

Reunion

The reunion of a family after a separation can be just as stressful as the separation itself. If your family experiences some strain or tension during reunion, you are not alone.

You may have wondered why an occasion that is “supposed” to be so romantic and exciting turns out to be less than perfect. Agree on plans for the homecoming before the reunion, both for the spouses and the parent with the children.

After the initial excitement of homecoming wears off, family members will begin to get re-acquainted with one another. The separated family member gradually becomes integrated back into the family routine. This is not always a smooth transition so expect some rough times. Work at having a Peace Conference, not a Change of Command.



Global Hearts Group

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Sponsored by:

Airman & Family Readiness Center
Base Chapel
30th Force Support Squadron

What is Global Hearts Group?

GHG is a valuable support program for family members of VAFB deployed, remote, or TDY personnel in excess of 30 days who are separated due to military obligations, i.e., deployment, remote tour, mobilization, training, etc. It provides an opportunity to share with other families in similar situations and to socialize/network with other adults and families. The Airman & Family Readiness Center, Base Chapel Community, and 30th Force Support Squadron use this opportunity to evaluate the morale and welfare of the spouses and families and to provide information on programs, activities, and benefits available.



Programs Available to Families While Loved One is Away

Hearts Apart Program—free morale call twice a week through the base operator. Families may call the deployed/remote/TDY member by dialing 606-1110. Calls are up to 30 minutes per call.

Care Package Program—donated care package items at the Airman & Family Readiness Center. Units, friends, family members and co-workers of our deployed Airmen can come build care packages at the A&FRC—postage paid by the sender.

Deployed Family Dinner—weekly Thursday dinner at Breakers Dining Facility, 5:30-7:00 p.m. This is a perfect opportunity for families to connect with others in the same situation. Children activities are also available.

Pharmacy Priority—family members, show your Global Hearts Gold card and get priority at the base pharmacy, shorter wait time.

Computer Support Network—a volunteer program that provides computer assistance to our spouses of deployed members. Volunteers are on standby during the week to assist with computer issues to keep our families communicating across the miles.

Special Bowling Deals—children of deployed/remote members bowl free while spouses bowl for only \$1 every Wednesday from 3:00-6:00 p.m. at the base bowling alley.

Operation Sweet Dreams—the family member sends a digital photo to the A&FRC. The photo & a message are transferred to a pillowcase for the deploying member to take to the deployment location or may be sent in a care package to the member or left behind for the children.

Base Library Services—holds quarterly events for Global Hearts families. Call the base library for more info.

Weekly Emails—keeping families informed about helping agency programs and services. The emails also serve as reminders to many Global Hearts Group activities for families to enjoy.