Stress Banner Pen

This Banner Pen focuses on dealing with stress.
WARNING: This pen is not for use by children.

Discusses:

- What stress is
- Healthy and unhealthy ways of coping with stress
- The quickest way to cope with stress



No. of Pens	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15	\$1.75	\$1.69	\$1.39	\$1.20

MAR-1639 Suicide: Recognizing the Signs Banner Pen

This Banner Pen focuses on recognizing the signs of suicide. **WARNING: This pen is not for use by children.**

Discusses:

- The danger signs
- Causes of suicide
- Suicide and the military



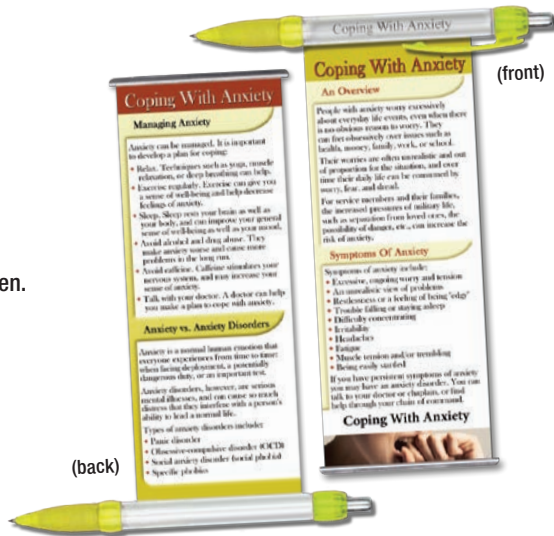
No. of Pens	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15	\$1.75	\$1.69	\$1.39	\$1.20

MAR-1635 Coping With Anxiety Banner Pen

This Banner Pen focuses on dealing with anxiety.
WARNING: This pen is not for use by children.

Discusses:

- Symptoms of anxiety
- Managing anxiety
- The difference between anxiety and anxiety disorders



No. of Pens	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15	\$1.75	\$1.69	\$1.39	\$1.20

RESILIENCY & MENTAL HEALTH



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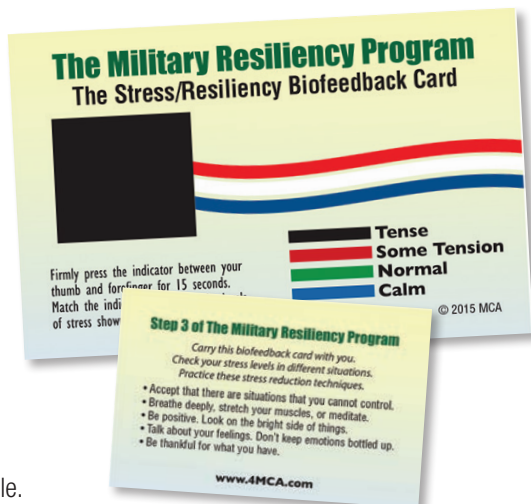
RESILIENCY & MENTAL HEALTH

MAR-2284

Stress/Resiliency STRESS-O-METER

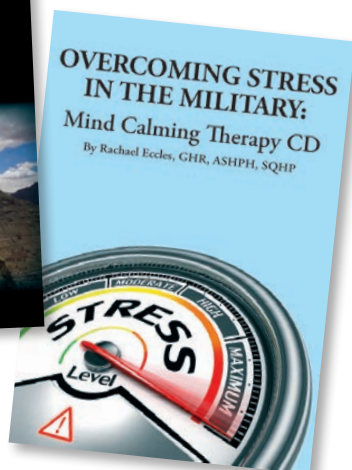
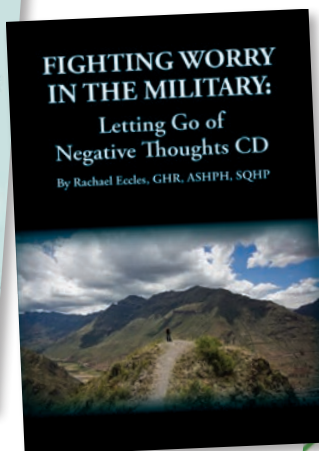
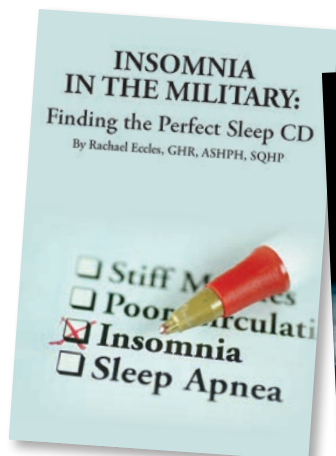
This card focuses on stress faced by military families. On the back of the card are tips for handling stress, such as:

- Accept that there are situations that you cannot control
- Be positive. Look on the bright side of things.
- Talk about your feelings. Don't keep emotions bottled up.



Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



Therapeutic Relaxation CDs for Military Members and Veterans

Here's a new, vital resource to help fight anxiety, post-traumatic stress, and stress-related illness

- Created specifically for military personnel and veterans
- Calming CDs use guided relaxation and self-hypnosis techniques for proven-effective results
- Three CDs available focus on Insomnia, Stress, and Worry

**MAR-2271: Insomnia in the Military:
Finding the Perfect Sleep CD**

**MAR-2272: Overcoming Stress in the Military:
Mind Calming Therapy CD**

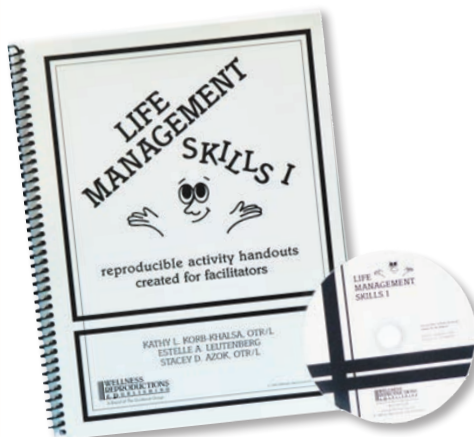
**MAR-2273: Fighting Worry in the Military:
Letting Go of Negative Thoughts CD**

**MAR-2270
Set of 3 CDs
\$49.95 per set**

Quantity	1-24	25-49	50+
Price Per CD	\$18.95	\$17.95	\$16.95

MAR-2212

Resiliency/Life Management Skills I Book



This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 104-pages, spiral-bound, includes CD of activities. Topics include:

- Exercise
- Goal setting
- Motivation
- Problem-solving
- Stress management
- Self-esteem

All Quantities

\$49.95 each

MAR-2213

Resiliency/Life Management Skills I Cards



This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Exercise
- Goal setting
- Leisure
- Motivation
- Stress management
- Time management

All Quantities

\$17.95 each

MAR-2214

Resiliency/Life Management Skills I Book & Cards Set



The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 104-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Exercise
- Goal setting
- Leisure
- Motivation
- Stress management
- Time management

All Quantities

\$59.95 each

RESILIENCY & MENTAL HEALTH

MAR-2218

Resiliency/Life Management Skills III Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities.

Topics include:

- Body image
- Healthy living
- Conflict resolution
- Job readiness
- Creative expression



All Quantities

\$49.95 each

MAR-2219

Resiliency/Life Management Skills III Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Communication
- Relapse prevention
- Conflict resolution
- Relationships
- Job readiness



All Quantities

\$17.95 each

MAR-2220

Resiliency/Life Management Skills III Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Nurturance
- Social skills
- Relapse prevention
- Stress management
- Relationships



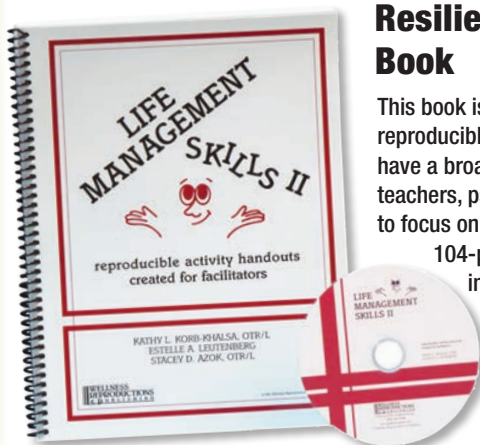
All Quantities

\$59.95 each

RESILIENCY & MENTAL HEALTH

MAR-2215

Resiliency/Life Management Skills II Book



This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population.

104-pages, spiral-bound, includes CD of activities. Topics include:

- Anger management
- Coping skills
- Parenting
- Steps to recovery
- Grief/loss
- Communication: verbal and non-verbal

All Quantities	\$49.95 each
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MAR-2216

Resiliency/Life Management Skills II Cards



This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anger management
- Money management
- Coping skills
- Safety
- Grief/loss
- Recovery

All Quantities	\$17.95 each
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MAR-2217

Resiliency/Life Management Skills II Book & Cards Set



The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 104-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards. Topics include:

- Anger management
- Coping skills
- Grief/loss
- Recovery

All Quantities	\$59.95 each
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RESILIENCY & MENTAL HEALTH

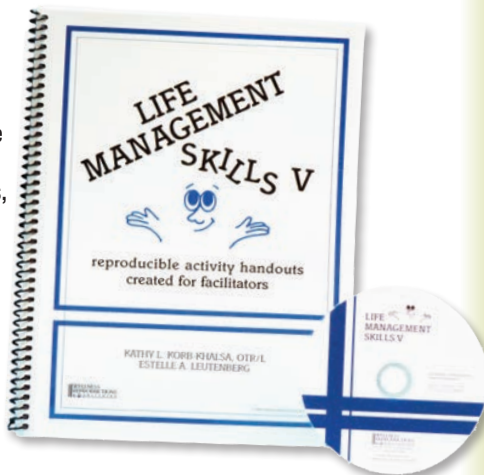
MAR-2224

Resiliency/Life Management Skills V Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities.

Topics include:

- Abuse
- Grief
- Positive attitude
- Recovery
- Aging
- Self-expression



All Quantities

\$49.95 each

MAR-2225

Resiliency/Life Management Skills V Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Abuse
- Grief
- Positive attitude
- Relationships
- Making changes
- Recovery



All Quantities

\$17.95 each

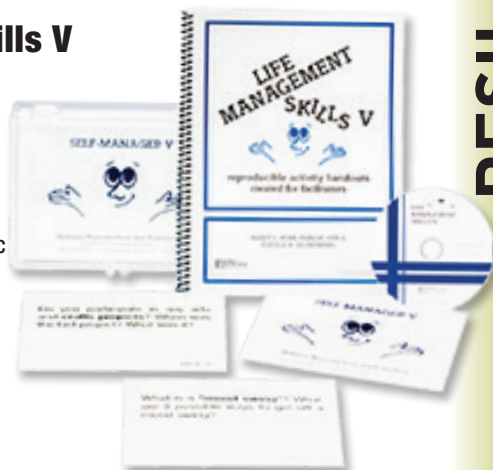
MAR-2226

Resiliency/Life Management Skills V Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Abuse
- Positive attitude
- Making Changes
- Coping skills
- Self-expression
- Recovery
- Grief
- Aging



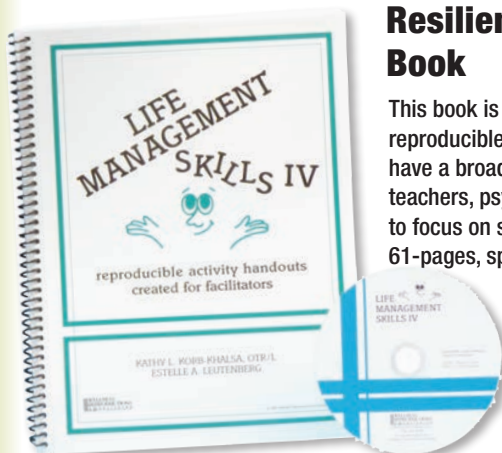
All Quantities

\$59.95 each

RESILIENCY & MENTAL HEALTH

MAR-2221

Resiliency/Life Management Skills IV Book



This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 61-pages, spiral-bound, includes CD of activities.

Topics include:

- Coping with serious mental illness
- Home management
- Responsibility
- Job readiness
- Parenting
- Activities of daily living

All Quantities

\$49.95 each

MAR-2222

Resiliency/Life Management Skills IV Cards



This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Combating stigma
- Leisure
- Coping with serious mental illness
- Values
- Parenting

All Quantities

\$17.95 each

MAR-2223

Resiliency/Life Management Skills IV Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 61-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Coping with serious mental illness
- Home management
- Parenting
- Responsibility

All Quantities

\$59.95 each

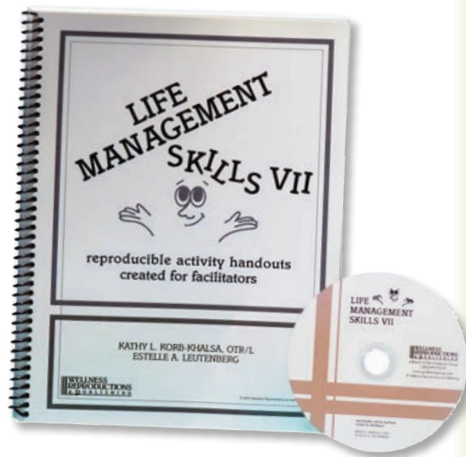
RESILIENCY & MENTAL HEALTH

MAR-2230

Resiliency/Life Management Skills VII Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities. Topics include:

- Emotions
- Coping skills
- Anxiety
- Money management



All Quantities	\$49.95 each
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MAR-2231

Resiliency/Life Management Skills VII Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anxiety
- Emotions
- Goals
- Relapse prevention
- Spirituality



All Quantities	\$17.95 each
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MAR-2232

Resiliency/Life Management Skills VII Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards. Topics include:

- Emotions
- Anxiety
- Coping skills
- Goals
- Spirituality
- Relapse Prevention
- Money Management



All Quantities	\$59.95 each
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RESILIENCY & MENTAL HEALTH

RESILIENCY & MENTAL HEALTH

MAR-2227

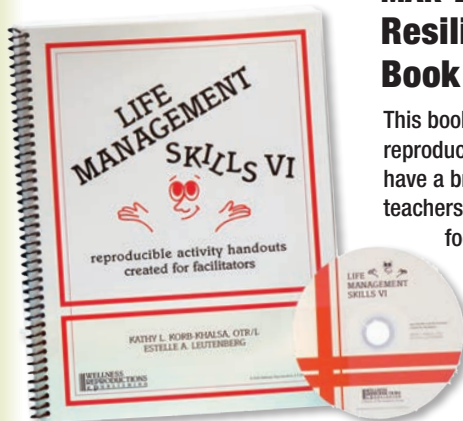
Resiliency/Life Management Skills VI Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population.

