



"Brothers at War" Resilience Workshop

Hosted by
146 AW Resiliency Team

7 May 2023 | 0800-1500
Pt. Mugu Theater

- Paid Duty status while attending workshop (**Alternate RSD event**)
- **Uniform of the Day:** Business Casual (Jeans & Nice Shirt OK)
- **No Cost**– Registration, lunch, & coffee covered for member +1
- **NO childcare**– children should not attend
- Units encouraged to participate together
- **Must RSVP by 15 April** for yourself and guest. Scan QR code below and indicate how many tickets you need. (NO COST)
- Questions please contact (805)986-7468

The documentary film *Brothers at War*, in which Jake Rademacher tells the story of his two Soldier brothers serving in Iraq and Afghanistan, serves as the catalyst.

In addition to providing an up close and personal view of our Service Members at war, the film is a deeply personal view of a family divided, but ultimately profoundly bonded by the crucible of war.

The *Brothers at War* Resilience Workshop integrates multimedia, journaling, instruction and group participation to break down barriers and start the reintegration process for Service Members and their Families.



Emotional Ice Breaker

The film makes tough subjects easier to talk about. This unique approach allows family members to understand deployment and what their service member has experienced. *Brothers at War* and its DVD extras emotionally jumpstart the Workbook session by allowing participants to get to the heart of the matter quickly.

Extremely Popular With Participants

Service and Family Members find the program "honest, worthwhile, engaging, deep, powerful, strong, sympathetic, and energized", with 94% willing to recommend it to others. -- DCoE Survey

Stigma Reduction

For those who need it, the sense of "uniqueness" and stigma are dissipated so that the individual feels that their emotions, and thoughts are common and can be helped by the Psychological, Medical, and Spiritual resources available.