

## 1. ANGER MANAGEMENT

### Audience - Adults

A Guide for Helping Children Manage Anger c0098  
Anger Management A0083  
Anger Management from Combat to Home AM0002  
Anger Management for Teens AM0003  
Controlling Anger AM0209  
Post-Combat Risk-Taking Behaviors ML0134

### Audience - Children/Teens

Anger Management for Teens AM0003

## 2. CHILDREN/TEENS: Activities-Based Presentations

### Audience - Children/Teens

Activities for Children's Reunion ages 6-12 c0097  
All Feelings are OK c0126  
Anger Management for Teens AM0003  
Appropriate School Bus Behavior c0219  
Bully Busting Activities (1<sup>st</sup> - 8<sup>th</sup> grade instructor's guide) c0017  
Challenges of Changing Schools c0186  
Communication for Teens c0014  
Emotional Intelligence Activities for Children Ages 5-7  
Emotional Intelligence Activities for Children Ages 8-10  
Emotional Intelligence Activities for Children Ages 11-12  
Emotional Intelligence Activities for Children Ages 13-18  
Entering the World of Work Focus on Teens c0100  
How to Handle Peer Pressure c0110  
Helping Children Cope with Post-Deployment Issues P0143  
Making Middle School a Positive Experience c02220  
Preparing for Your Parent's Deployment RR0221  
School-Aged Children with Deployed Parents c0005  
Self-Esteem for Teens SI0050  
Supporting Children of Divorce:  
Activities Based Program for Children Ages 3-5 c0081  
Supporting Children of Divorce:  
Activities Based Program for School-Aged Children Ages 6-9 c0108  
Supporting Children of Divorce:  
Activities Based Program for Preteen Children Ages 10 - 12 c0167  
Stress Management for Teens c0120  
Study Skills for Middle School c0189  
Teaching Children How to Get Along: An Instructor's Guide P0185  
Teaching Parents How to Support Their Children Through Divorce P0159  
Teen Dating c0232  
Teens and the Power of Peer Pressure c0110  
Time Management and Organization for Teens SI0092  
When a Sibling Deploys ML0227

## 3. COMMUNICATION

### Audience - Adults

Avoiding and Putting a Stop to Gossip SI0184  
Building Healthy Marriages RR0121  
Challenges Faced By Dual Military Couples M0225  
Communication and Assertiveness ML0089  
Communication Training ML0015  
Coping with Challenges While on R&R RR0150  
How to Deal with the Media ML0178  
How to Handle Crisis Calls RR0176  
How to Talk to Parents: Effective Parent/Caregiver Communication P0010  
Leadership Through Teamwork: The Characteristics of a Team Leader SI0132  
Maintaining a Healthy Marriage during Deployment RR0125  
Making Effective Decisions SI0119  
Parent/Child Communication C0038  
Setting Boundaries SI0161  
The Three "Cs" of Communication C0195  
Tips for Public Speaking ML0087

### Audience - Children/Teens

Communication for Teens C0014

## 4. COMPASSION FATIGUE

Caring for an Aging Parent P0188  
Self Care to Prevent Compassion Fatigue ACS0041

## 5. CONFLICT RESOLUTION

At Risk Service Members: A Guide for Command ML0223  
Avoiding and Putting a Stop to Gossip SI0184  
Building Healthy Marriages RR0121  
Challenges Faced By Dual Military Couples M0225  
Conflict Resolution C0040  
Conflict Resolution with Children ages 4 - 12 C0018  
Conflict Resolution Children ages 13-16 C0043  
Conflict Resolution for Middle School Students C0193  
Cultural Awareness & Sensitivity RR0153  
Culture Shock: Adjusting to Cultural Change RR0151  
Preventing Bullying in the Workplace SI0109  
Reverse Culture Shock RR0144  
The Three "Cs" of Communication C0195

## 6. DEPLOYMENT

Challenges Faced By Dual Military Couples M0225  
Children & Separations Issues of Deployment C0008  
Deployment Survival D0044