122-pages, spiral-bound, includes CD of activities.

Topics include:

- Anxiety/fear
- Goal setting
- Independent living skills
- Healthy living



All Quantities	\$49.95 each
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MAR-2228

Resiliency/Life Management Skills VI Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anxiety/fear
- Spirituality
- Healthy living
- Stress management
- Personal responsibility



All Quantities	\$17.95 each
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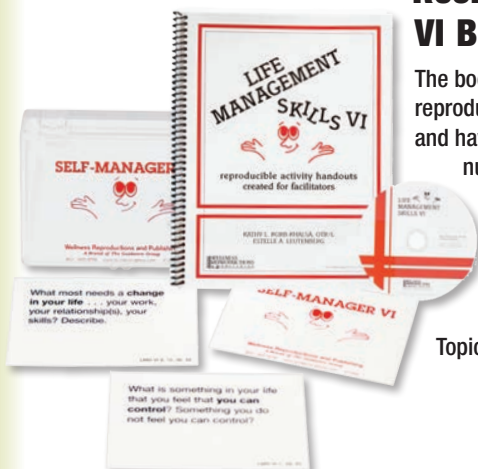
MAR-2229

Resiliency/Life Management Skills VI Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Anxiety/fear
- Goal setting
- Spirituality
- Stress management
- Independent living skills



All Quantities	\$59.95 each
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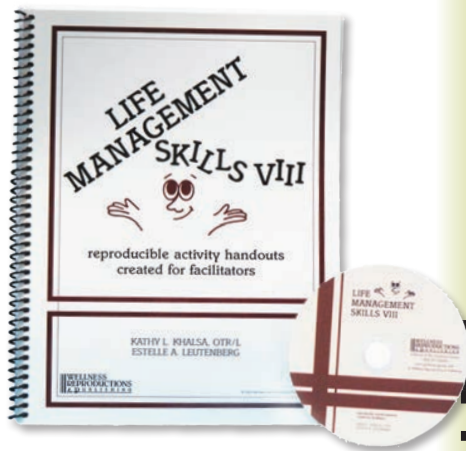
RESILIENCY & MENTAL HEALTH

MAR-2233

Resiliency/Life Management Skills VIII Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities. Topics include:

- Living with mental illness
- Physical health
- Stress management
- Substance abuse recovery



All Quantities	\$49.95 each
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MAR-2234

Resiliency/Life Management Skills VIII Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Emotions
- Grief/Loss
- Living with mental illness
- Physical health
- Substance abuse recovery



All Quantities	\$17.95 each
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MAR-2235

Resiliency/Life Management Skills VIII Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards. Topics include:

- Emotions
- Grief/Loss
- Physical health
- Living with mental illness
- Stress management
- Substance abuse recovery

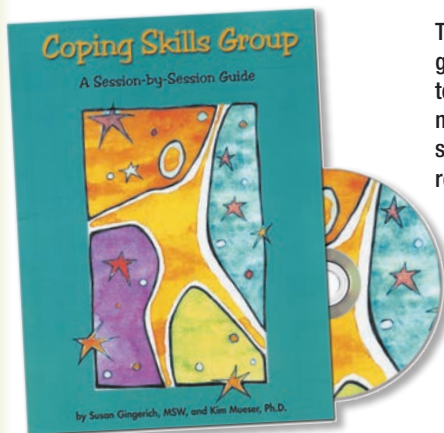


All Quantities	\$59.95 each
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RESILIENCY & MENTAL HEALTH

MAR-2236

Resiliency Skills Group Guide



This book provides materials for conducting skill-building groups with clients who have significant problems related to their mental illness. It is a practical, step-by-step manual for group leaders. Includes strategies for coping skills, focusing on strengths, connecting with people, reducing stress, managing anger, avoiding problems with alcohol and drugs, and much more! Book contains:

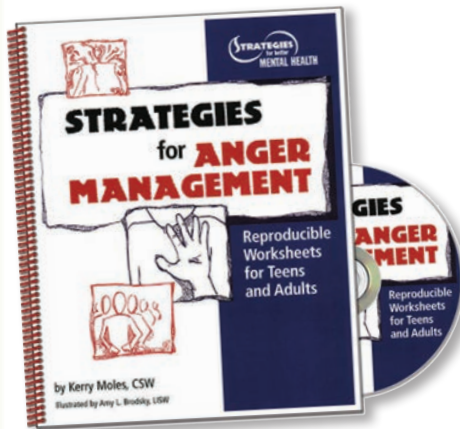
- Ten modules, each covering a major topic area related to coping skills
- Five sessions for each of the ten modules
- A structured, step-by-step group format
- 50 group leader instruction sheets
- 50 handouts for group members, with large print and jargon-free language
- CD of handouts

All Quantities

\$57.95 each

MAR-2237

Resiliency for Anger Management Workbook for Teens and Adults



Grade level: 7-12. This workbook is the practical tool all educators have been waiting for to help teens handle anger in healthy ways. 100-pages, spiral-bound, includes CD of worksheets. Covers such areas as:

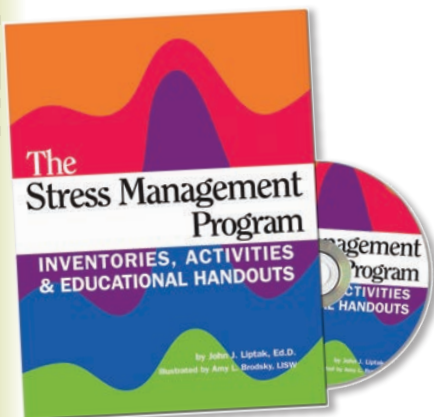
- Understanding anger
- Interventions for anger management and conflict resolution
- The differences between anger and abuse

All Quantities

\$49.95 each

MAR-2238

Resiliency for Stress Management Program



Ages: 12-Adult. Help teens and adults develop the stress management skills they need for healthy living in a variety of settings. The program provides educational handouts and group treatment activities. The self-assessment inventories help users to identify their ability to manage stress. An accompanying CD allows for easy reprinting. Book is 108-pages and spiral-bound.

**Includes 5 modules
in 5 relevant topics:**

- Coping with stress
- Healthy lifestyle
- Level of stress
- Resilient personality
- Time management

Each module contains:

- Self assessment
- Scoring directions
- Outlined group activity
- Pre-and Post-Test
- Personal insights section

All Quantities

\$49.95 each

RESILIENCY & MENTAL HEALTH

MAR-2239

Military Self-Esteem Program

Ages: 12-Adults. Each section has a self-assessment and pre-and post-tests with scoring directions. An accompanying CD allows for easy reprinting. 108-pages, spiral-bound. This book focuses on such essential topics as:

- Body image
- Effective decision-making
- Personal responsibility and values
- Self-esteem



All Quantities	\$49.95 each
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MAR-2240

Military Self-Esteem Program Cards

Ages: 12-Adults. Seventy-five cards with questions. Divided into 5 mini-decks of 15 cards each. Discusses:

- Body image and self-image
- Decision-making effectiveness
- Personal responsibility
- Self-esteem

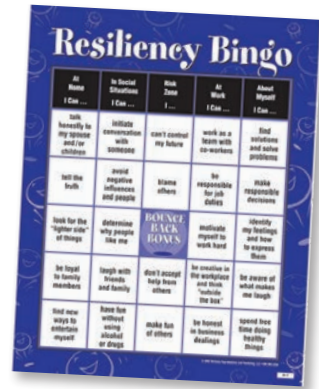


All Quantities	\$17.95 each
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MAR-2241

Resiliency Bingo

Develops and explores players' resiliency skills at home, at work, in school, and in social situations. Game has 16 laminated BINGO cards, 75 calling cards, facilitator's instruction sheet, chips, and reproducible handouts meant to be used in clinics or classrooms. This product contains small pieces and is not for children 3 and under.



All Quantities	\$39.95 each
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MAR-2211

Resiliency Skills Card Game

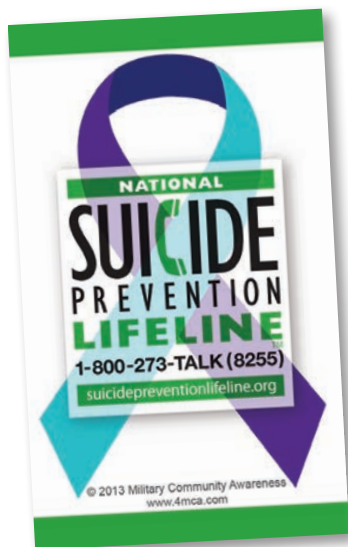
Ages: 15-Adults. This card game is designed to facilitate discussions about coping skills. Coping with sadness, conflicts, disappointments, anxiety, illnesses, or life's difficulties can be overwhelming for many. Through coping skill development, people can lead fuller and more meaningful lives. 3-10 players.



All Quantities	\$17.95 each
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RESILIENCY & MENTAL HEALTH

RESILIENCY & MENTAL HEALTH



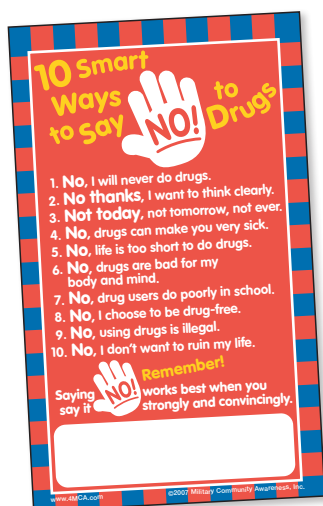
MAR-2088

Suicide Prevention Magnet

This 3"x 5" magnet is a visual reminder of available resources for Suicide Prevention. Put it on file cabinets, desks, or metal doors where it can be seen by all. Many individuals won't seek help out of shame or embarrassment, but having this information readily available will encourage individuals to confidentially seek the help they need.

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



MAR-3MG10725

10 Smart Ways to Say No to Drugs Magnet

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on ways to say No! to drugs. 3" x 5".

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



MAR-3MG10625

10 Stress-Relief Tips Magnet

- Focused on important military family issues, these magnets offer messages with high impact.
- These billboard, 3" x 5" magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc.
- Military families will appreciate the uplifting messages about childcare, relationships, self-esteem, and more.
- Colorful design and graphics make these magnets shout out their message to all.

Custom imprinting available, please call for information

Sold in packs of 25 of same title.

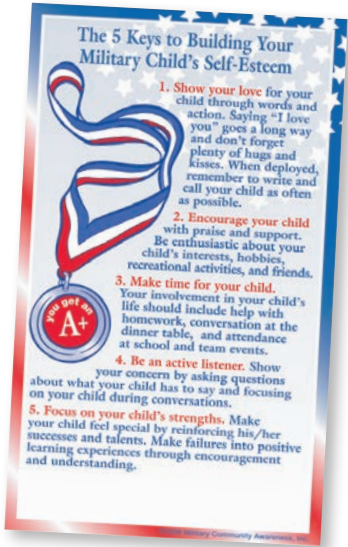
No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99

MAR-3MG10225
5 Keys to Building Self Esteem Magnet

These billboard, 3" x 5" magnets are perfect for hanging on metal desks, refrigerators, file cabinets, etc. Military families will appreciate the uplifting messages about self-esteem. Colorful design and graphics make these magnets shout out their message to all.

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



MAR-1801
Don't Monkey Around with Drugs Student Kit In A Pouch

The new kits now feature crayons! Basic everyday student necessities are included in these kits and feature colorful anti-drug sentiments imprinted on them! Conveniently packaged in a clear zippered pouch, students will enjoy using the pencils, eraser, pencil sharpener, bookmark, ruler and crayons, which come inside. This pouch fits most three-ring binders. Size: 9" x 6". Eraser and sharpener styles may vary.

No. of Pieces	1-99	100-249	250+
Price Per Piece	\$3.75	\$3.50	\$3.05



MAR-1015256
Don't Monkey Around With Drugs (100 Pack) Pencil

Pencils make great, practical giveaways. Plus, our strong "no use" message reinforces your red ribbon week celebration.

Sold in packs of 100 #2 pencils of the same style.

No. of Packs	1-24	25-49	50+
Price Per Pack	\$34.99	\$31.99	\$30.99



RESILIENCY & MENTAL HEALTH



MAR-1985 Don't Monkey Around With Drugs Sign Up Banner

Get all your students to "sign-on" and pledge to live a drug-free life! This banner features a special "write-on" surface that accommodates hundreds of signatures. This durable poly banner with brass grommets is easy to hang and is a great addition to your drug prevention program. Non-erasable surface. One time use. Size: 5' x 3'.

