



MCA

MILITARY COMMUNITY AWARENESS

Resources for All Stages of Military Life

Military Community Awareness:

GSA Contract Number: GS02F063BA
Small Business Classification
Fed I.D. Number: 20-5186810
Cage Code: 4GTM2
Duns Number: 783107050
Purchase Orders and Government
Credit Cards Accepted

Products Now Available Digitally!



**See Pages 165-189
For Our NEW
Digital Products
Section**

Military Community Awareness gives back:
See page 35 for more details.

MilitaryFamily.com

Provides support and guidance to active-duty, retired military members and military families.

Operation Reach Out App

Free Suicide Prevention App
developed by MCA

Toll Free: 1-877-813-4MCA (4622) • Fax: 516-496-4050 • www.4MCA.com

1 Huntington Quadrangle, Suite 1N03, Melville, NY 11747

Capabilities Statement



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Melville, NY 11747
www.4mca.com

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Fax: (516) 496-4050
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CAPABILITIES STATEMENT

Military Community Awareness, Inc., *a family owned small business*, publishes useful educational materials and resources that tackle vital issues for all stages of military life. We support all American military bases, domestic and abroad, providing the most up-to-date, easy-to-use products for military personnel, families, and veterans. With over 15 years of serving our troops with effective life management tools, we have become America's #1 open market, sole source provider of resources to help the military community. We are proud to offer relevant merchandise on the following topics:

- Military Family Readiness
- Deployment & Reunion
- Resiliency
- Re-entry & Reintegration
- Transition
- Army Substance Abuse Program
- Finances
- Mental Health

SCHEDULE TITLE: Sch. 76- PUBLICATION MEDIA
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Open Market Vendor - Small Business Classification	CAGE Code: 4GTM2
SIC Code: 2741 - Miscellaneous Publishing	Duns Number: 783107050
NAICS Code: 511199 - All Other Publishers	Fed I.D. Number: 20-5186810
<i>Purchase Orders and Government Credit Cards Accepted</i>	

Why MCA?

- World class customer service and personal attention to details
- Customized imprinting and publishing capabilities
- In-house editors, writers, and researchers to create answers to our clients' needs
- Wide array of products offered in print and for digital delivery
- MCA gives back to the military community with a self-funded Suicide Prevention App specifically created for and made available for **FREE** to military servicemen, families, and veterans.
- MCA is a proud partner of the U.S. General Services Administration (GSA).



























Key Customers we serve:

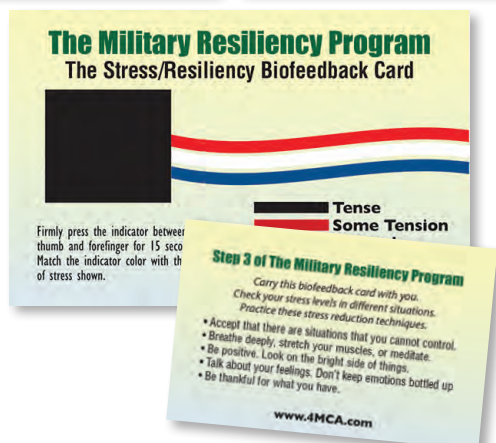
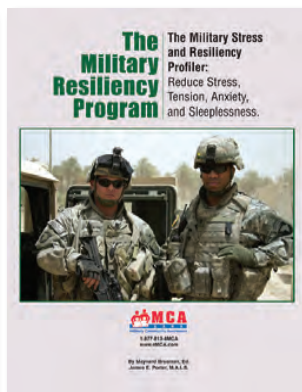
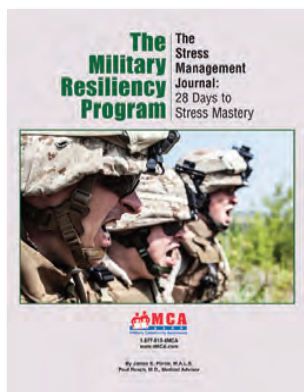
- Department of The Army
- Department of The Navy
- National Guard
- United States Coast Guard
- Defense Logistics Agency
- Department of The Air Force
- Department of Veteran Affairs
- Defense Contract Management Agency

Product Offerings:

Pocket Flip Tips
Pamphlets
Handy Hints
Organizers
Workbooks
Writing Kits
Handouts
Digital Products and more

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MAN-2281

The Military Resiliency Program: Reduce Stress, Tension, Anxiety, Worry, and Sleeplessness

- Low-cost, wellness program
- Proven effective with military families
- Perfect for individuals or groups
- This 3-part, research-based program helps military personnel and their families cope with the very real stresses of everyday life. The program is easy to implement and can be self-administered or given by a facilitator to small groups. It includes two program books: 16-page military stress and resiliency profiler w/self-assessment questionnaire and 32-page, 28-day resiliency journal, and a stress monitoring feedback tool.