# MFLC Presentation Library Table of Contents

Issues Families Face When the Military Deploys D0028  
Maintaining a Healthy Marriage During Deployment RR0125  
Military Culture for Family Members ML0105  
Mission Based Marriage RR0082  
Pre-Deployment & the Single Service Member RR0122  
Preparing for Your Parent's Deployment RR0221  
Redeployment RR0089  
Remaining Faithful during Deployment M0212  
Supporting the Bereaved at Home & Down Range ML0224  
Survive and Thrive as a SERE FT Spouse M0210  
Talking to a Deployed Loved One RR0084  
The Emotional Cycle of Deployment RR0218  
The Stages of Deployment RR0218  
The Military Spouse: Commander and Chief on the Home Front ML0203  
The Welcome Home: Community Support for the Military RR0191  
Traumatic Event Stress Response ML0198  
When a Parent Deploys ages 2-5 C0103  
When a Sibling Deploys ML0227  
When Your Son or Daughter Deploys P0179

## 7. DIVERSITY

Cultural Awareness & Sensitivity RR0153  
Culture Shock: Adjusting to Cultural Change RR0151  
Diversity and Tolerance D0071  
Effects of Extended Daylight and Darkness ML0228  
Preventing Bullying in the Workplace SI0108

## 8. DIVORCE

Facing the Challenges of Divorce RR0118  
Issues with Child Visitation P0176  
Parenting Skills for the Single Service Member P0131  
Recovering From Divorce RR0093

## 9. GRIEF

### Audience - Adults

Coping with Holiday Grief RR094  
Grief & Loss G0032  
How Children Grieve C0101  
Supporting the Bereaved at Home & Down Range ML0224  
Survivor's Guilt ML0202  
Understanding Grief: Education for Caregivers ML0088

## 10. MARITAL/COUPLES

Building Healthy Marriages RR0121  
Caring for an Aging Parent P0188  
Challenges Faced By Dual Military Couples M0225

# MFLC Presentation Library Table of Contents

Creating a Healthy Marriage RR0034  
Emotional Spending RR0139  
Healthy Relationships Skills for Singles M0192  
Maintaining a Healthy Marriage During Deployment RR0125  
Making Marriage Work after Deployment RR0035  
Matri-Money RR0138  
Mission Based Marriage RR082  
Principles for Healthy Relationships & Marriages RR0142  
Re-Igniting the Passion After Deployment RR0148  
Remaining Faithful During Deployment M0212  
Return and Reunion Workshop for Spouses RR0114  
Survive and Thrive as a SERE FT Spouse M0210  
The Military Spouse: Commander and Chief on the Home Front ML0203  
The Sandwich Generation ML0152  
The Three "Cs" of Communication C0195

## 11. PARENTING: Guides for Parents, Teachers, Caregivers Audience - Adults

A Guide for Helping Children Manage Anger C0098  
Appropriate School Bus Behavior C0219  
Building Resiliency in Children: A Parent's Guide C0217  
Building Your Child's Self Esteem P0208  
Bullying: A Guide for Parents and Caregivers C0007  
Caring for an Aging Parent P0188  
Challenges of Changing Schools C0186  
Challenges Faced By Dual Military Couples M0225  
Children and Moving C0204  
Children and Separation Issues of Deployment C0008  
Conflict Resolution with Children ages 4 - 12 C0018  
Conflict Resolution with Children ages 13-16 C0043  
Conflict Resolution for Middle School Students C0193  
Cyber-Bullying C0165  
Developmental Stages for Children Birth to Two Years Old P0021  
Developmental Stages for Children Two to Five Years Old C0102  
Developmental Stages 6 - 9 C0123  
Developmental Stages 10 - 12 C0124  
Responding to Toddlers Who Bite & Hit P0133  
Effective Discipline for Young Children ages 2-5 P0039  
Effective Discipline for School Age Children ages 6-9 P0020  
Effective Discipline for Pre-Teens ages 10-12 P0022  
Effective Discipline for Teens ages 13-17 P0023  
Electronics and Your Children P0201  
Emotional Intelligence Activities for Children Ages 5-7  
Emotional Intelligence Activities for Children Ages 8-10  
Emotional Intelligence Activities for Children Ages 11-12  
Emotional Intelligence Activities for Children Ages 13-18  
Enhancing Resiliency in Children C0091  
Fatherhood P0163  
From Couplehood to Parenthood M0170  
Helping Children Cope with Post-Deployment Issues P0143  
Helping the Service Member Reconnect with their Child RR0173  
How Children Grieve C0101

