

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

For more information contact:
TSgt Molly Dzitko
Family Readiness NCO
Airman & Family Readiness
Center

706 Washington Ave
Bldg 10122
Vandenberg AFB, CA 93437

Phone: 606-0039

Fax: 606-3743

DSN: 276-0039

Email:

molly.dzitko@vandenberg.af.mil



Sponsored by:

*Airman & Family Readiness Center
Base Chapel
30th Services Division*

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 Services Division 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 Spouse 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—free care package items at the Airman & Family Readiness Center. Friends and family members build care packages at the A&FRC—postage paid by the sender. The A&FRC also periodically organizes a Care Package Build Up Day where units, family, and friends of our deployed Airmen come to the A&FRC and build a package for their loved ones. All expenses are paid for by the Global Hearts Group.

Deployed Spouses 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.

Global Hearts Group Plus—first Thursday dinner, of each month, at Breakers Dining Facility, 6:30-7:00 p.m. Speakers on hand to facilitate spouses forums.

Computer Support Network—a volunteer program that provides computer assistance to our spouses of deployed members. Volunteers are on standby rotation 24 hours a day, 7 days a week.

Special Bowling Deals—children of deployed/remote members bowl free while spouses bowl for only \$1 every Wednesday from 4:00-6:00 p.m. at the base bowling alley.

Operation Sweet Dreams—the family member sends a digital photo to the A&FRC. The photo is 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.

Base Library Services—opens early (10:00 am) every first Saturday only to the families of deployed and remote personnel.

Weekly emails & Monthly Mail-outs—keeping families informed about helping agency programs and services. The mail-outs also serve as reminders to many Global Hearts Group activities for families to enjoy.