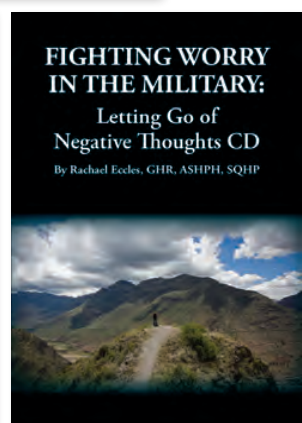
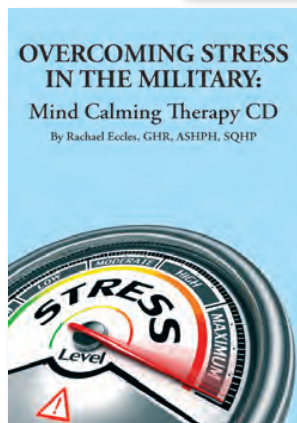
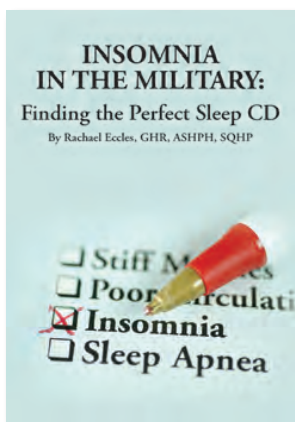
Step 1. Take the Stress Self-Assessment Questionnaire

Step 2. Use the 28-Day Resiliency Diary

Step 3. Monitor Stress with Stress Feedback Card

Each program is conveniently shrink wrapped.

Quantity Discount Pricing	
1-99	\$19.99 each
100-249	\$18.99 each
250+	\$17.99 each



Therapeutic Relaxation CDs for Military Members and Veterans

Here's a new, vital resource to help fight anxiety, post-traumatic stress, and stress-related illness

- Created specifically for military personnel and veterans
- Calming CDs use guided relaxation and self-hypnosis techniques for proven-effective results
- Three CDs available focus on Insomnia, Stress, and Worry

MAN-2271

Insomnia in the Military: Finding the Perfect Sleep CD

MAN-2272

Overcoming Stress in the Military: Mind Calming Therapy CD

MAN-2273

Fighting Worry in the Military: Letting Go of Negative Thoughts CD

CD Quantity Discount Pricing	
1-24	\$15.95 each
25-99	\$14.95 each
100+	\$13.95 each

2270 ■ Set of 3 CDs	\$42.95 per set
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MAN-2264

Resiliency Coping Kit

Each kit is conveniently shrink wrapped.

WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Coping with Grief Handy Hint
- 1 Coping with Anxiety Pocket Flip Tips
- 1 Coping with Depression Pocket Flip Tips
- 1 Coping with Grief Change and Challenge Workbook
- 1 Resilience Banner Pen

All Quantities	\$14.49 per kit
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MAN-2265

Resiliency Stress Kit

Each kit is conveniently shrink wrapped.

WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Stress Military Info Slide
- 1 Reducing Stress Handy Hint
- 1 Stress Management Pocket Flip Tips
- 1 Dealing with Stress Banner Pen

All Quantities	\$9.49 per kit
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Resiliency



MAN-1923 Stress Military Info Slide

This Military Info Slide focuses on tips for dealing with stress. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. 8 1/2" x 3 3/4".

