



EVERY EXPERIENCE CHANGES YOU.

A TOUR OF DUTY — LIKE ANY OTHER
EXPERIENCE — CAN CHANGE YOU



Together, you will come up with strategies that can help get you through the tough times and make plans for how to manage over the long term. And over time, you will grow stronger, as you learn to cope with problems you never imagined you might confront.

THE UNSUNG HEROES
BEHIND OUR HEROES
ARE THEIR FAMILIES.

Coming home can be hard, for both service members and their families. Learning to live with post-traumatic stress, a TBI, or a physical disability takes work — by both those who have been injured and the loved ones who take care of them. Operation Family Caregiver helps the families of returning service members and veterans adjust to the “new normal” by coping more effectively with problems they never imagined.

We provide free and confidential support to the families of those who have served our nation. Our specially trained coaches help military families learn how to overcome the obstacles they face and to manage any challenges that might come along. They work for community organizations, not the military, and will come to your home, or meet by phone/Skype, to customize a 16- to 24-week program that is unique to your family.



REACHING OUT IS A
SIGN OF STRENGTH.
REACH OUT TODAY.



★ **EASTERSEALS WASHINGTON**
Phone (206) 281-5700, ext. 123

Serving families in Washington
and throughout the United States,
in person or via phone/Skype.

For more information, visit
www.easterseals.com/washington



THE STRENGTH OF OUR MILITARY IS LEGENDARY. OUR MILITARY FAMILIES ARE STRONG TOO.

Operation Family Caregiver (OFC)
coaches the families of returning service
members and veterans to manage
the difficulties that come with coming
home. OFC is a personalized program,
tailored specifically to the struggles of
each family. Through proven methods,
the program teaches military families
the skills needed to best navigate their
challenges, resulting in stronger and
healthier families.

Operation Family Caregiver is a
program of the Rosalynn Carter
Institute for Caregiving, begun
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from Johnson &
Johnson.



STRONG MILITARY STRONGER FAMILIES



**OPERATION
FAMILY CAREGIVER**

