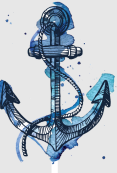




FAMILY DEVELOPMENT
Military Families Learning Network

ANCHORED

2018 YEAR IN REVIEW



Anchored is a podcast series developed to support and inspire those connected to military families. Each episode highlights real-life struggles that many families encounter and practical solutions to promote resilience. **We invite you to sit back, relax and get Anchored with us!**

ANCHORED | EPISODE 11

BOOKS OVER BOOTS: EXPERIENCES OF COLLEGE STUDENTS IN MILITARY FAMILIES

As a response to Dr. Jill Biden's address at the 2016 AERA annual meeting to study and serve military families, Valdosta State University Professor Dr. Meagan Arrastia-Chisholm was inspired to start a research initiative looking at dependents in military families who are currently attending college.

ANCHORED | EPISODE 12

READY, SET, THRIVE! A SUPPORTIVE APPROACH TO PARENTING

Penn State's Clearinghouse for Military Family Readiness and the Department of Defense's (DoD) Office of Military Community and Family Policy have joined forces to develop the THRIVE initiative. This podcast highlights the goals of the initiative, its structure and development, and innovative approaches that distinguish THRIVE from existing programs.

ANCHORED | EPISODE 13

HANDLE WITH CARE: HELPING CHILDREN COPE WITH PARENTAL LOSS

Dr. Irene McClatchey discusses the effects of grief on children and how to effectively intervene in order to help them process the loss of a parent through illness, injury, or death.

ANCHORED | EPISODE 14

DOUBLE DUTIES: EXPLORING SINGLE PARENTHOOD IN THE MILITARY

In this episode, we spoke with people who are intimately familiar with the perspective of single parenting in the military. Our guests discuss their personal experiences as single parents and active duty military personnel.

ANCHORED | EPISODE 15

BRIDGING THE GAPS: HELPING WOUNDED WARRIORS HEAL AT HOME

Wounded Warrior Project's Independence Program helps warriors live life to the fullest, on their own terms. In this episode, we talked with both the regional director for the Independence Program and a contracted provider for this program to explore this resource in detail.

ANCHORED | EPISODE 16

WALKING THE PATHH: EXPLORING THE JOURNEY OF POSTTRAUMATIC GROWTH

Josh Goldberg, Executive Director of Boulder Crest Institute for Posttraumatic Growth, discusses the phenomenon known as posttraumatic growth and the impact that trauma can have that offers opportunities for growth from struggle.

PODCAST EPISODES:



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