Discusses:

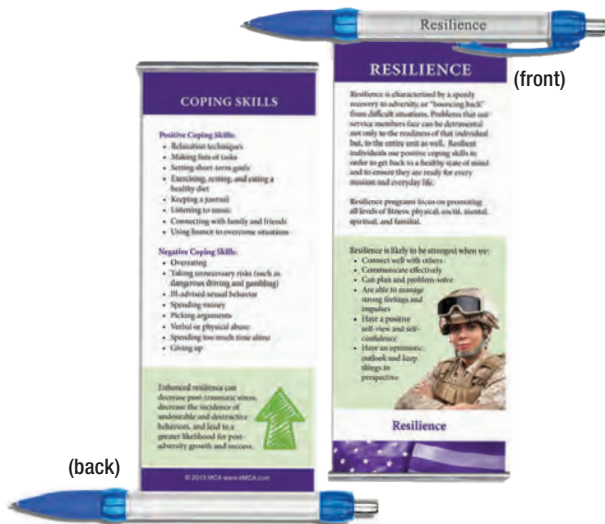
- Facing your problems
- Ways to relieve stress
- Relaxing
- Symptoms of stress

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-2110 Resilience Banner Pen

This Banner Pen focuses on resilience.

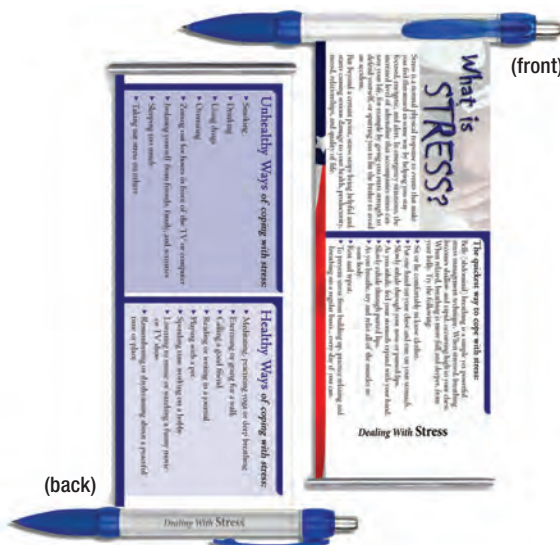
WARNING: This pen is not for use by children.

Discusses:

- How to stay resilient in the face of everyday life in the military
- Positive and negative coping skills

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1405 Dealing With Stress Banner Pen

This Banner Pen focuses on dealing with stress.

WARNING: This pen is not for use by children.

Discusses:

- What stress is
- Healthy and unhealthy ways of coping with stress
- The quickest way to cope with stress

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each

MAN-1411**Reducing Stress Handy Hint**

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on reducing stress. 3 ½" x 2 ½".

Discusses:

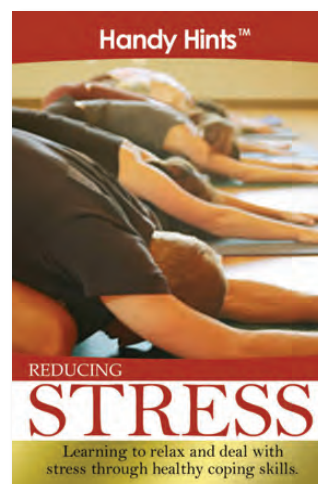
- Causes of stress
- Tips for dealing with stress

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available

**MAN-1647****Coping With Grief Handy Hint**

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with grief. 3 ½" x 2 ½".

Discusses:

- What grief is
- Myths and facts
- Problems that can occur
- Coping

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available

**MAN-3BK10325****Stress in the Military Family Booklet**

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on stress in the military family. 16-pages, 5 ½" x 8 ½".

Discusses:

- Acute stress
- Chronic stress
- Episodic stress
- Common questions about stress

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

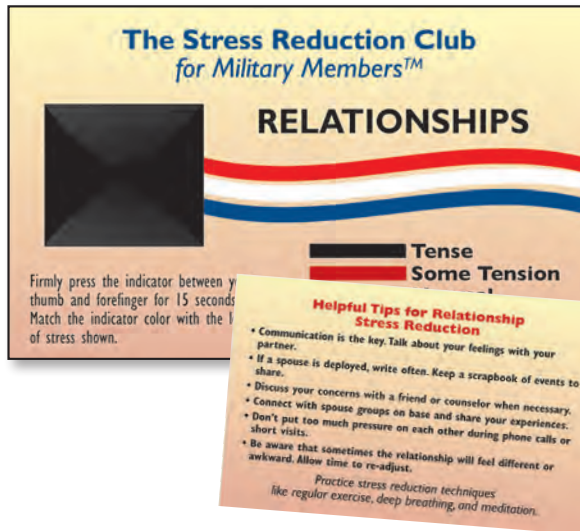
1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Resiliency

A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1/8" x 3 3/8".