All Quantities

\$29.95 each



MAR-1015263 Don't Monkey Around With Drugs Stuffed Monkey

Affordable Give-a-ways! This low-cost cuddly plush monkey makes a great gift, award or prize for any substance abuse prevention program. Use it as a special giveaway for kids who demonstrate a commitment to the anti-drug message of Red Ribbon Week. Size: 7". This product contains small pieces and is not for children 3 and under.

All Quantities

\$8.49 each



MAR-1552 Bee Drug Free Stuffed Beanie Bee

Affordable Give-a-ways! This low-cost cuddly Beanie Bee makes a great gift, award or prize for any substance abuse prevention program. Use it as a special giveaway for kids who demonstrate a commitment to the anti-drug message of Red Ribbon Week. Size: 8". This product contains small pieces and is not for children 3 and under.

All Quantities

\$8.49 each

RESILIENCY & MENTAL HEALTH

MAR-391044

I Have the POWER to be Drug Free! Stuffed Lion

These low-cost cuddly plush toys make a great gift, award or prize for any substance abuse prevention program. Use them as a special giveaway for kids who demonstrate a commitment to the anti-drug message of Red Ribbon Week. Imprint: I have the POWER to be Drug-Free! Size: 7". This product contains small pieces and is not for children 3 and under.

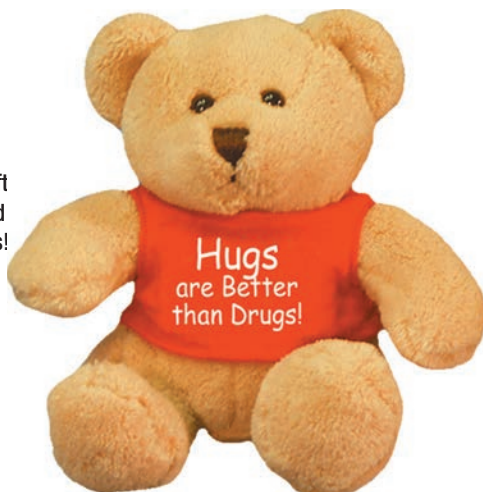


All Quantities	\$8.49 each
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MAR-370901

Hugs are Better than Drugs! Stuffed Bear

This low-cost cuddly sitting bear makes a great gift or prize for special youngsters. The bear is dressed in a red t-shirt with the Hugs are Better than Drugs! Message imprinted in white. Size 7". This product contains small pieces and is not for children 3 and under.



All Quantities	\$8.49 each
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MAR-352493

Proud to be a Military Kid Teddy Bear

Our low-cost 7" cuddly sitting bear makes a great gift or prize for special youngsters. Each bear is dressed in a T-shirt with our "Proud to be a Military Kid" logo on the front. This product contains small pieces and is not for children 3 and under.



All Quantities	\$8.49 each
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RESILIENCY & MENTAL HEALTH



MAR-1960

Mood Smile (10 Pack) Stress Ball

Stress ball changes color by the heat of your hand. Features the anti-drug slogan, "A Happy Me is Drug-Free." Size: 2 1/2" diameter.

10 stress balls per pack.

All Quantities

\$22.95 per pack



MAR-390622

Living A Drug Free Life (10 Pack) Silicone Bracelet

Here is a silicone bracelet that sends a pro-active message. By choosing to wear this bracelet, a youngster is making a positive statement about his or her own decision to actively "Live A Drug-Free Life."

Sold in packs of 10 bracelets of the same style.

All Quantities

\$11.95 per pack



RESILIENCY & MENTAL HEALTH

MAR-1793

Sneaker Key Rings (10 Pack) Walk Away From Drugs

These key rings are fun and make a great way to show the message, "Walk Away from Drugs!". Colors may vary. This product contains small pieces and is not for children 3 and under.

Sold in packs of 10 sneaker key chains.



All Quantities	\$24.95 per pack
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MAR-1795

Don't Monkey Around with Drugs (10 Pack) Collapsible Flyer

10" Collapsible flyer folds up easily in your pocket. Assorted colors.

Sold in packs of 10 flyers.



All Quantities	\$22.95 per pack
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MAR-1007

See Me! Drug Free! (10 Pack) Flashlight Keychain

This keychain will light the way for kids to follow a drug-free lifestyle. This product contains small pieces and is not for children 3 and under.

Sold in packs of 10 flashlight keychains of the same style.



All Quantities	\$17.29 per pack
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RESILIENCY & MENTAL HEALTH

RESILIENCY & MENTAL HEALTH



MAR-1973A

Don't Monkey Around with Drugs Sling A Long Bag Kit

Includes the Don't Monkey Around with Drugs Sling-A-Long Bag, 28 oz. Water Bottle (Molded from food-safe PETE, PETE is BPA-free), and Flyer all in this one convenient kit!

All Quantities

\$7.49 each



MAR-1015661

Don't Monkey Around With Drugs Water Bottle

Kids can carry their water around in a backpack or gym bag with this attractive, water bottle imprinted with the slogan DON'T MONKEY AROUND WITH DRUGS. On the back of the bottle is a list of positive things students can do other than drugs. 28 oz. bottle with an easy-to-use "push/pull" cap. Molded from food-safe PETE. PETE is BPA-free.

All Quantities

\$2.50 each



MAR-1956

A Happy Me Is Drug Free Water Bottle

Here is a great way for kids to carry a drug prevention message everywhere they go. This 28 oz bottle has an easy-to-use "push/pull" cap. Molded from food safe PETE. PETE is BPA free.

All Quantities

\$2.50 each

RESILIENCY & MENTAL HEALTH

MAR-1073

Don't Monkey Around With Drugs! Sling A Long Bag

Here's an incredibly low-priced Red Ribbon tote bag with a whole lot of "get-up-and-go!" A favorite with kids everywhere, we know they will love to use them. Roomy enough to fit all their everyday essentials, this Don't Monkey Around With Drugs! tote closes with a pull of the drawstrings. Either use as an over-the-shoulder bag or wear as a backpack. Size: 18 1/2" x 14".



All Quantities	\$2.95 each
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MAR-1957

A Happy Me Is Drug Free Sling A Long Bag

Here's an incredibly low-priced Red Ribbon tote bag with a whole lot of "get-up-and-go!" A favorite with kids everywhere, we know they will love to use them. Roomy enough to fit all their everyday essentials, this A Happy Me Is Drug Free tote closes with a pull of the drawstrings. Either use as an over-the-shoulder bag or wear as a backpack. Size: 18 1/2" x 14".



All Quantities	\$3.39 each
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MAR-1550

Drug Free & Proud (25 Pack) Ribbon Magnet

2 magnets in 1! Demonstrate pride in being drug free and raise awareness at the same time, by putting this colorful magnet on lockers or cars. Special pop-out magnet. Size: 4" x 8".

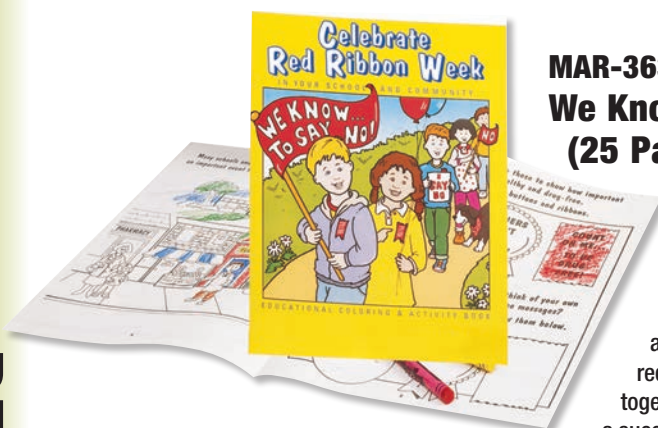
Sold in packs of 25 ribbon magnets.



All Quantities	\$17.29 per pack
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RESILIENCY & MENTAL HEALTH

RESILIENCY & MENTAL HEALTH



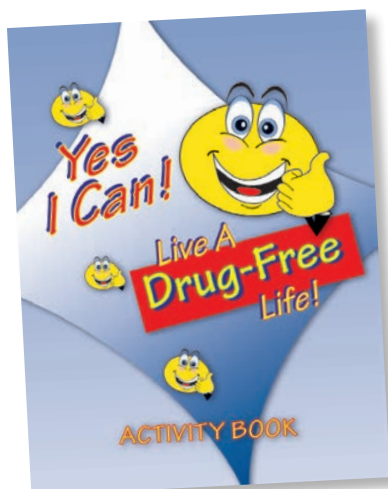
MAR-363260

We Know To Say No! (25 Pack) Activity Book

Here's the perfect way to explain the meaning of Red Ribbon Week and gain the support of the entire community. This 8-page Celebrate Red Ribbon Week coloring and activity book explains why we wear red ribbons and how we can all join together to make drug prevention week a success.

Sold in packs of 25 activity books of same style.

No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95



MAR-1066

Yes I Can Live A Drug Free Life! (25 Pack) Activity Book

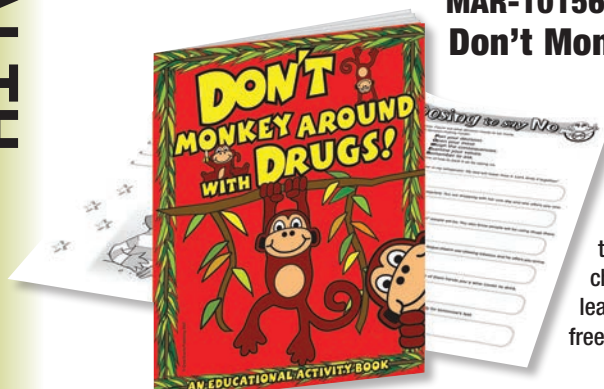
Grades 2-5. This book of fun-filled, age-appropriate activities supports students' commitment to a drug free life. Size: 8 1/4" x 10 3/4". 8 pages.

Sold in packs of 25 activity books of same style.

No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95

MAR-1015659

Don't Monkey Around With Drugs (25 Pack) Activity Book



Work with students to reinforce the meaning of Red Ribbon Week with this fun-filled Don't Monkey Around With Drugs! activity book. Students will enjoy these simple games and activities that challenge them to remember what they've learned about maintaining a healthy, drug-free life style. 8-pages. Grades 2-5.

Sold in packs of 25 activity books of same style.

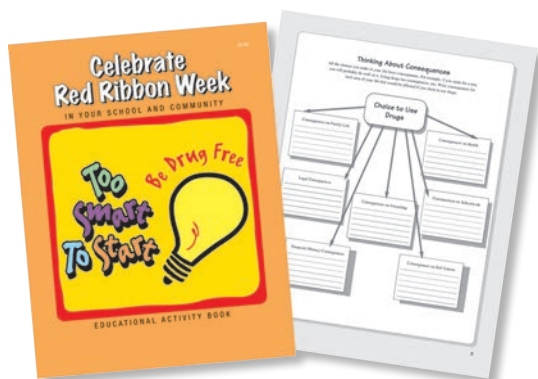
No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95

RESILIENCY & MENTAL HEALTH

MAR-391053

Too Smart To Start (25 Pack) Activity Books

Helps youngsters understand the very real dangers of drug and alcohol use with this 8-page information-filled and engaging activity book. They'll learn the basic facts and consequences of drug use, participate in activities that separate fact from fiction, try out safe but revealing coordination activities, and learn the monetary and health cost of smoking.



Sold in packs of 25 activity books of same style.

No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95

MAR-394603

I've Got Better Things To Do Than Drugs (25 Pack) Activity Book

Help students understand the importance of drug prevention with this educational activity book. This 16-page I've Got Better Things To Do Than Drugs activity book uses child-friendly graphics, easy to read text, and fun-filled activities to engage and educate youngsters.



Sold in packs of 25 activity books of same style.

No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95

MAR-380041

We Are the Future, Let's Make it Drug Free! (25 Pack) Activity Book

This educational activity book teaches important lessons about saying "NO" to drugs and peer pressure, the difference between illegal drugs and medicines, and all about healthy, drug-free living. 16 pages.



Sold in packs of 25 activity books of same style.

No. of Packs	1-9	10-24	25+
Price Per Pack	\$14.95	\$13.95	\$12.95

RESILIENCY & MENTAL HEALTH

RESILIENCY & MENTAL HEALTH



MAR-382968

Proud to be Drug Free (10 Pack) Assorted Silicone Bracelets

These trendy, colorful silicone bracelets are very popular with kids and adults alike. Emblazoned with the words "Proud to Be Drug Free" they are a fun-filled way to let everyone know you have opted for a drug-free lifestyle. Each pack contains assorted colors. One size fits all.

Sold in packs of 10 bracelets of the same style.

All Quantities	\$11.95 per pack
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MAR-1797

Proud to be Drug Free (10 Pack) Wide Silicone Bracelet

These new wide silicone bracelets make it easy to show-off the anti-drug message "Proud To Be Drug Free."

Red bracelet with white debossed imprint. One size fits all.

Sold in packs of 10 bracelets.

All Quantities	\$18.99 per pack
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MAR-1953

A Happy Me is Drug Free (10 Pack) Wide Silicone Bracelet

These wide silicone bracelets make it easy to show-off the anti-drug message "A Happy Me Is Drug Free." Red bracelet with white debossed imprint. One size fits all.

Sold in packs of 10 bracelets.

