



# **Everyone Serves: A Handbook for Family & Friends of Service Members: During Pre-Deployment, Deployment and Reintegration**

*Blue Star Families*

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*Everyone Serves* is a free eBook designed to help family and friends of service members manage the stresses of deployment and build resilience in ways that are valuable to themselves and their warriors long after the deployment experience is completed. It was created through extensive contributions and review from military experts, service members, military families, and mental health professionals.

The following topics are covered: Pre-DeploymentDeploymentReunionReintegrationCaregiving

This informative handbook also includes useful resources and worksheets to help military families effectively manage the issues discussed in each chapter.

The enhanced edition features 35 videos of service members and their loved ones talking about their personal experiences and the various ways they have risen to the challenge of military life.

*Everyone Serves: A Handbook for Family & Friends of Service Members* is made possible thanks to the generous support of Blue Star Families and Vulcan Productions, founded by philanthropist Paul G. Allen, in collaboration with ProSocial, a social change agency leveraging media to create public engagement and sustainable impact.

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