MAN-1654 Relationships STRESS-O-METER

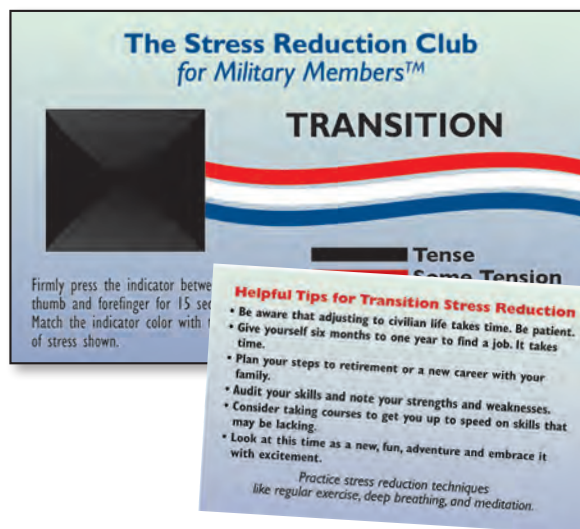
This card focuses on relationship stress faced by military families. On the back of the card are tips for handling the stress related to relationships, such as:

- Communication is the key
- Keep in touch
- Connect with spouse groups on base

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1655 Transition STRESS-O-METER

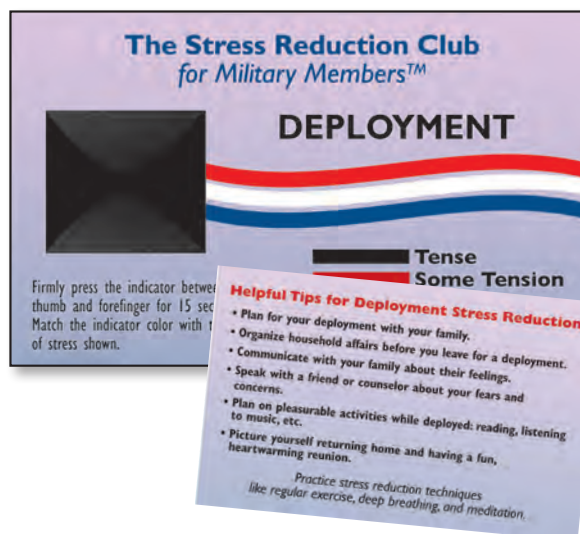
This card focuses on transition stress faced by military families. On the back of the card are tips for handling the stress related to transition, such as:

- Adjusting to civilian life takes time. Be patient.
- Plan steps to a new career
- Consider taking courses

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1656 Deployment STRESS-O-METER

This card focuses on deployment stress faced by military families. On the back of the card are tips for handling the stress related to deployment, such as:

- Organize your household
- Communicate with family about feelings
- Plan activities while deployed

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1/8" x 3 3/8".

MAN-1657 Relocation STRESS-O-METER

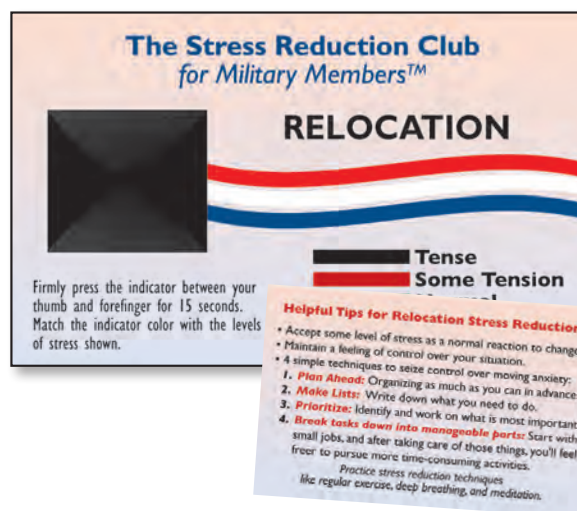
This card focuses on relocation stress faced by military families. On the back of the card are tips for handling the stress related to relocation, such as:

- Maintain a feeling of control over your situation
- 4 simple techniques to control moving anxiety