# MFLC Presentation Library Table of Contents

How to Talk to Parents: Effective Parent/Caregiver Communication P0010  
Introducing a New Baby P0196  
Issues with Child Visitation P0176  
Making Middle School a Positive Experience C02220  
Parent/Child Communication C0038  
Parenting Skills for the Single Service Member P0131  
Parenting Teens P0027  
Potty Training C0200  
Power Struggles C0127  
Preparing Your Child for Kindergarten P0215  
Preparing Your Child for Middle School P0213  
Preparing for Your Parent's Deployment RR0221  
Reconnecting Your Child with Your Service Member RR0173  
Sibling/Parent Relationships: Building Healthy Relationships C0111  
Supporting Children of Divorce:  
Activities Based Program for Children Ages 3-5 C0081  
Supporting Children of Divorce:  
Activities Based Program for School-Aged Children Ages 6-9 C0108  
Supporting Children of Divorce:  
Activities Based Program for Preteen Children Ages 10 - 12 C0167  
Step Parenting C0104  
Talking to Children about War Injuries: A Guide for Parents and Caregivers C0229  
Teaching Children How to Get Along: An Instructor's Guide P0185  
Teaching Children Responsibility C0233  
Teaching Parents How to Support Their Children Through Divorce P0159  
Teens and the Power of Peer Pressure C0110  
The Importance of Family Time P0240  
The Sandwich Generation ML0152  
Time Management and Organization for Teens SI0092  
Tips for Teachers: Working with Children during Deployment C0112  
Transitioning Children Between Activities P0190  
Traumatic Event Stress Response and Children ML0199  
Understanding Grief: Education for Caregivers ML0088  
When a Parent Deploys ages 2-5 C0103  
When a Sibling Deploys ML0227  
When Your Son or Daughter Deploys P0179

## 12. PUBLIC SPEAKING

Practical Tips for Public Speaking SI0187  
Tips for Public Speaking ML0087

## 13. RETURN/REUNION

At Risk Service Members: A Guide for Command ML0223  
Challenges of Reunion and Reintegration RR0141  
Coping with Challenges While on R&R RR0150  
Coping with the Challenges of Transitioning Home RR0115  
Coping With Separation and Retirement ML0222  
Family Reunion RR0031  
From Combat to Home ML0162  
Helping Children Cope with Post-Deployment Issues P0143

# MFLC Presentation Library Table of Contents

Helping the Service Member Reconnect with their Child RR0173  
Homecoming & Reunion RR0029  
Making Marriage Work after Deployment RR0035  
Military Culture for Family Members ML0105  
Mission Based Marriage RR0082  
Post-Combat Risk-Taking Behaviors ML0134  
Reconnecting Your Child with Your Service Member RR0173  
Re-Igniting the Passion After Deployment RR0148  
Reintegration RR0048  
Reintegration Challenges for a Single Soldier RR0117  
Return and Reunion Workshop for Spouses RR0114  
Reunion Briefing RR0025  
Reunion: It's a Process, *not* an Event RR0181  
Supporting the Bereaved at Home & Down Range ML0224  
Survivor's Guilt ML0202  
Talking to Children about War Injuries: A Guide for Parents and Caregivers C0229  
The Emotional Cycle of Deployment RR0218  
The Welcome Home: Community Support for the Military RR0191  
Traumatic Event Stress Response ML0198  
Welcome Home! Reconnecting with your Child RR0116

## 14. SELF IMPROVEMENT

Avoiding and Putting a Stop to Gossip SI0184  
Building Resiliency ML0216  
Coping with Job Uncertainty SI0171  
Coping With Separation and Retirement ML0222  
Effects of Extended Daylight and Darkness ML0228  
Goal Setting for Life SI0169  
Healthy Living SI0135  
Healthy Relationship Skills for Singles M0192  
How to Get a Good Night's Sleep SI0160  
Overcoming Test Anxiety SI0157  
Using Leisure Time Well RR0149  
Self-Care for the Helping Professional SI0137  
Self-Esteem: A Major Building Block of Confidence SI0049  
Setting Boundaries SI0161  
Staying Positive & Motivated SI0194  
Staying Positive in Negative Situations SI0214  
Study Skills for Middle School C0189  
The New You: Transitioning to Civilian Life ML0166

