WHY SHOULD YOU TAKE A CRISIS SELF-HELP ASSESSMENT?

Crisis is a time of intense difficulty, trouble, or danger for anyone in the military. Crises can create stress because all things that are important in life are at risk. When people are stressed, it is an open invitation for stress-related symptoms to occur. These stress-related symptoms can be physical, emotional, or mental in nature.

Although stress may not start at the present, it can be managed effectively. The management of stress requires that a person has a self-help plan to manage his or her stress. The most effective plan is self-sufficient and requires people to control their stress and effective responses to stress.

The following assessment will look at four distinct ways to assist you with your crisis: your story, the impact of your crisis, your emotions, and your transitions.

STRESS SELF-HELP ASSESSMENT

WHY SHOULD YOU TAKE A STRESS SELF-HELP ASSESSMENT?

Stress is a time of intense difficulty, trouble, or danger for anyone in the military. Stress can create stress because all things that are important in life are at risk. When people are stressed, it is an open invitation for stress-related symptoms to occur. These stress-related symptoms can be physical, emotional, or mental in nature.

Although stress may not start at the present, it can be managed effectively. The management of stress requires that a person has a self-help plan to manage his or her stress. The most effective plan is self-sufficient and requires people to control their stress and effective responses to stress.

The following assessment will look at four distinct ways to assist you with your health: your story, the impact of your stress, your emotions, and your transitions.

ANXIETY SELF-HELP ASSESSMENT

WHY SHOULD YOU TAKE AN ANXIETY SELF-HELP ASSESSMENT?

Anxiety is a time of intense difficulty, trouble, or danger for anyone. Anxiety can create stress because all things that are important in life are at risk. When people are stressed, it is an open invitation for stress-related symptoms to occur. These stress-related symptoms can be physical, emotional, or mental in nature.

Although stress may not start at the present, it can be managed effectively. The management of stress requires that a person has a self-help plan to manage his or her stress. The most effective plan is self-sufficient and requires people to control their stress and effective responses to stress.

The following assessment will look at four distinct ways to assist you with your anxiety: your story, the impact of your anxiety, your emotions, and your transitions.

GRIEF SELF-HELP ASSESSMENT

WHY SHOULD YOU TAKE A GRIEF SELF-HELP ASSESSMENT?

Grief is a time of intense difficulty, trouble, or danger for anyone. Grief can create stress because all things that are important in life are at risk. When people are stressed, it is an open invitation for stress-related symptoms to occur. These stress-related symptoms can be physical, emotional, or mental in nature.

Although stress may not start at the present, it can be managed effectively. The management of stress requires that a person has a self-help plan to manage his or her stress. The most effective plan is self-sufficient and requires people to control their stress and effective responses to stress.

The following assessment will look at four distinct ways to assist you with your grief: your story, the impact of your grief, your emotions, and your transitions.

TRAUMA SELF-HELP ASSESSMENT

WHY SHOULD YOU TAKE A TRAUMA SELF-HELP ASSESSMENT?

Trauma is a time of intense difficulty, trouble, or danger for anyone. Trauma can create stress because all things that are important in life are at risk. When people are stressed, it is an open invitation for stress-related symptoms to occur. These stress-related symptoms can be physical, emotional, or mental in nature.

Although stress may not start at the present, it can be managed effectively. The management of stress requires that a person has a self-help plan to manage his or her stress. The most effective plan is self-sufficient and requires people to control their stress and effective responses to stress.

The following assessment will look at four distinct ways to assist you with your trauma: your story, the impact of your trauma, your emotions, and your transitions.

TRUSTED HEALTH INFORMATION

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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  
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- Transition  
- Finances  
- Deployment & Reunion  
- Re-entry & Reintegration  
- Army Substance Abuse Program  
- Mental Health  

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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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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
- Physical Health Challenges
- Mental Health Challenges
- Caregiver Stress
- Support and Advocacy

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MAR-1461
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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MAR-1673
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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MAR-1394
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 ½" x 5 ½". Discusses:
- Education
- Searching for employment
- Physical and mental health services

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MAR-1733
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 ½" x 5 ½". Discusses:
- Money management
- Children
- Infidelity

