



Anchor Point Family Guide: 7 Ways to Support Your Service Member

When your loved one serves, you serve too. *Anchor Point* is here to help families stay strong, connected, and resilient. This guide provides seven simple ways to support your service member while also taking care of yourself.

- ☐ **Understand the Journey:** Learn what to expect in the first year of service.
- ☐ **Keep Communication Simple:** Short, positive check-ins matter most.
- ☐ **Build Your Own Support Circle:** Connect with other military families & communities.
- ☐ **Prioritize Self-Care:** A strong you means stronger support for them.
- ☐ **Create Family Routines:** Traditions provide stability during separation.
- ☐ **Stay Informed, Not Consumed:** Focus on what you can control.
- ☐ **Have a Resilience Plan:** Lean on prayer, journaling, or trusted friends.

Bonus: Respect Boundaries – This transition is tough for them, too. Trust they'll check in when they can.

You don't have to walk this road alone. *Anchor Point* offers ongoing tools, encouragement, and community for families like yours. Learn more at www.brvhznzns.com/programs