## Audience - Children/Teens

Self-Esteem for Teens SI0050

## 15. STRESS MANAGEMENT

### Audience - Adults

At Risk Service Members: A Guide for Command ML0223  
Building Resiliency ML0216

# MFLC Presentation Library Table of Contents

Combat-Related Stress Reactions S0009  
Coping Strategies for the Uncertainty of Life ML0013  
Coping with Job Uncertainty SI0171  
Coping With Separation and Retirement ML0222  
Coping with Transitions SM0158  
Effects of Extended Daylight and Darkness ML0228  
How to Cope with the Winter Blues ML0090  
Overcoming Test Anxiety SI0157  
Life in Balance: Relaxation & Stress Relief S0001  
Post-Combat Risk-Taking Behaviors ML0134  
Relaxation Techniques RR0033  
Reverse Culture Shock RR0144  
Self-Care for the Helping Professional SI0137  
Self Care to Prevent Compassion Fatigue ACS0041  
Setting Boundaries SI0161  
Staying Positive & Motivated SI0194  
Staying Positive in Negative Situations SI0214  
Stress Management S0054  
Stress during the Holidays S0086  
Survive and Thrive as a SERE FT Spouse M0210  
Survivor's Guilt ML0202  
The Military Spouse: Commander and Chief on the Home Front ML0203  
The Sandwich Generation ML0152  
Traumatic Event Stress Response ML0198

## Audience - Children/Teens

Challenges of Changing Schools C0186  
Stress Management for Teens C0120  
When a Sibling Deploys ML0227

## 16. TEACHER TOOLS

Appropriate School Bus Behavior C0219  
Building Partnerships with Parents:  
Building Resiliency in Children: A Parent's Guide C0217  
Building Partnerships with Parents - A How-to Guide for Successful School-Home Communication P0197  
Challenges of Changing Schools C0186  
Children and Moving C0204  
Conflict Resolution for Children ages 4 - 12 C0018  
Conflict Resolution for Children ages 13-16 C0043  
Conflict Resolution for Middle School Students C0193  
Developmental Stages for Children Birth to Two Years Old P0021  
Developmental Stages for Children Two to Five Years Old C0102  
Developmental Stages 6 - 9 C0123  
Developmental Stages 10 - 12 C0124  
Responding to Toddlers Who Bite & Hit P0133  
Effective Discipline for Young Children ages 2-5 P0039  
Effective Discipline for Young Children ages 6-9 P0020  
Effective Discipline for Young Children ages 10-12 P0022  
Effective Discipline for Teens ages 13-17 P0023  
Electronics and Your Children P0201



# MFLC Presentation Library Table of Contents

Helping the Service Member Reconnect with their Child RR0173  
Making Middle School a Positive Experience C02220  
Potty Training C0200  
Power Struggles C0127  
Supporting Children of Divorce:  
Activities Based Program for Children Ages 3-5 C0081  
Supporting Children of Divorce:  
Activities Based Program for School-Aged Children Ages 6-9 C0108  
Supporting Children of Divorce:  
Activities Based Program for Preteen Children Ages 10 - 12 C0167  
Study Skills for Middle School C0189  
Talking to Children about War Injuries: A Guide for Parents and Caregivers C0229  
Teaching Children How to Get Along: An Instructor's Guide P0185  
Teaching Parents How to Support Their Children Through Divorce P0159  
Talking to Parents: Effective Parent/Caregiver Communication P0010  
Tips for Teachers: Working with Children during Deployment C0112  
Transitioning Children Between Activities P0190  
Traumatic Event Stress Response and Children ML0198

## 17. TEAM BUILDING

Avoiding and Putting a Stop to Gossip SI0184  
Leadership through Teamwork: The Characteristics of a Team Leader SI0132  
Preventing Bullying in the Workplace SI0109  
The Three "Cs" of Communication C0195  
Working in Teams SI0056

## 18. TIME MANAGEMENT

### Audience - Adults

Using Leisure Time Well RR0149  
Setting Boundaries SI0161  
Time Management and Organization for Teens SI0092  
Time Management Strategies & Helpful Tips SI0113

### Audience - Children/Teens

Time Management and Organization for Teens SI0092