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MAR-1454
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 ½" x 5 ½". 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 ½” x 5 ½”. 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 ½” x 5 ½”. Discusses:
- Body language
- How to get your point across
- Active listening
- Speaking in front of others

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MAR-1675
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 ½” x 5 ½”. Discusses:
- The order of precedents
- Proper conduct at events
- Dos and don’ts of flag display

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MAR-2057
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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MAR-1705
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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MAR-1706
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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MAR-1707
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, 8½” x 11”. Discusses:
• Creating two comfortable homes
• House rules
• People you can call for help

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MAR-1708
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, 8½” x 11”. Discusses:
• Identifying the problem
• If parents don’t agree
• Discipline
• Effective communication

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MAR-1709
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, 8½” x 11”. Discusses:
Truths and myths about abuse
How abusers behave
Sexual abuse

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MAR-1710
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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MAR-1451
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 ½” x 8 ½”. Discusses:

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

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### MAR-3BK10425
**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 ½” x 8 ½”. Discusses:

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

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### MAR-3BK11325
**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 ½” x 8 ½”. Discusses:

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

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MAR-3BK10925
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 ½” x 8 ½”. Discusses:
- Important situations that might be encountered
- How to handle important situations

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MAR-3BK10825
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 ½” x 8 ½”. 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 ½” x 8 ½”.

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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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Digital Version Available. See DIG2078 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.

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Digital Version Available. See DIG2079 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.

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Digital Version Available. See DIG2080 online.
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.

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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".

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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".

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Digital Version Available. See DIG2084 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”.

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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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”.

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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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”.

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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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+
---|---|---|---|---

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
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 ¼” x 3 ⅛”. 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.

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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 ⅜” x 8 ½”.

Sold in packs of 50 cards of the same title.

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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 ⅜” x 8 ½”.

Sold in packs of 50 cards of the same title.

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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 7/8” x 8 ½”.

Sold in packs of 50 cards of the same title.

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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 7/8” x 8 ½”.

Sold in packs of 50 cards of the same title.

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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 7/8” x 8 ½”.

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Military Lingo
Reserves:
These common used acronyms that are spoken in everyday conversations are time-savers for the military service member. However, they can be unfamiliar terms to military family members. This list will help military families understand and communicate better with their service member.

- AGR – Active Guard Reserve
- AR – Army regulation
- CDC – counter drug coordinator
- Convoy – movement of military vehicles
- EANGUS – Enlisted Association of the National Guard of the U.S.
- EER – Enlisted Evaluation Report
- ETA – estimated time of arrival
- FLIR – forward-looking infrared sensors that read heat
- FM – field manual
- Four Seasons – military garden/toy center
- FRG – family readiness group
- FTUS – full time unit staff
- FTX – field training exercise
- Grade – rank
- KP – kitchen police
- Mobilize – prepare to deploy
- NCOER – non-commissioned officer evaluation report
- NTC – national training center
- NOD – night optical device
- NVG – night vision goggles
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 ⅛" x 8 ½".

Sold in packs of 50 cards of the same title.

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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 ⅛" x 8 ½".

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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 ⅛" x 8 ½".

Sold in packs of 50 cards of the same title.

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MAR-2096
My Parent is in the Military Coloring Book
This coloring book offers a positive message about military life. Colorful 8½” x 11” book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

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Sold in packs of 50 of same title.

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 8½” x 11” book includes activities with age-appropriate graphics. Ages 5-11.

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MAR-2105
My Parent is in the Military 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 8½” x 11” book includes activities with age-appropriate graphics. Ages 5-11.

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Sold in packs of 50 of same title.
**MAR-2090**  
**I'm A Proud Military Child Coloring Book**  
This coloring book offers a positive message about military life. Colorful 8½” x 11” book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

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**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 8½” x 11” book includes activities with age-appropriate graphics. Ages 5-11.

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Sold in packs of 50 of same title.

**MAR-2091**  
**My Military Family Makes A Difference Coloring Book**  
This coloring book offers a positive message about military life. Colorful 8½” x 11” book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

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Sold in packs of 50 of same title.
### 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.

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### 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.

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### 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.

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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 ½” x 11” book includes activities with age-appropriate graphics. Ages 5-11.