All Quantities	\$18.99 per pack
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SEXUAL ASSAULT

MAR-1734

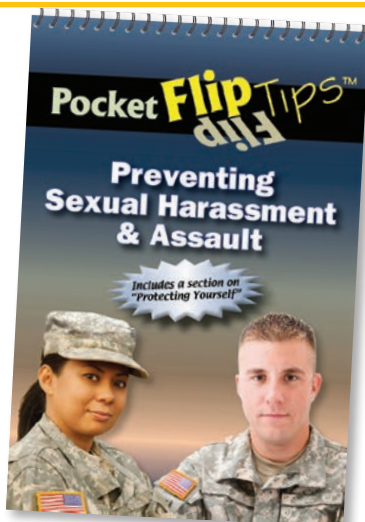
Preventing Sexual Harassment & Assault Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on preventing sexual assault and harassment. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Actions and behaviors that can be perceived as sexual harassment
- The "costs" of sexual harassment
- Reporting sexual harassment
- Protecting yourself from sexual assault

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG1734 online

MAR-2357

Sexual Harassment & Assault Pocket Flip Tip

Sexual harassment and sexual assault have no place in the military, as they adversely affect teamwork, self-discipline, mission accomplishment, and more importantly, an individual's freedom and well-being. Defeating these debilitating issues requires that these types of behavior are not tolerated and that all involved are treated with respect. Service members should be aware of how to prevent harassment and assault, and what to do if it occurs. Leaders should foster a positive climate within their organizations so that service members know that they will be supported if they become victims. This guide contains key policy and procedural information that can be used by both service members and leaders.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG2357 online

MAR-2035

Sexual Assault Prevention & Response Military Info Slide

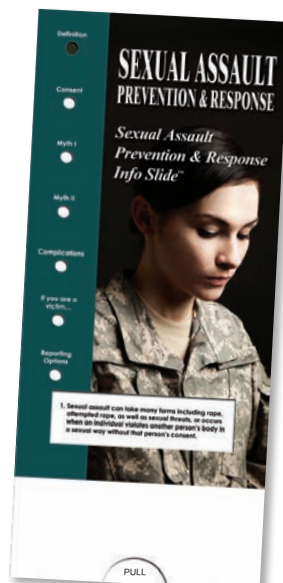
This Military Info Slide focuses on sexual assault prevention and response. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4."

Discusses:

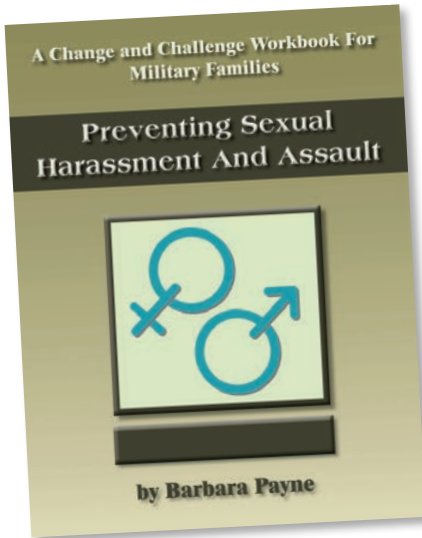
- Reporting options
- What to do if you are a victim of sexual assault
- SARC role
- Victim Advocate's role

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



SEXUAL ASSAULT



MAR-1450 Preventing Sexual Harassment And Assault Workbook

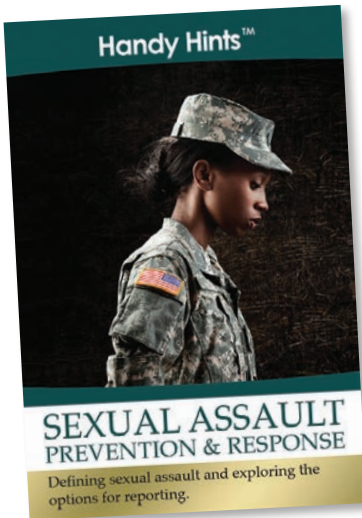
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on preventing sexual harassment and assault. 16-pages, 8 ½" x 11".

Discusses:

- The definition of sexual assault and harassment
- Media influences
- How women in the military are viewed
- The role of alcohol

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-2034 Sexual Assault Prevention & Response Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on sexual assault prevention and response. 3 ½" x 2 ½".

Discusses:

- The definitions of sexual assault and consent
- Reporting options
- Military sexual trauma (MST)

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1651 Preventing Sexual Assault & Harassment Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing sexual assault and harassment. 3 ½" x 2 ½". Discusses:

- Reporting sexual harassment
- If you are a victim of sexual assault
- Possible effects of sexual assault
- Protecting yourself from sexual assault

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50

SEXUAL ASSAULT

MAR-2037

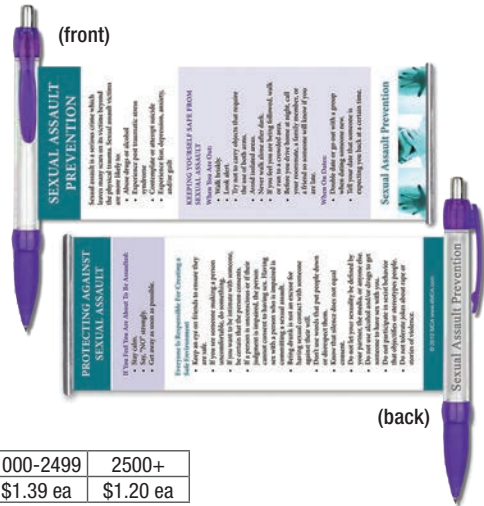
Sexual Assault Prevention Banner Pen

This Banner Pen focuses on sexual assault prevention.

WARNING: This pen is not for use by children.

Discusses:

- Keeping yourself safe from sexual assault
- Creating a safe environment



Quantity	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea

MAR-2089

Sexual Assault Prevention & Response Magnet

This 3"x 5" magnet is a visual reminder of available resources for Sexual Assault Prevention and Response. Put it on file cabinets, desks, or metal doors where it can be seen by all. Many individuals won't seek help out of shame or embarrassment, but having this information readily available will encourage individuals to confidentially seek the help they need.

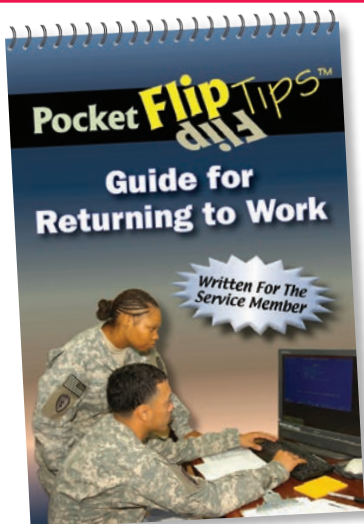
Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



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SEXUAL ASSAULT



Digital Version:
DIG1396 \$4.99 each

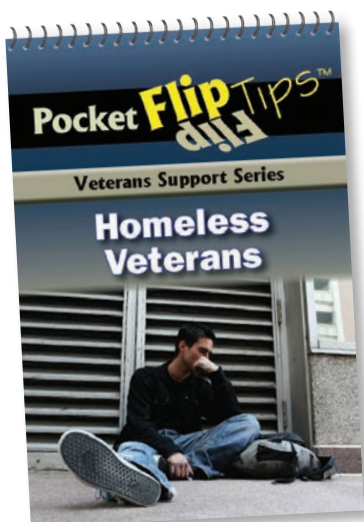
MAR-1396 Guide for Returning to Work Pocket Flip Tips

This digital Flip Tips book focuses on returning to work. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- USERRA
- Keeping in touch with your workplace while deployed
- Returning to work after deployment

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
DIG1870 \$4.99 each

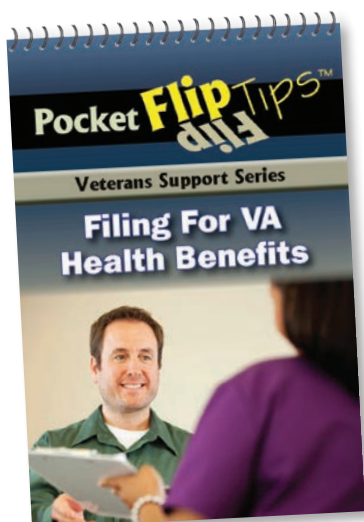
MAR-1870 Homeless Veterans Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on homeless veterans. 16-pages, 3 1/2" x 5 1/2". Discusses:

- VA benefits and services
- VA programs
- Outside resources

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
DIG1866 \$4.99 each

MAR-1866 Filing For VA Health Benefits Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on filing for VA health benefits. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Applying for benefits
- Copayments
- Dental

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

EMPLOYMENT/TRANSITION

MAR-1878

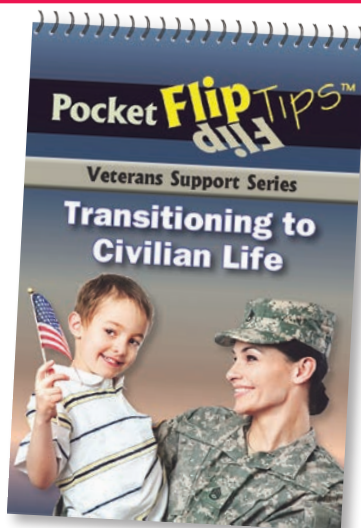
Transitioning to Civilian Life Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on transitioning to civilian life. 16-pages, 3 ½" x 5 ½". Discusses:

- Creating a plan
- TAP resources
- Presenting your skills
- Going back to school

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
DIG1878 \$4.99 each

MAR-1875

Military Service Benefits Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military service benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Applying for benefits
- Education benefits
- Employment services
- Disability

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version:
DIG1875 \$4.99 each

MAR-2305

Networking Pocket Flip Tips

The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on networking. Discusses making a plan, setting goals, tone and etiquette, writing a letter, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources
Please call for more information



Digital Version:
DIG2305 \$4.99 each



Digital Version Available.
DIG2304 \$4.99 each

MAR-2304

Social Media & Your Job Search Pocket Flip Tips

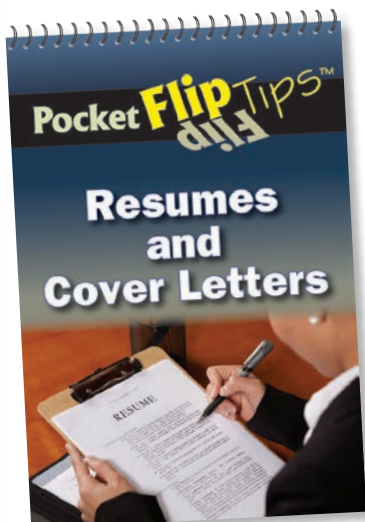
The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on social media and your job search. Discusses Facebook, LinkedIn, Twitter, blogging, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources

Please call for more information



Digital Version Available.
DIG2289 \$4.99 each

MAR-2289

Resumes and Cover Letters Pocket Flip Tips

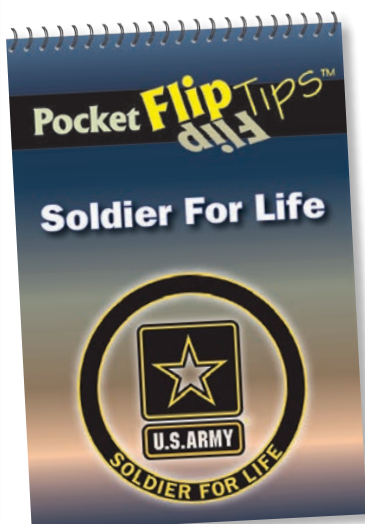
The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on resumes and cover letters. Discusses getting started, types of resumes, outlining a resume, sample of resume and cover letter, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources

Please call for more information



Digital Version Available.
DIG2303 \$4.99 each

MAR-2303

Soldier For Life Pocket Flip Tips

The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on Soldier For Life. Discusses TAP, SFL-TAP, Getting a Job, small business and entrepreneurship, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources

Please call for more information

MAR-2372

Understanding and Demonstrating Transferable Skills

This booklet discusses what transferable skills are, why these skills are important, understanding the difference between claimed and demonstrated skills, successfully demonstrating these skills on your resume, discussing transferable skills during your interview, translating and talking about military skills and experiences, and a sample list of relevant transferable skills.

Sold in packs of 25 of same title.

Quantity	1-49	50-99	100+
Price Per Pack	\$31.99	\$27.99	\$25.99

Digital Version Available.
DIG2372 \$4.99 each



MAR-2302

Preparing for Job Interviews Pocket Flip Tips

The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on job interviews. Discusses attire, interview components, being prepared, being professional, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources
Please call for more information



Digital Version Available.
See DIG2302 online

MAR-2288

Your Next Job: Setting Goals Pocket Flip Tips

The fast, easy-to-read way for military families to find advice and answers to vital life questions. This Flip Tips book focuses on setting goals for finding your next job. Discusses breaking down goals, getting help, making goals achievable, and more. Written by military family experts in easy-to-understand language, our Flip Tips books are unique and special. The format is extremely reader-friendly, and the topics were chosen from the feedback of you, our military customers, so this handy book targets your most pressing issues.