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1653 Reunion STRESS-O-METER

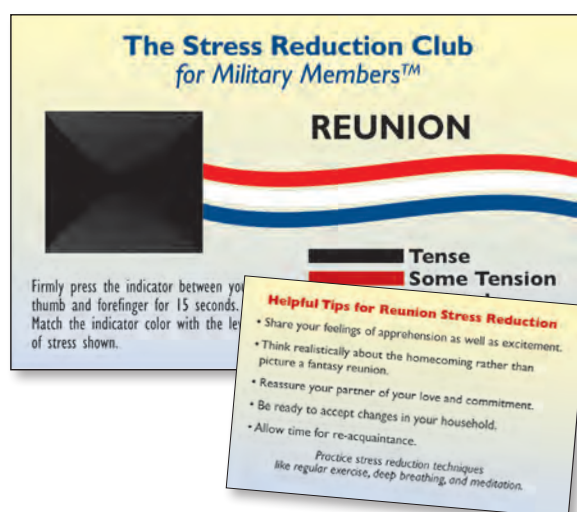
This card focuses on reunion stress faced by military families. On the back of the card are tips for handling the stress related to reunion, such as:

- Share your feelings
- Accept changes
- Allow time for re-acquaintance

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-2284 Stress/Resiliency STRESS-O-METER

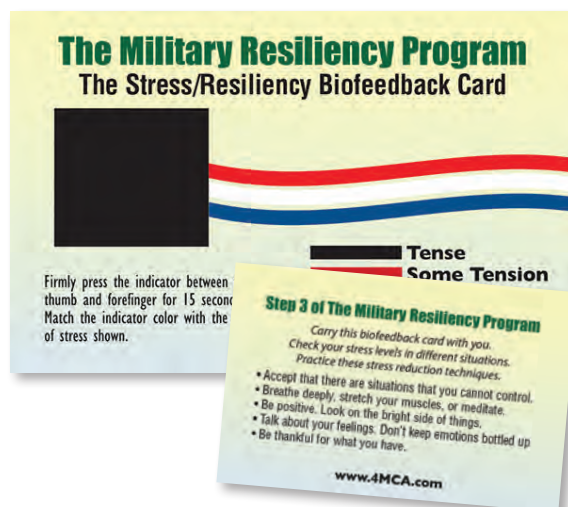
This card focuses on stress faced by military families. On the back of the card are tips for handling stress, such as:

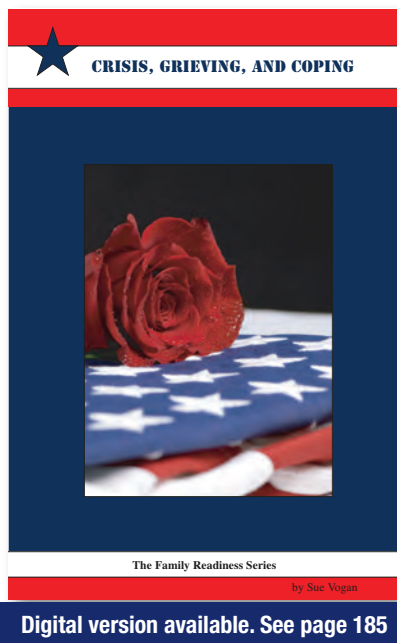
- Accept that there are situations you cannot control
- Be positive. Look on the bright side of things.
- Talk about your feelings. Don't keep emotions bottled up.

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack





Digital version available. See page 185

MAN-3BK11225

Crisis, Grieving, and Coping Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on crisis, grieving, and coping. 16-pages, 5 ½" x 8 ½".

Discusses:

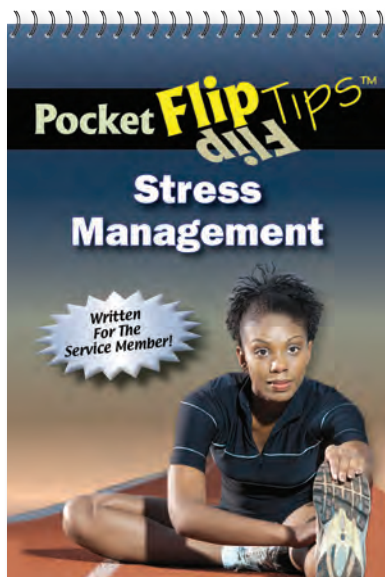
- Emotional crisis
- The 7 stages of grieving
- Recognizing physical ailments
- Coping

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-1460

Stress Management Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on stress management. 16-pages, 3 ½" x 5 ½".