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MAR-1679
I'm A Proud Military Kid
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.

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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
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
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”

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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
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-324493
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-324493
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-324493
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
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.

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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
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### 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.

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<tr>
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### 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.
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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 ½” x 5 ½”. 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.

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<td>Price Per Pack</td>
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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 ½” x 3 ¾”. Discusses:

- Future planning
- Home finances
- Income vs. expenses

Sold in packs of 25 of same title.

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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 ½” x 11”.

 Discusses:

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

Sold in packs of 10 of same title.

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<tr>
<td>Price Per Pack</td>
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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.

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MAR-1039A Military Family Finances: Set of Bill Tracker and Budget Handbook

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

All Quantities: $149.50 per set
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.

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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.

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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

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.

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MAR-18007
Budgeting 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:
- Necessity or luxury?
- Planning ahead
- Developing a budget
- Debt consolidation

Digital Version Available. See DIG18007 online.
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MAR-18008
Managing Expenses 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:
- Tips for cutting your expenses
- Extra money
- Compulsive shopping
- Involving family members

Digital Version Available. See DIG18008 online.
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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 ½” x 5 ½”. Topics in this booklet include:
- Personal financial management
- Service members Civil Relief Act
- Employment rights
- Military Lending Act

Digital Version Available. See DIG18009 online.
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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.

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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.

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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.

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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.

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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.

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Sold in packs of 50 of same title.

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

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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 ⅛" x 8 ½". Discusses:

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

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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 ⅛" x 8 ½". Discusses:

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

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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 ⅛" x 8 ½". Discusses:

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

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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 ⅜” x 8 ½”.

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

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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 ⅜” x 8 ½”.

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

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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 ⅜” x 8 ½”.

Discusses:
- Research
- Resume
- Resourcefulness
- Range
- Realistic

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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 ¾” x 8 ½”.

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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 ¾” x 8 ½”. Discusses:
- Setting money aside
- Direct deposit/bill pay
- Credit score
- Financial advisors

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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 ¾” x 8 ½”. Discusses:
- Social media
- Internet marketing
- Print ads
- Seminars

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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 ½" x 8 ½”. Discusses:
- Internet
- Smartphones
- Social media

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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 ½" x 8 ½”.
Discusses:
- Stocks
- Bonds
- Mutual funds

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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 ¼" x 8 ¼”.
Discusses:
- Management
- Business and financial operations
- Social services
- Computer science

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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.

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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.

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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.

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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.

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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.

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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

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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.

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.
RESILIENCE & MENTAL HEALTH

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

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

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
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.

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 occurs.

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.

Digital Version: DIG2369 $12.95 each.
**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 ½” x 5 ½”.

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

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**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 ½” x 5 ½”. Discusses:
- What triggers anger
- Recognizing signs of uncontrollable anger
- Expressing anger
- Anger management tips

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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 ½” x 5 ½”.

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

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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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Price Per Pack | $45.99 | $40.99 | $35.99

Digital Version:
DIG1776 $4.99 each

MAR-1672
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

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

Digital Version:
DIG1672 $4.99 each

MAR-1457
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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Price Per Pack | $45.99 | $40.99 | $35.99

Digital Version:
DIG1457 $4.99 each
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 ½" x 5 ½". Discusses:
- Signs of mental health problems
- Finding care
- Treatment settings
- Common mental health problems

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Digital Version: DIG1880 $4.99 each

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.

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Digital Version: DIG2287 $4.99 each
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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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

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

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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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

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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Price Per Pack | $28.95 | $27.95 | $25.95 | $24.95
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
- Seeking help
- Learning the signs
- Being supportive

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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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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

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### 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, 8½" x 11". Discusses:
- Warning signs of suicidal thoughts or behaviors
- Asking for help
- Identifying your support system

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### 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, 8½" x 11".

Discusses:
- Signs of PTSD
- Triggers
- Cognitive therapy

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### 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

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RESILIENCY & MENTAL HEALTH

**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

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**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

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**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.

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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

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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

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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

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RESILIENCY & MENTAL HEALTH

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

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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

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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

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### 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

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### 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

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### 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

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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

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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

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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

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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

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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

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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

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

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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

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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”.

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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 ½” x 8 ½”.