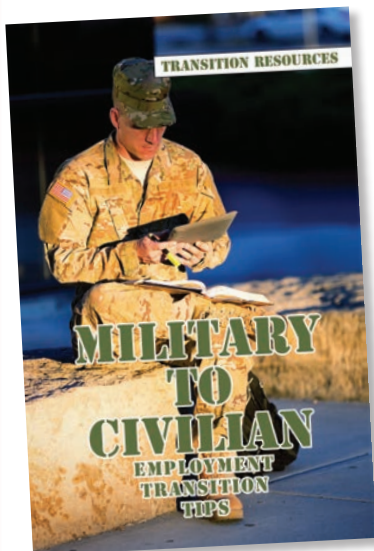
Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

Customizable Resources
Please call for more information



Digital Version Available.
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MAR-2306

Military to Civilian Employment Transition Tips

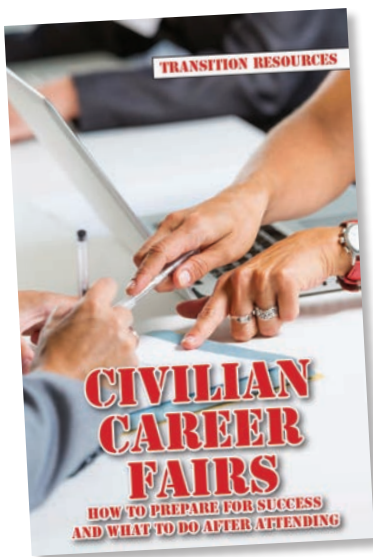
The authors of this transition digital booklet have based their advice on a combined 40 years of military service, 19 years in market research, 7 years in the Defense Industry, and 10 years Federal Civil Service. By applying their “actionable intelligence” to the kinds of situations ahead, you’ll be far more likely to transition with less fog and frustration, land well, and earn more. This booklet discusses 10 key lessons and action plans to help you in your journey.

Sold in packs of 25 of same title.

Quantity	1-49	50-99	100+
Price Per Pack	\$31.99	\$27.99	\$25.99

Digital Version Available.

DIG2306 \$4.99 each



MAR-2307

Civilian Career Fairs

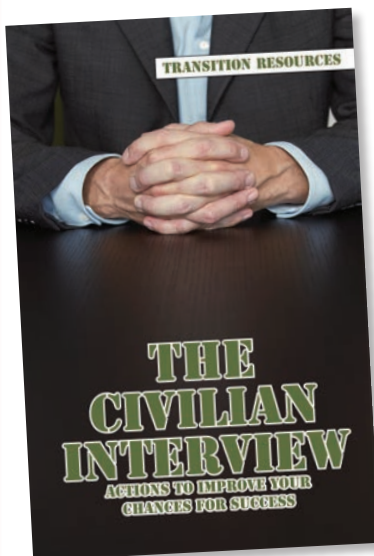
The authors of this transition digital booklet have based their advice on a combined 40 years of military service, 19 years in market research, 7 years in the Defense Industry, and 10 years Federal Civil Service. By applying their “actionable intelligence” to the kinds of situations ahead, you’ll be far more likely to transition with less fog and frustration, land well, and earn more. This booklet discusses twenty tips for attending a civilian career fair.

Sold in packs of 25 of same title.

Quantity	1-49	50-99	100+
Price Per Pack	\$31.99	\$27.99	\$25.99

Digital Version Available.

DIG2307 \$4.99 each



MAR-2308

The Civilian Interview

The authors of this transition digital booklet have based their advice on a combined 40 years of military service, 19 years in market research, 7 years in the Defense Industry, and 10 years Federal Civil Service. By applying their “actionable intelligence” to the kinds of situations ahead, you’ll be far more likely to transition with less fog and frustration, land well, and earn more. This booklet discusses 12 actions to improve your chances for success.

Sold in packs of 25 of same title.

Quantity	1-49	50-99	100+
Price Per Pack	\$31.99	\$27.99	\$25.99

Digital Version Available.

DIG2308 \$4.99 each

MAR-2371

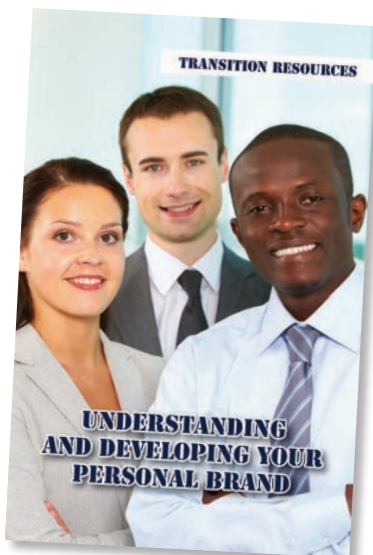
Understanding and Developing Your Personal Brand

The authors of this transition digital booklet have based their advice on a combined 40 years of military service, 19 years in market research, 7 years in the Defense Industry, and 10 years Federal Civil Service. This booklet discusses key messages that should be part of your personal brand, things to consider when developing your key messages, ways to bring your personal brand to life during the job search, and the importance of being consistent.

Sold in packs of 25 of same title.

Quantity	1-49	50-99	100+
Price Per Pack	\$31.99	\$27.99	\$25.99

Digital Version Available.
DIG2371 \$4.99 each



MAR-1449

Finding Work After Military Life Workbook

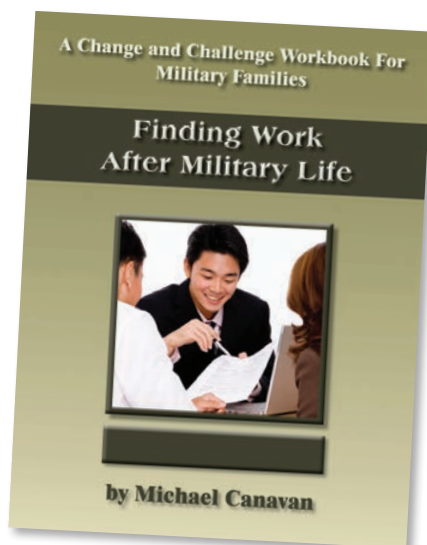
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on finding work after military life. 16-pages, 8 1/2" x 11".

Discusses:

- How to present yourself to a potential employer
- Developing your resume
- Successful interviews

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-1391

Transitioning To Civilian Life Workbook

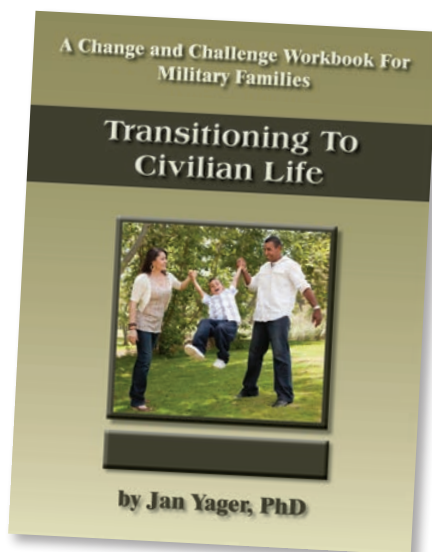
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on transitioning to civilian life. 16-pages, 8 1/2" x 11".

Discusses:

- Getting help
- Financial planning
- Writing a resume
- Making adjustments

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95





MAR-1650

Preparing to Transition to Civilian Life Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing to transition to civilian life. 3 ½" x 2 ½". Discusses:

- Finding a job
- Preparing for your new life
- Job interview tips
- Transition resources

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-1655

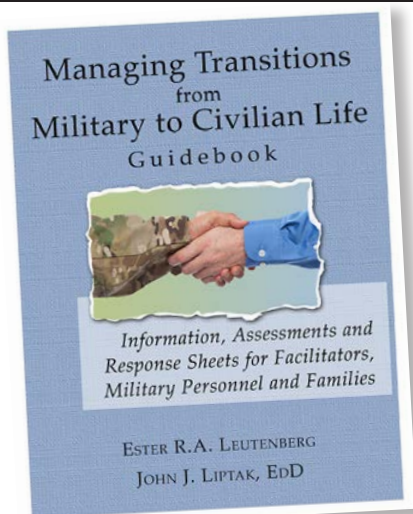
Transition STRESS-O-METER

This card focuses on transition stress faced by military families. On the back of the card are tips for handling the stress related to transition, such as:

- Adjusting to civilian life takes time. Be patient.
- Plan steps to a new career
- Consider taking courses

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-2367

Managing Transitions from Military to Civilian Life Guidebook

This guidebook is designed to help anyone involved in the military to have a smooth transition from military life to civilian life. It is designed to help you explore who you are, what you want in life, and how to make a successful transition. Transitioning from military life can be traumatic, scary, and very exciting - filled with mixed emotions - all at the same time.

THE FOUR MODULES

- Making the Transition
- Emotional Well-Being
- Relationship Skills
- Job Search

Digital Version Available.

DIG2367 \$12.95 each

No. of Books	1-19	20-49	50+
Price Per Book	\$29.95	\$25.95	\$21.95

READINESS/DEPLOYMENT & MOBILIZATION

MAR-1395

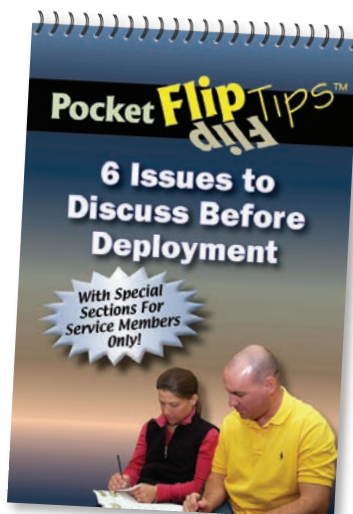
6 Issues to Discuss Before Deployment Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the six issues to discuss before deployment. 16-pages, 3 1/2" x 5 1/2". Discusses:

- OPSEC
- Block leave and R&R
- Personality changes
- Staying connected
- Trust and relationship issues
- Dealing with stress

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
DIG1395 \$4.99 each

MAR-1399

25 Proven Ways to Stay Connected with Your Special Loved One Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on staying connected with your special loved one. Discusses 25 different activities and tips for you to use for keeping in touch, such as writing, phone conversations, date night, and more. 16-pages, 3 1/2" x 5 1/2".

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
DIG1399 \$4.99 each

MAR-1924

Deployment Military Info Slide

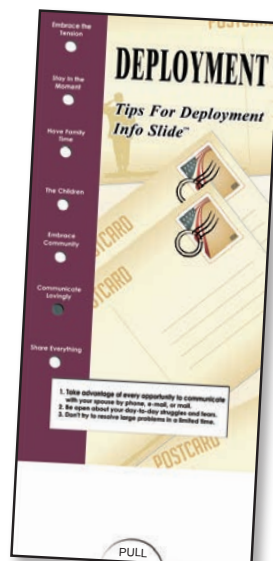
This Military Info Slide focuses on deployment. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4".

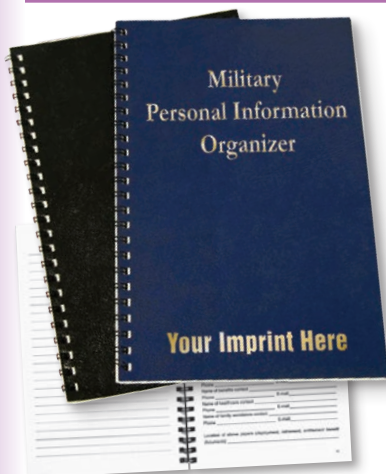
Discusses:

- Tips for the person at home
- Deployment and the children
- Communication
- Keeping in touch
- Asking for help

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95





MAR-30R10101

Military Personal Information Organizer

Instantly Reduces Family Stress and Worry by Organizing Family Finances and Important Personal Information

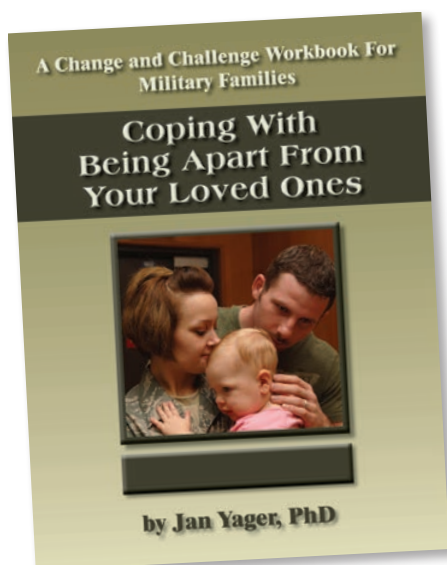
- Easy to fill-in forms organize everything from military benefits to medical information to investment records
- Handy size is perfect for traveling and storage in file or safe deposit box
- Price includes a one color imprint on one location.

Our most popular product! Every military family needs at least one. It reassures family at home and deployed member that all is under control. Conveniently keeps vital family information in one place for quick reference. Our organizer is indispensable in times of emergency and deployment.

Minimum 100 pieces.

No. of Pieces	100-499	500-999	1000-2499	2500+
Price Per Piece	\$5.49	\$4.99	\$4.59	\$4.39

Available in blue and black.
64-pages. 5³/₈" x 8³/₈".



MAR-1390

Coping With Being Apart From Your Loved Ones Workbook

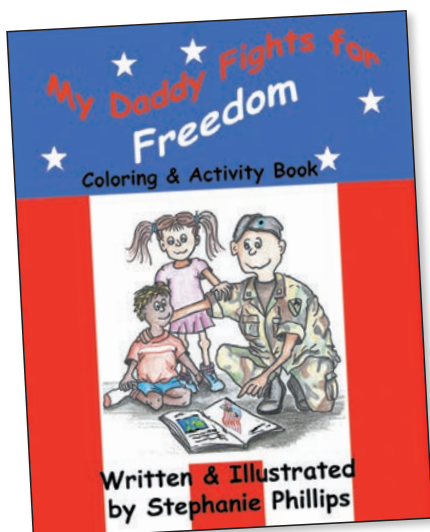
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with being apart from your loved ones. 16-pages, 8 1/2" x 11".