Discusses:

- Symptoms of high stress
- Relaxation tips
- How to lower stress levels by maintaining proper eating habits and exercise

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

MAN-1733**Dealing With Divorce Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on dealing with divorce.

16-pages, 3 ½" x 5 ½".

Discusses:

- Money management
- Infidelity
- Children

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1393**You and Your Family Readiness Group Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash.

This Flip Tips book focuses on you and your family readiness group. 16-pages, 3 ½" x 5 ½".

Discusses:

- How to utilize your FRG effectively
- FRG leaders
- Family members

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 166

MAN-1672**Recruiting for Resiliency Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military recruitment. 16-pages, 3 ½" x 5 ½".

Discusses:

- Facts about recruiting
- What to expect after signing your enlistment contract

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

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Digital version available. See page 168



Digital version available. See page 171

MAN-1778

Coping With Anxiety Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with anxiety. 16-pages, 3 ½" x 5 ½".

Discusses:

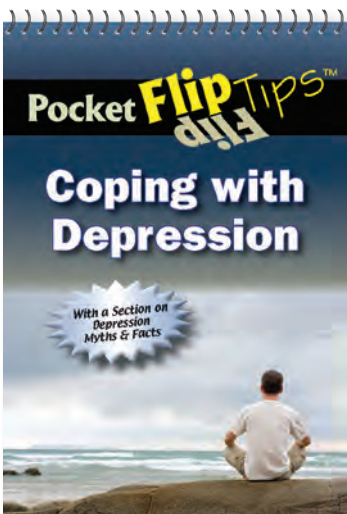
- Generalized anxiety disorder and its symptoms
- Developing coping skills
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171

MAN-1779

Coping With Depression Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with depression. 16-pages, 3 ½" x 5 ½".

Discusses:

- Causes of depression
- Overcoming depression
- Habits of depression
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1777

Tools & Techniques for Anger Management Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on tools and techniques for anger management. 16-pages, 3 ½" x 5 ½".

Discusses:

- What triggers anger
- Expressing anger
- Recognizing signs of uncontrollable anger
- Anger management tips

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1390**Coping With Being Apart From Your Loved Ones Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with being apart from your loved ones. 16-pages, 8 ½" x 11".

Discusses:

- Preparing for being apart
- Helping children with separation
- Getting through the separation
- Reunion

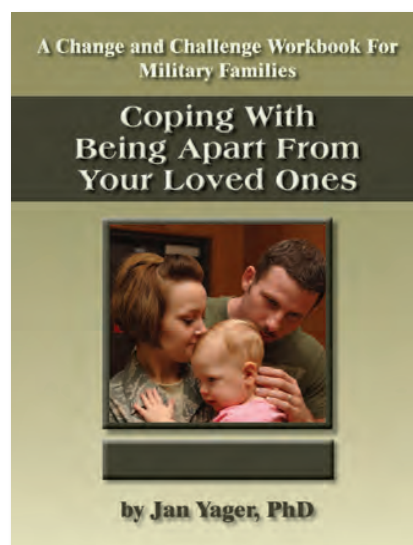
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available

**MAN-1929****Handling the Emotional Stress of Relocation Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on handling the emotional stress of relocation. 16-pages, 8 ½" x 11".

Discusses:

- Avoiding bad habits
- Handling conflict
- Sleeping tips

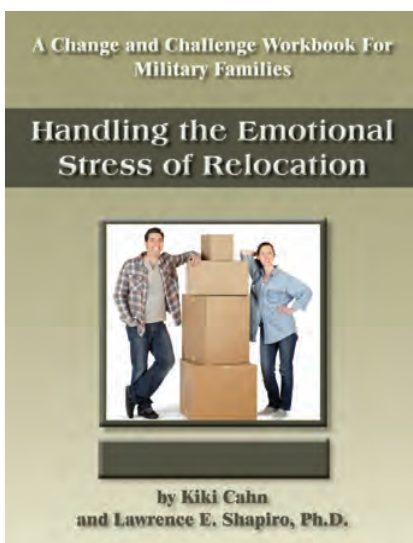
WORKBOOK Quantity Discount Pricing

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1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available

**MAN-1386****Coping With Grief Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with grief. 16-pages, 8 ½" x 11".

Discusses:

- Working through the grieving process
- Helping children grieve
- Living with grief