Digital Version Available. See DIG2076 online

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
---|---|---|---|---

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

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
---|---|---|---|---

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

No. of Packs | 1-24 | 25-49 | 50-99 | 100+
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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

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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

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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 ¼” x 2 ¼”.

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

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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

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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

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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

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</table>
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

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

Sold in packs of 25 of same title.

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.

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

Sold in packs of 50 of same title.

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.

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

Sold in packs of 50 of same title.
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 ½" x 11".
For ages 7-12.

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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 ½" x 11".
For ages 7-12.

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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 ⅜" x 8 ½".

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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. 3 3/8" x 8 1/2".

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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.

<table>
<thead>
<tr>
<th>No. of Packs</th>
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<th>25-49</th>
<th>50-99</th>
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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.

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<thead>
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</table>
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.

<table>
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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.

<table>
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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

<table>
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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

<table>
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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

<table>
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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

<table>
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MAR-1637
Understanding Depression
Banner Pen
This Banner Pen focuses on understanding depression.
WARNING: This pen is not for use by children.
Discusses:
• Treating depression
• Causes of depression
• Dos and don’ts of coping with depression

<table>
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MAR-1407
Facts About Alcohol Use
Banner Pen
This Banner Pen focuses on facts about alcohol use.
WARNING: This pen is not for use by children. Discusses:
• Warning signs of alcohol abuse
• Myths and facts about alcohol addiction

<table>
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MAR-1406
Facts About Drug Use
Banner Pen
This Banner Pen focuses on facts about drug use.
WARNING: This pen is not for use by children. Discusses:
• Drug use in the military
• Consequences of drug use
• How to determine if you have a drug problem

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The Military Resiliency Program
The Stress/Resiliency Biofeedback Card

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 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.

<table>
<thead>
<tr>
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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-2270 Set of 3 CDs $49.95 per set

| 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 |

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### 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

<table>
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### 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

<table>
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### 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
- Leisure
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- Goal setting
- Motivation
- Time management

<table>
<thead>
<tr>
<th>All Quantities</th>
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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
- Conflict resolution
- Creative expression
- Healthy living
- Job readiness

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
- Conflict resolution
- Job readiness
- Relapse prevention
- Relationships

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
- Relapse prevention
- Relationships
- Social skills
- Stress management

All Quantities | $59.95 each
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
- Parenting
- Grief/loss
- Coping skills
- Steps to recovery
- Communication: verbal and non-verbal

All Quantities | $49.95 each

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

All Quantities | $17.95 each

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
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
- Grief
- Aging
- Recovery

All Quantities $59.95 each
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
- 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
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
- Anxiety
- Coping skills
- Money management

| All Quantities | $49.95 each |

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 |

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
- Money Management
- Goals
- Spirituality
- Relapse Prevention

| All Quantities | $59.95 each |
### 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

<table>
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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
- Healthy living
- Personal responsibility
- Spirituality
- Stress management

<table>
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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

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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

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

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

All Quantities $59.95 each
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.
- Each module contains:
  - Self assessment
  - Scoring directions
  - Outlined group activity
  - Pre-and Post-Test
  - Personal insights section

All Quantities | $49.95 each

Local 1-516-496-4042 • Toll Free 1-877-813-4MCA (4622) • Fax 516-496-4050 • www.4MCA.com
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

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

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

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
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.

<table>
<thead>
<tr>
<th>No. of Packs</th>
<th>1-14</th>
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<th>30-49</th>
<th>50+</th>
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</table>

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.

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<thead>
<tr>
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<th>30-49</th>
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</thead>
</table>

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.

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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.

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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.

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</table>

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.

<table>
<thead>
<tr>
<th>No. of Packs</th>
<th>1-24</th>
<th>25-49</th>
<th>50+</th>
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<tbody>
<tr>
<td>Price Per Pack</td>
<td>$34.99</td>
<td>$31.99</td>
<td>$30.99</td>
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</table>
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

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

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
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

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

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
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 |

Go to 4mca.com to see thousands of custom imprinted products!
### Sneaker Key Rings

**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.

<table>
<thead>
<tr>
<th>All Quantities</th>
<th>$24.95 per pack</th>
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</thead>
</table>

### Don’t Monkey Around with Drugs Flyer

**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.

<table>
<thead>
<tr>
<th>All Quantities</th>
<th>$22.95 per pack</th>
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</thead>
</table>

### See Me! Drug Free! Flashlight Keychain

**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.

<table>
<thead>
<tr>
<th>All Quantities</th>
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**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!