Discusses:

- Preparing for being apart
- Helping children with separation
- Getting through the separation
- Reunion

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-337699

My Daddy Fights for Freedom Coloring & Activity Book

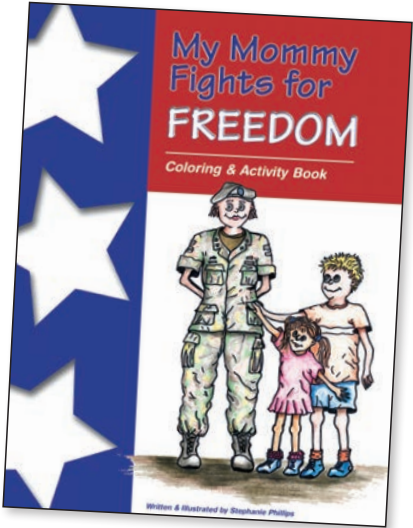
This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of servicemen. 16-pages, 8 1/2" x 11".

Sold in packs of 25 of same title.

Quantity	1-5	6-10	11+
Price Per Pack	\$49.25	\$46.75	\$44.25

MAR-382728
My Mommy Fights for Freedom
Coloring & Activity Book

This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose mothers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of service women. 16-pages, 8 ½" x 11".



Sold in packs of 25 of same title.

Quantity	1-5	6-10	11+
Price Per Pack	\$49.25	\$46.75	\$44.25



MAR-383226
Set of Coloring & Activity Books

These engaging coloring, activity, and rhyming storybooks are a great source of solace and support for military children whose mothers and fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, these storybooks offer suggestions of things kids can do that will bring them comfort and show their support for their parent. These storybooks are perfect for family centers, schools, child-care facilities and families of service men and women. 16-pages, 8 ½" x 11".

Set includes:

- 1 Pack (25 books) of My Mommy Fights for Freedom
- 1 Pack (25 books) of My Daddy Fights for Freedom

Set Discount Pricing

Quantity	1-5	6-10	11+
Price Per Set	\$80.95	\$76.95	\$73.95



Digital Version Available.
See DIG3BK11025 online

MAR-3BK11025
Long Distance Relationships Booklet

This booklet focuses on long distance relationships. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Effective communicating
- Activities to keep your relationship on track

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99



Digital Version Available.
See DIG3BK10625 online

MAR-3BK10625
Deployment Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on deployment. 16-pages, 5 ½" x 8 ½". Discusses:

- Five stages of reaction
- Making decisions and lists
- Planning things to do
- What not to do

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99



Digital Version Available.
See DIG1692 online

MAR-1692
You and the Media Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This booklet addresses the media.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99

MAR-1683

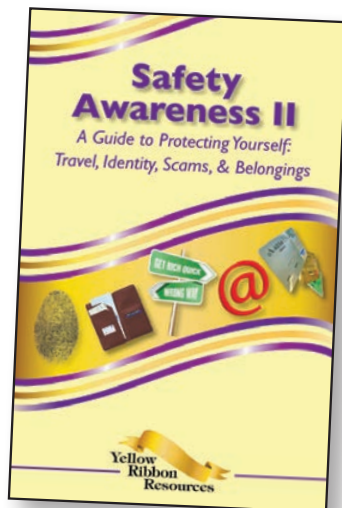
Safety Awareness II: Travel, Identity, Scams, and Belongings Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses safety awareness in terms of:

- Traveling
- Identity
- Scams
- Belongings

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG1683 online

MAR-1694

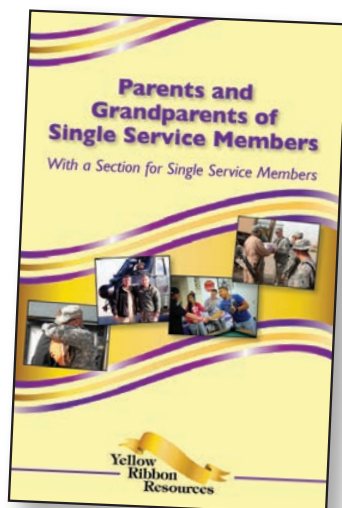
Parents and Grandparents of Single Service Members Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Discusses:

- Information to know
- Dos and don'ts
- Care packages
- Opportunities for single service members

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG1694 online

MAR-1695

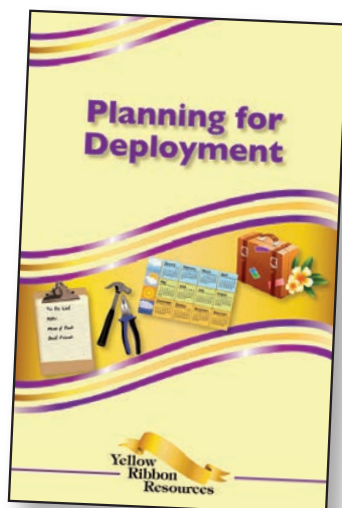
Planning for Deployment Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Discusses:

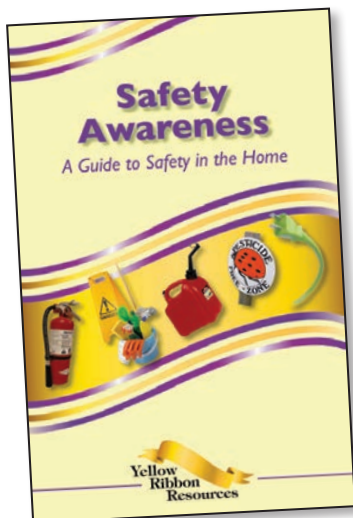
- Fun things to do pre-deployment
- Pre-deployment checklist
- Getting organized
- Extended families and pre-deployment

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



Digital Version Available.
See DIG1695 online



Digital Version Available.
See DIG1682 online

MAR-1682

Safety Awareness: A Guide to Safety in the Home Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This booklet addresses safety in the home.

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$28.99	\$26.99



MAR-1648

Preparing For Deployment Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing for deployment. 3 ½" x 2 ½". Discusses:

- Coping with deployment
- Preparing children for the deployment phase
- How to plan to stay busy while your loved one is away
- Deployment resources

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-2101

My Parent is Going Away Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99

MAR-2092
My Parent is Going Away
Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99

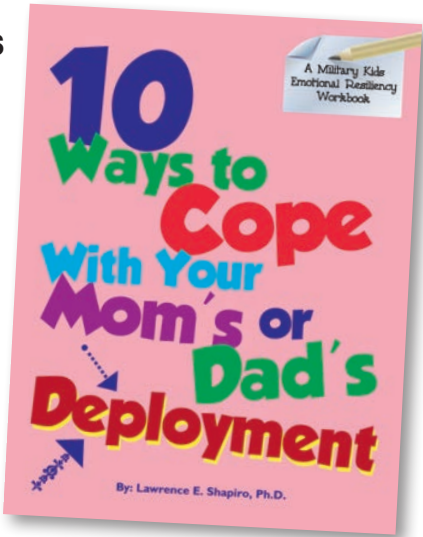


MAR-1764
10 Ways to Cope With Your Mom's
or Dad's Deployment Workbook

Being separated from a parent is one of the most serious stresses children can experience. Even though they understand that their moms and dads are heroes, children can build up anger and resentment, or even think that they are the reason that their parents chose a lifestyle that takes them away from the family. This workbook gives children a variety of ways to stay emotionally connected to their parents, and encourages them to seek other children who are coping with the same problem as a way to get emotional support. 16-pages, 8 ½" x 11". For ages 7-12.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



MAR-3MM10350
Deployment Do's and Don'ts Military
Minute Card

Military members love this fast-read card that encapsulates the best advice on deployment dos and don'ts. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99





MAR-3MM10550 Helping Children Cope with Deployment Military Minute Card

Military members love this fast-read card that encapsulates the best advice on helping children cope with deployment. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

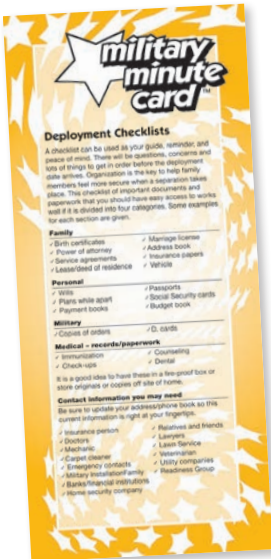


MAR-3MM10250 Keeping Connected Military Minute Card

Military members love this fast-read card that encapsulates the best advice on keeping connected. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM10150 Deployment Checklists Military Minute Card

Military members love this fast-read card that encapsulates the best advice on deployment checklists. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99

MAR-1403
Preparing for Deployment
Banner Pen

This Banner Pen focuses on preparing for deployment.
WARNING: This pen is not for use by children.
 Discusses:

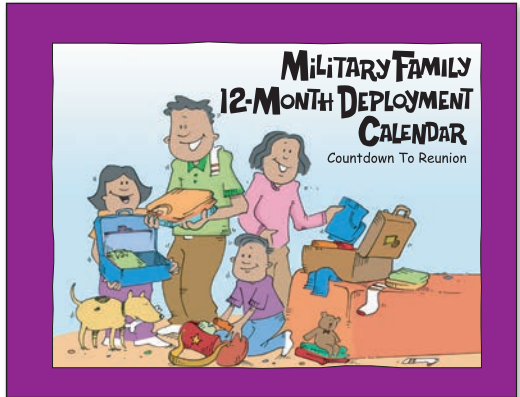
- Dealing with separation during deployment
- How to prepare for deployment early



Quantity	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea

MAR-18024
Military Family 12-Month
Deployment Calendar for
Kids

Helps families plan a year at-a-glance.
 Flexible format includes helpful hints and positive activities. 16-pages, 8 ½" x 11".



Sold in packs of 50.

Quantity	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



MAR-2047
12-Month Deployment
Calendar for the Military
Family

Helps families plan a year at-a-glance.
 Flexible format includes helpful hints and positive activities. 16-pages, 8 ½" x 11".




Sold in packs of 50.

Quantity	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99

READINESS/DEPLOYMENT & MOBILIZATION

The Stress Reduction Club
for Military Members™

DEPLOYMENT



Firmly press the indicator between your thumb and forefinger for 15 seconds.
The indicator will change color with the levels

Tense

Some Tension

Normal

Calm

© 2011 MCA

Helpful Tips for Deployment Stress Reduction

- Plan for your deployment with your family.
- Organize household affairs before you leave for a deployment.
- Communicate with your family about their feelings.
- Speak with a friend or counselor about your fears and concerns.
- Plan on pleasurable activities while deployed: reading, listening to music, etc.
- Picture yourself returning home and having a fun, heartwarming reunion.

Practice stress reduction techniques like regular exercise, deep breathing, and meditation.

MAR-1656 Deployment STRESS-0-METER

This card focuses on deployment stress faced by military families. On the back of the card are tips for handling the stress related to deployment, such as:

- Organize your household
- Communicate with family about feelings
- Plan activities while deployed

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95

MAR-3WR10101 Stay-in-Touch Letter Writing Kit

Makes Family Writing to Deployed Members Fun and Easy

- 27-Piece Kit even includes a letter writing tip sheet
- Packaged in a waterproof, handy travel pouch
- Features 4-color sticker sheets with positive messages

Since staying in touch is so important, we make it as easy as possible for you. Kit includes everything you need: 2 four-color sticker sheets, 2 writing pads, 20 envelopes, a writing tip sheet, pen, and a waterproof pouch.



Quantity	1-99	100-249	250+
Price Per Kit	\$9.99	\$9.59	\$8.99



MAR-1629 Yellow Ribbon-Shaped Magnet

2 magnets in 1! Support the Yellow Ribbon Program by putting this colorful magnet on lockers or cars. Special pop-out magnet. 4" x 8". Sold in packs of 25.

All Quantities
\$18.00 per pack

MAR-18031
Missing You Picture Frame Magnet

Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (Heart pop-out is 3" x 3 ½").



Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$69.99	\$66.99	\$63.99	\$60.99

MAR-18032
Honor Picture Frame Magnet

Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (pop-out is 2" x 3 ½").



Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$69.99	\$66.99	\$63.99	\$60.99

MAR-3MG10825
10 Ways to Cope with Stress & Anxiety When a Loved One is Deployed Magnet

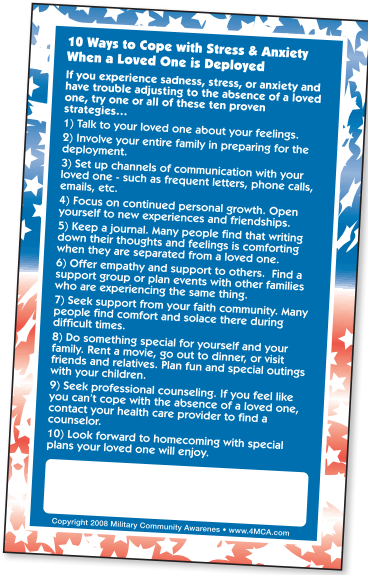
This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 10 ways to cope with stress and anxiety when a loved one is deployed. 3" x 5".

Discusses:

- Preparing for deployment
- Channels of communication
- Personal Growth
- Homecoming

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



REUNION/REINTEGRATION



Digital Version Available.
See DIG1455 online

MAR-1455

Coming Home: Reconnection Strategies Pocket Flip Tips

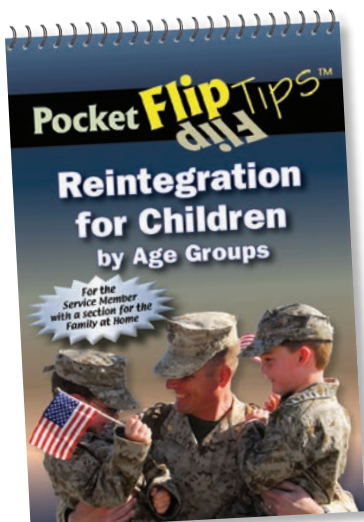
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reconnection strategies when coming home from deployment.