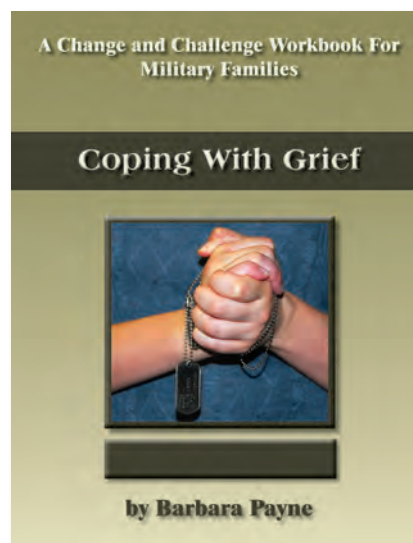
WORKBOOK Quantity Discount Pricing

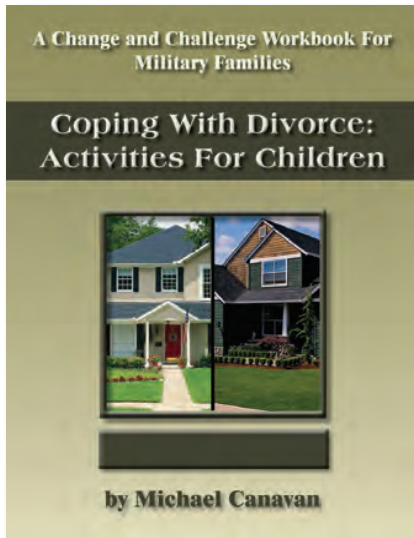
Sold in packs of 10 of same title.

1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available





MAN-1707

Coping With Divorce: Activities For Children Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on children coping with divorce. 16-pages, 8 ½" x 11". Discusses:

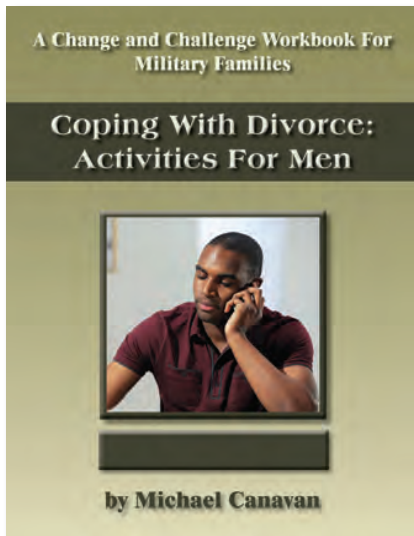
- Creating two comfortable homes
- House rules
- People you can call for help

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1705

Coping With Divorce: Activities For Men Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on men coping with divorce. 16-pages, 8 ½" x 11". Discusses:

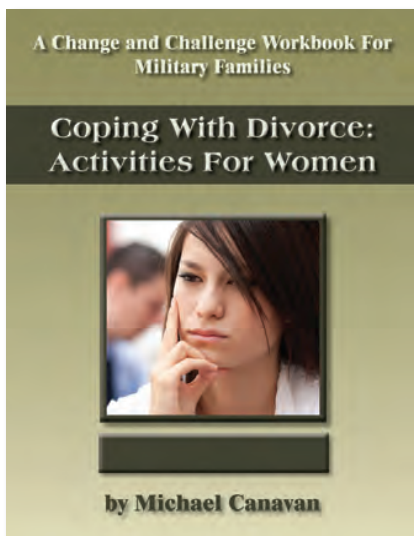
- Responding to advice from others
- What to tell your kids
- What your mediator or attorney will need
- Childrens' rights

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1706

Coping With Divorce: Activities For Women Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on women coping with divorce. 16-pages, 8 ½" x 11". Discusses:

- Responding to advice from others
- What to ask your attorney
- What to tell your kids about your divorce

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

SEE PAGES 165-189 FOR OUR BRAND NEW DIGITAL PRODUCTS SECTION

MAN-2077

Managing Anger and Resolving Conflict Booklet

Everyone becomes angry and faces conflict at times. This booklet discusses how military members and their families can better manage anger and conflict. It offers a seven-step method to resolving conflict before it escalates. 16-pages, 5 ½" x 8 ½".