<table>
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<th>All Quantities</th>
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**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.

<table>
<thead>
<tr>
<th>All Quantities</th>
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</table>

**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.

<table>
<thead>
<tr>
<th>All Quantities</th>
<th>$2.50 each</th>
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</thead>
</table>
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

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

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
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.

<table>
<thead>
<tr>
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<th>1-9</th>
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<tr>
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<td>$14.95</td>
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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.

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<td>$12.95</td>
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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.

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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.

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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.

<table>
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<tr>
<td>Price Per Pack</td>
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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.

<table>
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<th>No. of Packs</th>
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<tr>
<td>Price Per Pack</td>
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<td>$12.95</td>
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</table>
**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 |
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 ½” x 5 ½”. Discusses:

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

Digital Version Available. See DIG1734 online

Sold in packs of 10 of same title.

<table>
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<tr>
<td>Price Per Pack</td>
<td>$45.99</td>
<td>$40.99</td>
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</tbody>
</table>

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.

Digital Version Available. See DIG2357 online

Sold in packs of 10 of same title.

<table>
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<th>Quantity</th>
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<tr>
<td>Price Per Pack</td>
<td>$45.99</td>
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</table>

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 ½” x 3 ¾.”

Discusses:

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

Digital Version Available. See DIG2035 online

Sold in packs of 25 of same title.

<table>
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</table>
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.

<table>
<thead>
<tr>
<th>No. of Packs</th>
<th>1-99</th>
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<tbody>
<tr>
<td>Price Per Pack</td>
<td>$11.95</td>
<td>$10.95</td>
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</table>

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.

<table>
<thead>
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<th>Quantity</th>
<th>1-24</th>
<th>25-49</th>
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<tr>
<td>Price Per Pack</td>
<td>$11.95</td>
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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.

<table>
<thead>
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<th>Quantity</th>
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<tr>
<td>Price Per Pack</td>
<td>$11.95</td>
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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

<table>
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<tr>
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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.

<table>
<thead>
<tr>
<th>No. of Packs</th>
<th>1-14</th>
<th>15-29</th>
<th>30-49</th>
<th>50+</th>
</tr>
</thead>
</table>

Go to 4mca.com to see thousands of custom imprinted products!
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.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>1-24</th>
<th>25-49</th>
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<tr>
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<td>$40.99</td>
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</tbody>
</table>

Digital Version:
DIG1396 $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 ½” x 5 ½”. Discusses:

- VA benefits and services
- VA programs
- Outside resources

Sold in packs of 10 of same title.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>1-24</th>
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Digital Version:
DIG1870 $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 ½” x 5 ½”. Discusses:

- Applying for benefits
- Copayments
- Dental

Sold in packs of 10 of same title.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>1-24</th>
<th>25-49</th>
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</table>

Digital Version:
DIG1866 $4.99 each
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.

<table>
<thead>
<tr>
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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.

<table>
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</table>

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.

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</table>

Customizable Resources
Please call for more information

Digital Version:
DIG2305 $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.

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Digital Version Available. DIG2304 $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.

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Digital Version Available. DIG2289 $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.

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Digital Version Available. DIG2303 $4.99 each
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.

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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.

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Customizable Resources
Please call for more information

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.

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Customizable Resources
Please call for more information
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.

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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.

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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.

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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.

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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 ½” x 11”.

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

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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 ½” x 11”.

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

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**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

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**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

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**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
**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 ½" x 5 ½". Discusses:

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

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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 ½" x 5 ½".

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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 ½" x 3 ¾".

Discusses:

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

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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.

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

Minimum 100 pieces.

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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 ½” x 11”.

Discusses:
- Preparing for being apart
- Helping children with separation
- Getting though the separation
- Reunion

Sold in packs of 10 of same title.

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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 ½” x 11”.

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Minimum 100 pieces.
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".