16-pages, 3 1/2" x 5 1/2". Discusses:

- Preparing for homecoming for the family
- Getting back into routines
- Intimacy
- Transition tips for the service member

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG1459online

MAR-1459

Reintegration for Children by Age Groups Pocket Flip Tips

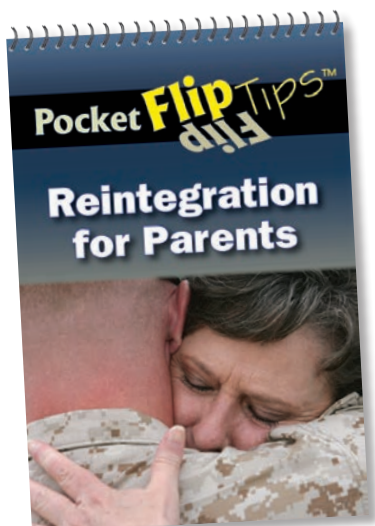
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reintegration for children. 16-pages, 3 1/2" x 5 1/2".

Discusses:

- How to tell children that their parent is coming home
- What to expect from children after returning home
- How to reconnect with your children

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG1773 online

MAR-1773

Reintegration for Parents Pocket Flip Tips

This Flip Tips book focuses on reintegration for parents. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Understanding your military member's recent experiences
- Anticipating the return of your son or daughter
- Healthy reconnection

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99

REUNION/REINTEGRATION

MAR-1774

Reintegration for Service Members Pocket Flip Tips

This Flip Tips book focuses on reintegration for service members. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Taking care of yourself
- Changes due to separation
- Reconnecting with your spouse
- Reconnecting with your children

Sold in packs of 10 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$45.99	\$40.99	\$35.99



Digital Version Available.
See DIG1774 online.

MAR-1925

Reunion Military Info Slide

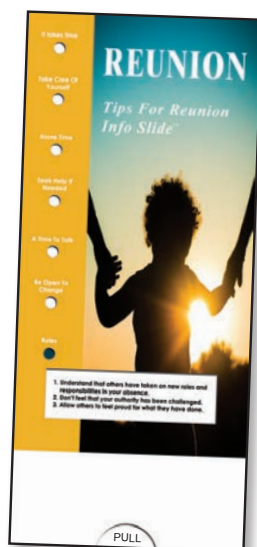
This Military Info Slide focuses on reunion. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4".

Discusses:

- 5 reunion phases
- Reunion and the children
- Taking care of yourself

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



MAR-3BK10725

Reunions And Re-Integration Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on reunion and reintegration. 16-pages, 5 1/2" x 8 1/2".

Discusses:

- Differing expectations for reunion
- Resolving conflicts
- Reintegration

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99



Digital Version Available.
See 3BK10725 online.

REUNION/REINTEGRATION

REUNION/REINTEGRATION



MAR-1649

Preparing For Reunion And Reintegration Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing for reunion and reintegration. 3 ½" x 2 ½".

Discusses:

- Preparing your family
- Becoming a couple again
- Changes at home

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-2094

My Parent is Coming Home Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



MAR-2103

My Parent is Coming Home Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99

REUNION/REINTEGRATION

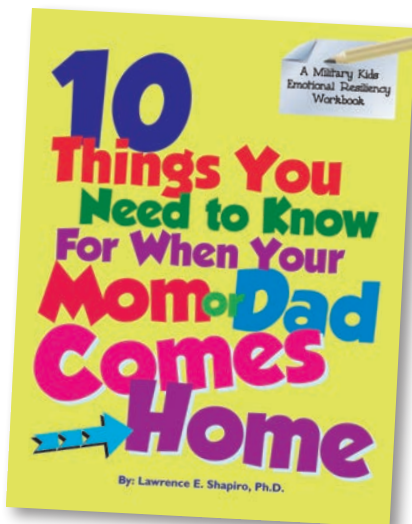
MAR-1765

10 Things You Need to Know For When Your Mom or Dad Comes Home Workbook

Children anticipate a parent's homecoming with great joy and expectation, but after the excitement of the planning and the festivities fade, real problems can surface. This workbook helps children understand that their returning parent has gone through a difficult time, and may bring emotional or physical problems home with them. The resiliency skills taught in this workbook will help kids understand their role in the family, and not feel that they have to take care of a returning parent, or build up resentment because a homecoming does not live up to their fantasies. 16-pages. 8 ½" x 11". For ages 7-12.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$37.99	\$34.99	\$32.99



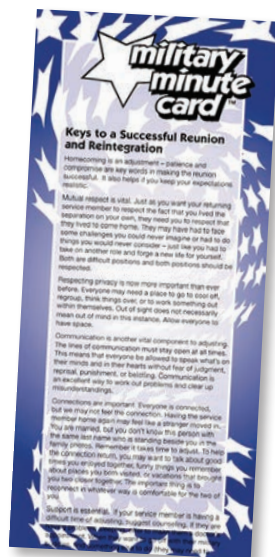
MAR-3MM10750

Keys to a Successful Reunion and Reintegration Military Minute Card

Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-3MM10850

Common Thoughts about Reunion and Reintegration – Service Member Military Minute Card

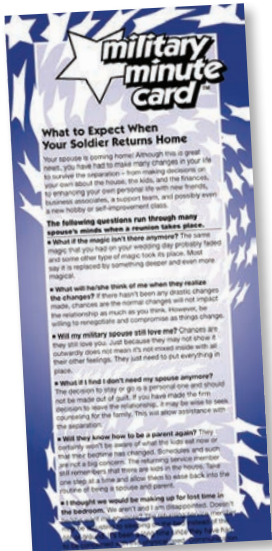
Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



REUNION/REINTEGRATION



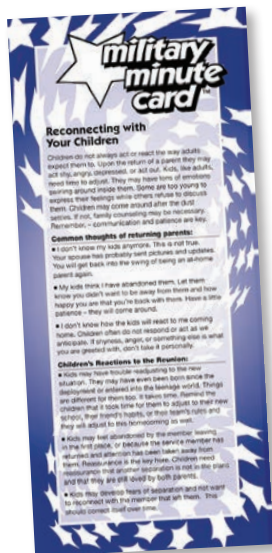
MAR-3MM10950

What to Expect When Your Soldier Returns Home Military Minute Card

Military members love this fast-read card that encapsulates the best advice on what to expect when your soldier returns home. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



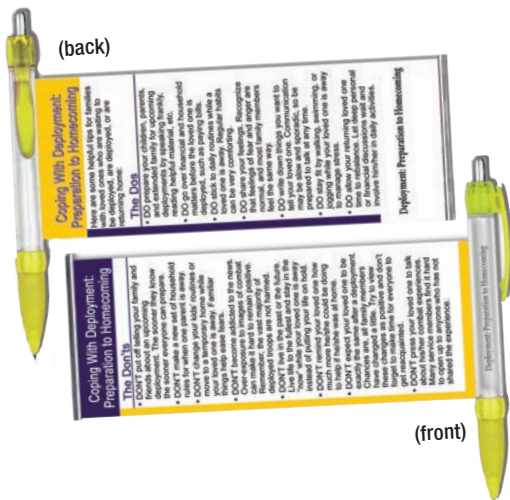
MAR-3MM11050

Reconnecting With Your Children Military Minute Card

Military members love this fast-read card that encapsulates the best advice on reconnecting with your children. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Sold in packs of 50 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$21.99	\$20.99	\$19.99	\$18.99



MAR-1634

Deployment: Preparation to Homecoming Banner Pen

This Banner Pen focuses on deployment. Discusses helpful tips for families with loved ones who are waiting to be deployed, are deployed, or are returning home. WARNING: This pen is not for use by children.

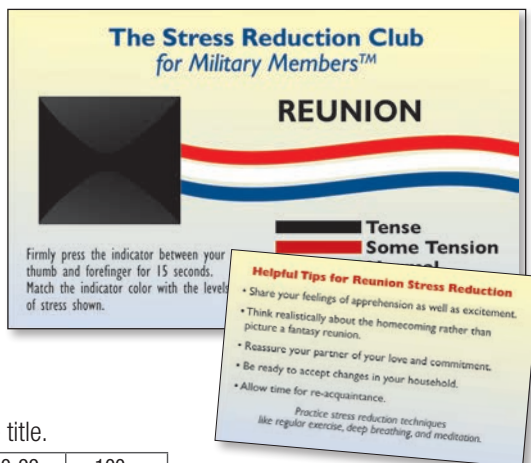
Quantity	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea

REUNION/REINTEGRATION

MAR-1653 Reunion STRESS-O-METER

This card focuses on reunion stress faced by military families. On the back of the card are tips for handling the stress related to reunion, such as:

- Share your feelings
- Accept changes
- Allow time for re-acquaintance



Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95

MAR-3MG10925 Reunion – 8 Ideas for a Successful Reunion Magnet

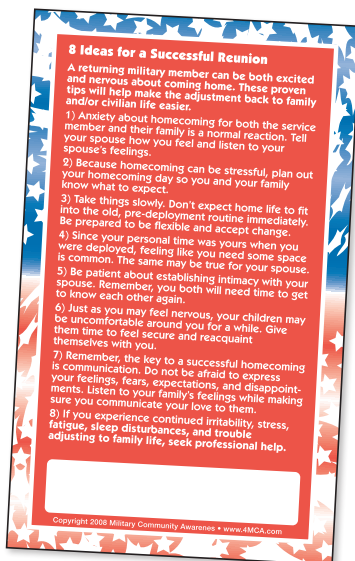
This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on reunion. 3" x 5".

Discusses:

- Anxiety about homecoming
- Planning out homecoming day
- Communication

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99

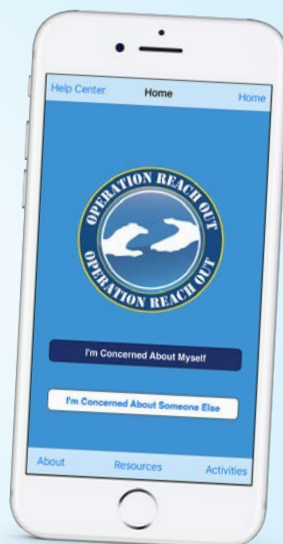


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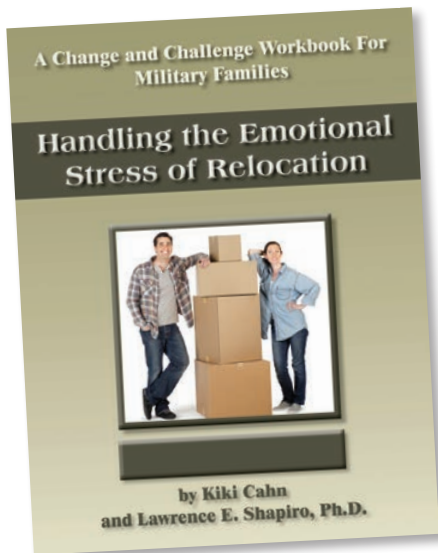
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For more information, visit
OpReachOut.com



REUNION/REINTEGRATION

RELOCATION

RELOCATION



MAR-1929

Handling the Emotional Stress of Relocation Workbook

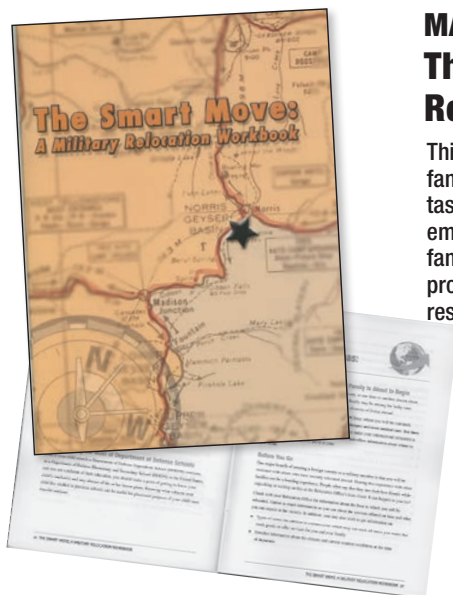
This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on handling the emotional stress of relocation. 16-pages, 8 ½" x 11".

Discusses:

- Avoiding bad habits
- Sleeping tips
- Handling conflict

Sold in packs of 10 of same title.

No. of Packs	1-99	100+
Price Per Pack	\$28.95	\$26.95



MAR-81012

The Smart Move: A Military Relocation Workbook

This workbook has all the essential information military families need as they face the sometimes daunting task of relocating. Covering an array of issues from the emotional to the practical, this workbook takes a military family step-by-step through the process. Worksheets provide organizational help along the way. Specific resources are suggested for additional information.

40 pages, 8 ½" x 11". Discusses:

- Relocation basics
- Relocation checklist
- Family feelings and fears
- After the move

Sold in packs of 10.
All Quantities: \$45.99 per pack



MAR-3BK10125

Permanent Change Of Station (PCS) Move Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on permanent change of station. 16-pages, 5 ½" x 8 ½". Discusses:

- Family communication
- Organization
- Arrival in your new area

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$34.99	\$31.99	\$27.99	\$25.99

RELOCATION

MAR-1888

Coping With Relocation Handy Hint

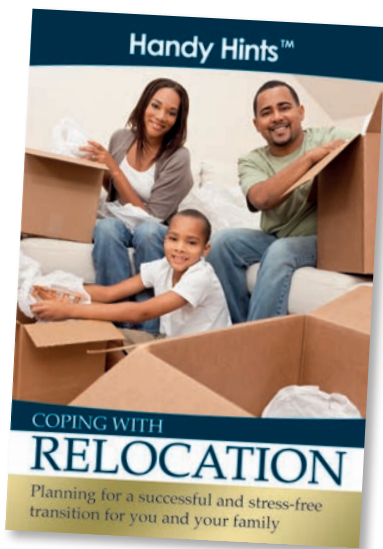
This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with relocation. 3 1/2" x 2 1/2".

