**Attendee Description**

- **13** Families total attended both retreats
- **24** Parents including 11 partners and 13 service members
- **34** Children ranging from 6 months to 14 years old

**Parent Skills Gained**

- **Manage child’s challenging behavior**
  - Pre Group: 15%
  - Post Group: 100%
- **Feel confident in parenting**
  - Pre Group: 8%
  - Post Group: 96%
- **Settle when upset about parenting**
  - Pre Group: 23%
  - Post Group: 87%
- **Help child with deployment feelings**
  - Pre Group: 8%
  - Post Group: 87%

**Parent Feedback**

- **100% of parents** said they would recommend the program, found it helpful, and had expectations exceeded.
- "Valuable information about how to better communicate with your children, how they feel, and how to respond..."
- "Group discussion was so encouraging, enlightening, and inspiring ... The entire experience was wonderful."
- "gives encouragement to try to improve skills in parenting as well as validates all the good qualities you already are doing."