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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

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**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

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**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

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**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.

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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

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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

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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

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MAR-1682

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.

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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 ⅛” x 2 ⅛”. Discusses:

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

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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.

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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.

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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.

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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 ⅛” x 8 ½”.

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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 ¾" x 8 ½".

Sold in packs of 50 of same title.

<table>
<thead>
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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 ¾" x 8 ½".

Sold in packs of 50 of same title.

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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 ¾" x 8 ½".

Sold in packs of 50 of same title.

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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

<table>
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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.

<table>
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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.

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</table>
**MAR-1656**

**Deployment STRESS-O-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.

<table>
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<th>No. of Packs</th>
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**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.

<table>
<thead>
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**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").

<table>
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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").

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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

<table>
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<tr>
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**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 ½” x 5 ½”. 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.

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**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 ½” x 5 ½”. 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.

<table>
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**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.

<table>
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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.

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</tbody>
</table>

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 ½" x 3 ¾".

Discusses:

- 5 reunion phases
- Reunion and the children
- Taking care of yourself

Sold in packs of 25 of same title.

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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 ½" x 8 ½".

Discusses:

- Differing expectations for reunion
- Resolving conflicts
- Reintegration

Sold in packs of 25 of same title.

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</table>
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.

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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.

<table>
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</table>

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.

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</table>
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.

<table>
<thead>
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<tr>
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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 ⅜” x 8 ½”.

<table>
<thead>
<tr>
<th>No. of Packs</th>
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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 ⅜” x 8 ½”.

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</table>
**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 ¾" x 8 ½".

Sold in packs of 50 of same title.

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**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 ¾" x 8 ½".

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**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.

<table>
<thead>
<tr>
<th>Quantity</th>
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</table>
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.

<table>
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<th>No. of Packs</th>
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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.

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</table>

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
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 1/2” x 11”.

Discusses:
• Avoiding bad habits
• Handling conflict
• Sleeping tips

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 1/2” 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 1/2” x 8 1/2”. 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
Coping With Relocation

MAR-1888
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 ½” x 2 ¾”.

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.

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MAR-2109
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

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.

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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.

<table>
<thead>
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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.

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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.

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</table>
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.

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<th>15-29</th>
<th>30-49</th>
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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 yourself to lifelong learning, self-exploration, reflection, and growth.
Dealing with 5 Critical Concerns:

See more Self-Help Assessments on pages 39-43.

MAR-2405
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, negative thoughts and physical changes. Anxiety can cause people to feel nervous, fearful, stressed, and worried. Anxious feelings can interfere with daily activities such as work, training sessions, and relationships. This self-help assessment is designed to help you explore how well you can: manage your anxiety.

MAR-2406
CRISIS SELF-HELP ASSESSMENT

Crisis is a time of intense difficulty, trouble, or danger for anyone in the military. Although crises may not always be prevented, they can be managed effectively. This self-help assessment is designed to help you explore how well you: manage crises, as well as manage your attitude, stress response, and change during a crisis.

MAR-2407
GRIEF SELF-HELP ASSESSMENT

Grief is the social, psychological, emotional, spiritual and physical reaction to a loss. Because all people are different, your experience of a loss will be different from experiences of other people. Throughout the grief process, the impact of the loss is then reduced, and people transition to a new normal. This self-help assessment will look at four distinct ways that trauma affects people and their daily life.

MAR-2408
STRESS SELF-HELP ASSESSMENT

Life in the military, and all of the changes that go along with it for you and your family, will probably bring on stress. This self-help assessment is designed to help you explore how resilient you are when you encounter stress and stressful situations. It 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: Mental Strength, Emotional Strength, Spiritual Strength and Social Strength.

MAR-2409
TRAUMA SELF-HELP ASSESSMENT

A traumatic event describes a deeply distressing or disturbing experience in one’s life. Trauma is a response to ongoing or recurring events. After a traumatic event, people often experience random emotions, flashbacks, nightmares, strained relations, and/or emotional and physical issues. This assessment helps you learn techniques for dealing with your trauma, and create a plan for moving on.

Size: 17” x 22” unfolded, folds into 4 - 8 ½” x 11” pages.

Pricing per title: Sold in packs of 10 of same title.

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