Discusses:

- Relocation stress
- Marriage and relocation
- Children and relocation
- A relocation checklist to help prepare for your move

Sold in packs of 25 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$11.95	\$10.95	\$9.50



MAR-2109

Coping With Relocation Banner Pen

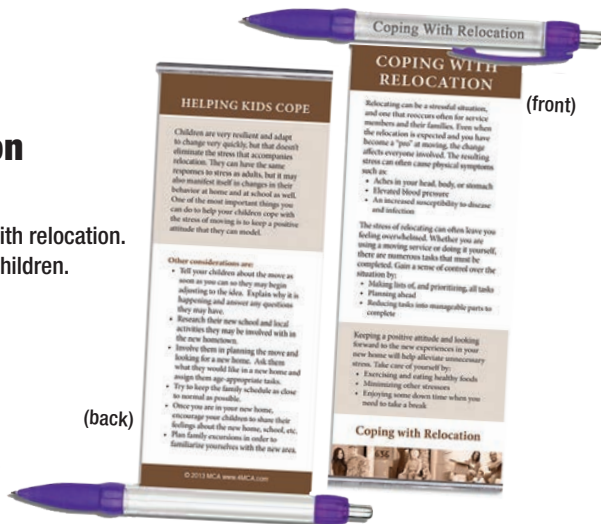
This Banner Pen focuses on coping with relocation.

WARNING: This pen is not for use by children.

Discusses:

- Physical symptoms of relocating
- The stress of relocating
- Helping kids relocate

(back)



Quantity	1-249	250-499	500-999	1000-2499	2500+
Price Per Pen	\$2.15 ea	\$1.75 ea	\$1.69 ea	\$1.39 ea	\$1.20 ea

MAR-1657

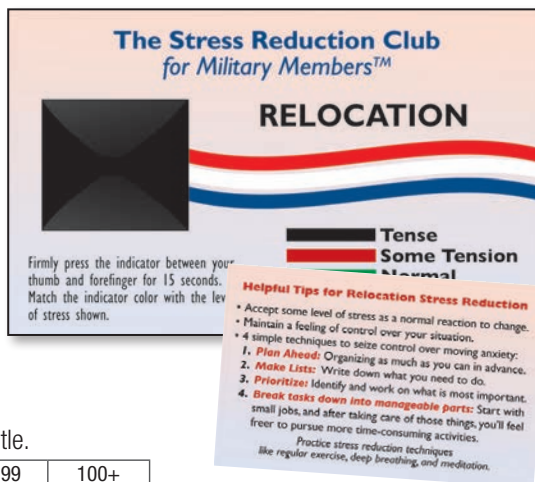
Relocation STRESS-O-METER

This card focuses on relocation stress faced by military families. On the back of the card are tips for handling the stress related to relocation, such as:

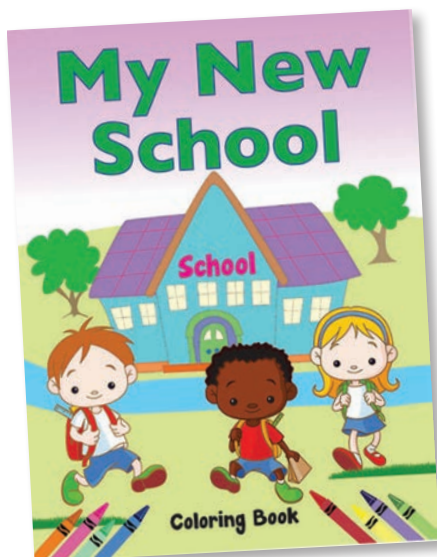
- Maintain a feeling of control over your situation
- 4 simple techniques to control moving anxiety

Sold in packs of 25 of same title.

No. of Packs	1-24	25-49	50-99	100+
Price Per Pack	\$28.95	\$27.95	\$25.95	\$24.95



RELOCATION



MAR-2097

My New School Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



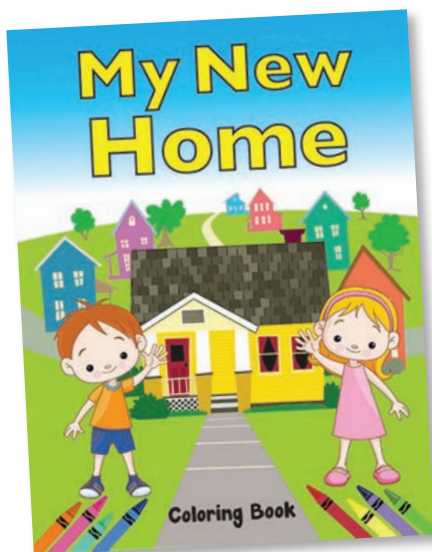
MAR-2104

My New Home Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

Sold in packs of 50 of same title.

Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99



MAR-2095

My New Home Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

Sold in packs of 50 of same title.

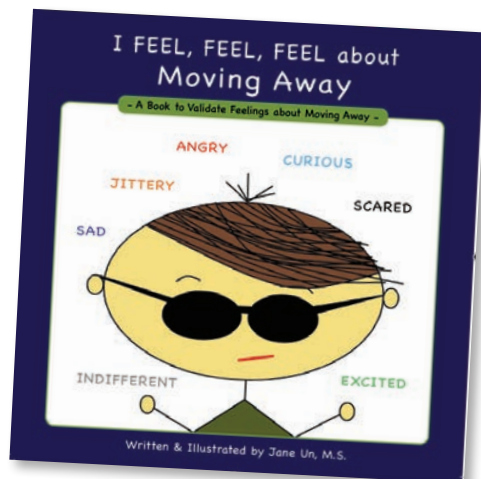
Quantity	1-24	25-49	50+
Price Per Pack	\$34.99	\$32.99	\$30.99

RELOCATION

MAR-1899

I FEEL, FEEL, FEEL about Moving Away Book

Ages 4-8. A book to validate feelings about moving away. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning to a new environment may take time, patience, and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.



All Quantities: \$10.95 each

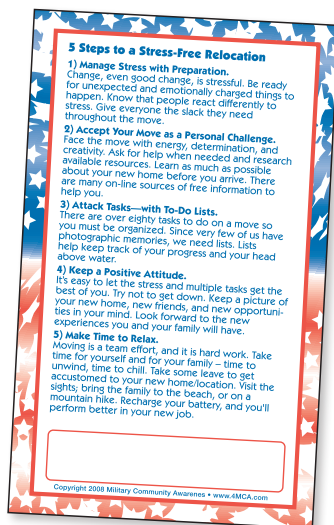
MAR-3MG11025

Relocation – 5 Steps to a Stress-Free Relocation

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on relocation. 3" x 5".

Sold in packs of 25 of same title.

No. of Packs	1-14	15-29	30-49	50+
Price Per Pack	\$20.99	\$19.99	\$18.99	\$17.99



RELOCATION



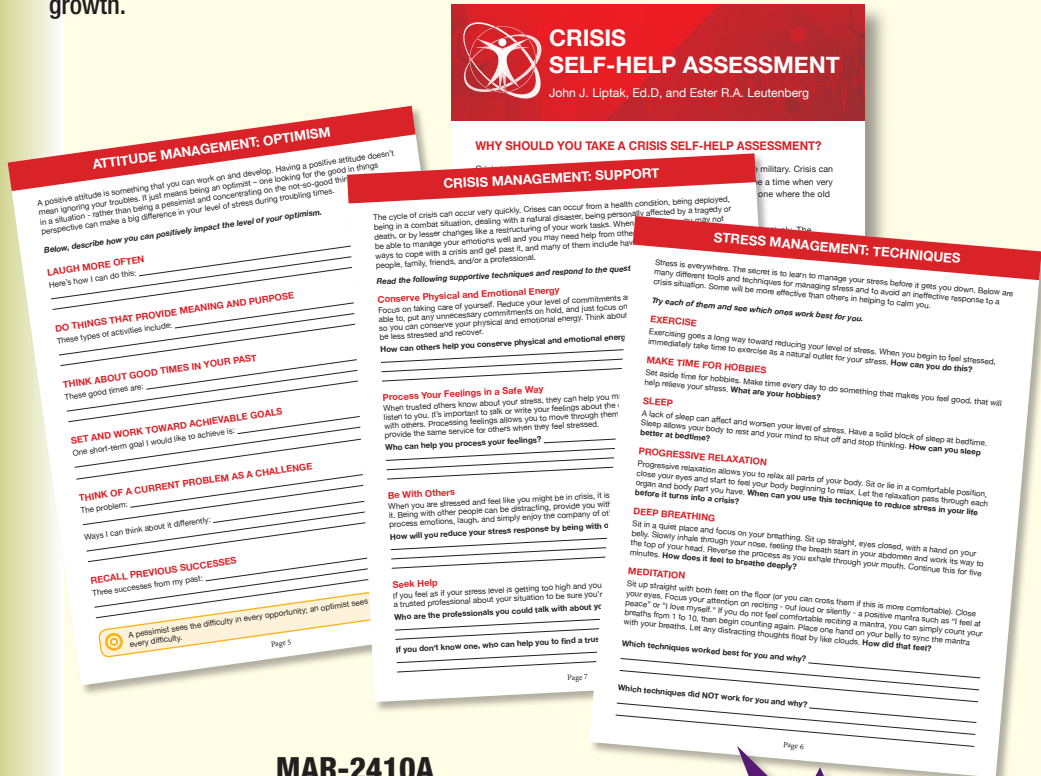
SELF-HELP ASSESSMENT SET

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Each set includes all 5 titles
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The purpose of these self-help assessments is to help you identify and strengthen the resiliency skills that you use every day in your life and your career and develop a better understanding of the intellectual, emotional, and social skills that you possess. Self-help assessments also help you to learn skills that you do not currently possess and refine those skills that you already have. Research indicates that by engaging in self-reflection you will improve your mental health and outlook and become a happier and more successful person. You will be able to grow personally and professionally by devoting your ability to lifelong learning, self-exploration, reflection, and growth.



No. of Sets	1-49	50-99	100+
Price Per Set	\$89.95	\$84.95	\$79.95

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NEW!

123



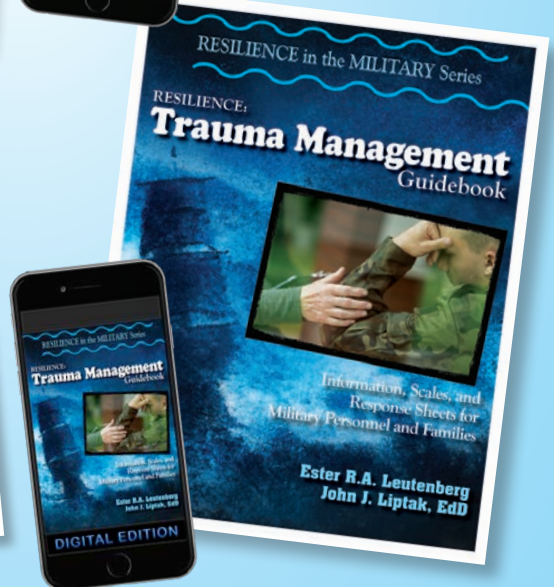
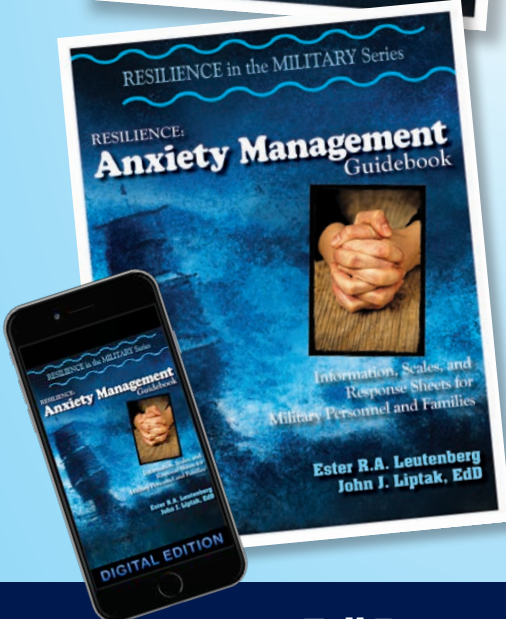
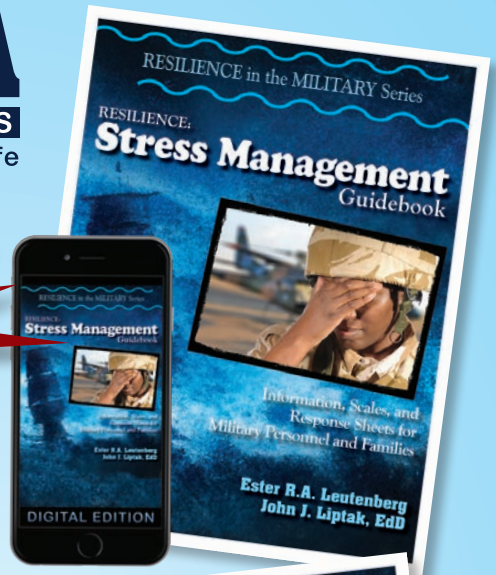
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Resources for All Stages of Military Life

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**See Pages 44-45
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