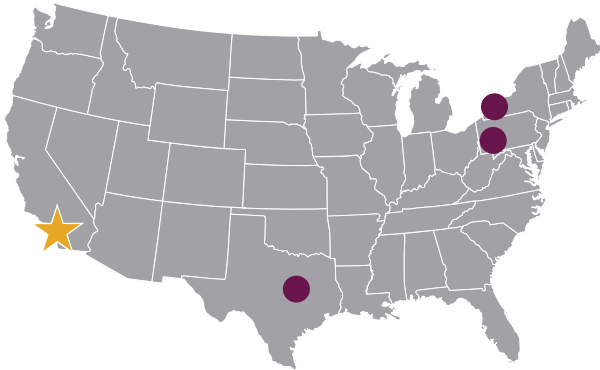


REACHING OUT IS A  
SIGN OF STRENGTH.  
REACH OUT TODAY.



★ **SAN DIEGO, CALIFORNIA**  
Southern Caregiver Resource  
Center

858-268-4432  
scrc@caregivercenter.org  
www.caregivercenter.org

Serving families in California and  
throughout the United States,  
in person or via phone/Skype.

For more information, visit  
[www.operationfamilycaregiver.org](http://www.operationfamilycaregiver.org).



THE STRENGTH OF OUR  
MILITARY IS LEGENDARY.  
OUR MILITARY FAMILIES  
ARE STRONG TOO.

**Operation Family Caregiver (OFC)**  
coaches the families of returning service  
members and veterans to manage  
the difficulties that come with coming  
home. OFC is a personalized program,  
tailored specifically to the struggles of  
each family. Through proven methods,  
the program teaches military families  
the skills needed to best navigate their  
challenges, resulting in stronger and  
healthier families.

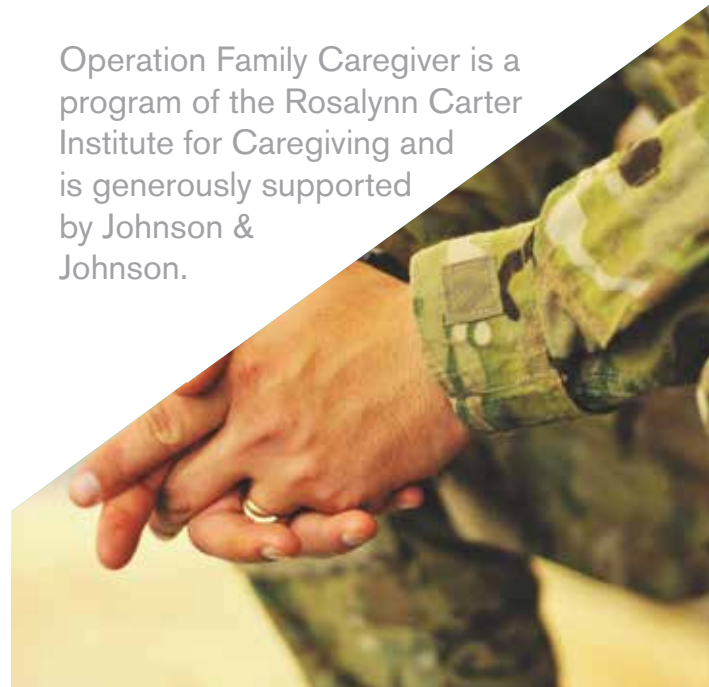
Operation Family Caregiver is a  
program of the Rosalynn Carter  
Institute for Caregiving and  
is generously supported  
by Johnson &  
Johnson.



STRONG MILITARY  
STRONGER FAMILIES



OPERATION  
FAMILY CAREGIVER





EVERY EXPERIENCE CHANGES YOU.

A TOUR OF DUTY - LIKE ANY OTHER  
EXPERIENCE - CAN CHANGE YOU TOO.

**THE UNSUNG HEROES  
BEHIND OUR HEROES  
ARE THEIR FAMILIES.**

Coming home can be hard, for both service members and their families. Learning to live with post-traumatic stress, a TBI, or a physical disability takes work – by both those who have been injured and the loved ones who take care of them. Operation Family Caregiver helps the families of returning service members and veterans adjust to the “new normal” by coping more effectively with problems they never imagined.



We provide free and confidential support to the families of those who have served since 9/11. Our specially trained coaches help military families learn how to overcome the obstacles they face and to manage any challenges that might come along. They work for Southern Caregiver Resource Center, not the military, and will come to your home, or meet by phone/Skype, to customize a 16- to 24-week program that is unique to your family.

Together, you will come up with strategies that can help get you through the tough times and make plans for how to manage over the long term. And over time, you will grow stronger, as you learn to cope with problems you never imagined you might confront.

