



# News Advisory

## UNITED STATES AIR FORCE

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### **16<sup>th</sup> Airlift Squadron hosts pre-deployment workshop for families:**

**Who/What:** In preparation for a 90 day deployment beginning in July, the 16<sup>th</sup> Airlift Squadron at Charleston Air Force Base is holding a workshop for its families to prepare them for the upcoming 90 day separation period. Deborah Merritt, a licensed play therapist and wife of Maj. Michael Merritt, 16<sup>th</sup> Airlift Squadron, will host the workshop.

**When:** The workshop will take place at the Family Support Center at Charleston Air Force Base June 5, from 5 to 8 p.m.

**Why:** The workshop will provide helpful information for families with a spouse who is deploying. Topics will focus on children and the spouse and how to best deal with the stress and other difficulties involving with having a family member deployed. Merritt will teach spouses how to communicate with children of all ages to help them through their fears and anxiety. She will also provide information and activities to help the children through their parents' deployment.

**Visuals:** Parents and children of the 16<sup>th</sup> Airlift Squadron and activities led by Merritt to teach parents how to communicate with their children in different ways.

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**(For more information, contact 2<sup>nd</sup> Lt. Kristy Miller at 963-5537 or Staff Sgt. Melanie Streeter at 963-5589.)**