



SISTERHOOD

The SEAL-NSW Family Foundation Sisterhood Program provides the vital service of creating occasions for NSW spouses to interact in person

and discuss areas of shared concern. We actively support the Sisterhood around the globe by hosting their bi-monthly meetings. Most of these get-togethers feature a specific theme or a guest speaker and are specifically designed to build resiliency and reinforce SEAL "family" esprit de corps.

FAMILY READINESS GROUPS

Family Readiness Groups (FRG's) utilize grant money to fund activities in line with our mission to increase resiliency across the NSW family. This is done by increasing cohesiveness, providing training and education, and encouraging positive peer support and family interactions.



CHILDREN'S PROGRAMS

The numbers tell the story:

- One in 88 military children are diagnosed with autism
- Military children ages 11-14 show a 15% increase in emotional/behavioral problems compared to the general population (Rand Corp. Study)
- Approximately 18% of military children are in need of counseling



Our program for children with unique needs, SEALKids, provides direct support for educational diagnostic testing, services, tutoring/mentoring and support to the children of families of active-duty SEALs, SWCC and support personnel.

EMERGENCY NEEDS

Immediate availability of funds for families is a critical aspect of our work to cover a wide assortment of family crises that arise with short notice or none at all. While our Operators are deployed and focused on their mission, they can take comfort in knowing if an emergency arises at home, their family has somewhere to turn.

These crises may include but are not limited to spouse respite, child care, family illnesses, care assistance, emergency home repairs (including those necessitated by natural disasters), and other pressing emergencies.



THE FAMILY

While we go about our day-to-day routine here in the United States, others are making unimaginable sacrifices on our behalf. It is not just the service members on the front lines who make sacrifices each day, but also their spouses, children and extended families. We view the family as the foundation of the service member and we are here to support them both.



As the Naval Special Warfare community is asked to do more in support of National Security, we continue to raise awareness about these special Operators and their

families and meet their increasing need for our specially designed programs. Your financial support ensures we continue to support this unique community during the challenging years ahead.



FAMILY RESILIENCY

Resiliency does not just happen. Our community Team Building efforts focus on activities and events that promote connecting NSW Families throughout the year. Our activities include gatherings, outings, and events designed for spouses, children and families.

With this in mind, the SEAL-NSW Family Foundation provides a series of workshops based on community needs.

THIRD LOCATION DECOMPRESSION (TLD)
Spouse Third Location Decompression is a term used for workshops designed to prepare spouses for their husbands' return from deployment. The purpose is to provide preparation for adaptation to a home environment that will have inevitably changed between deployment and the service member's return. It better prepares the spouse as well as the entire family for this change in the home dynamic.