Booklet Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2083

Coping with Post Traumatic Stress Disorder (PTSD) Booklet

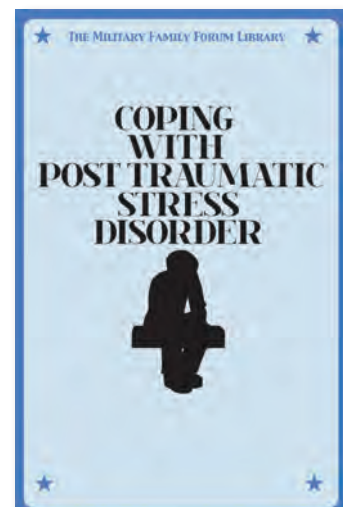
This wide-ranging booklet covers essential resources for the person suffering with PTSD and their family members. Here they will find information on the nature of PTSD, means of coping and places to find help and hope. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

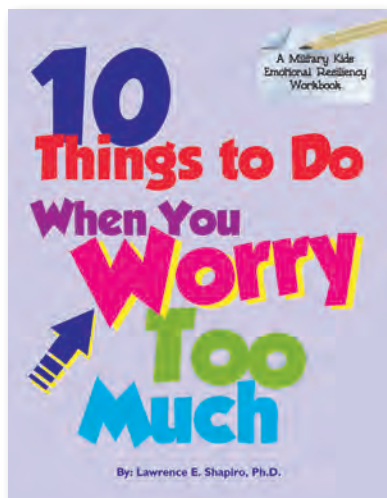
Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 187


MAN-1761
10 Things to Do When You Worry Too Much Workbook

Kids in the military often have a great deal to worry about, but worry doesn't have to take over their lives. This workbook teaches children how to cope with obsessive thoughts, night fears, and trouble sleeping, and the emotional withdrawal that often comes with excessive worry. It teaches them that worry is a normal emotion, and helps them recognize when it is time to ask for help if they worry too much.

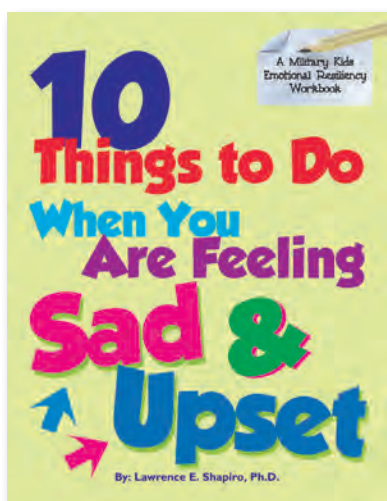
16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available


MAN-1762
10 Things to Do When You Are Feeling Sad & Upset Workbook

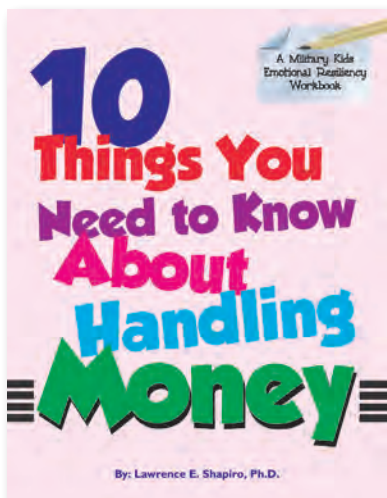
Sadness is a part of life, but when sadness turns into depression it can be a serious and lifelong problem. This workbook helps kids put their sadness into perspective and recognize the best things to do when they are feeling upset. The workbook presents research-based techniques to help prevent sadness from taking over a child's emotional life, especially when there is a traumatic loss. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available


MAN-1763
10 Things You Need to Know About Handling Money Workbook

Learning to be responsible about money is an important task for all military families. This workbook helps kids understand that money is not unlimited, and that every family must live on a budget. They learn that it is important to be responsible about their money, and that saving and giving money to help others is as important as spending money on things they want. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available

MAN-1764**10 Ways to Cope With Your Mom's or Dad's Deployment Workbook**

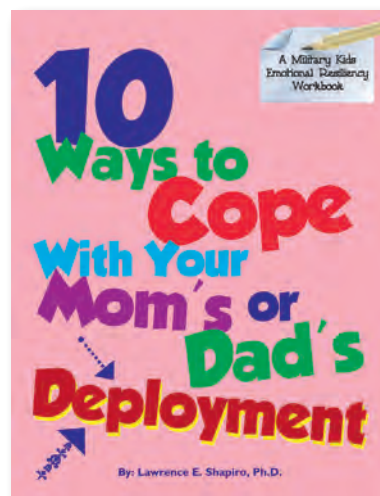
Being separated from a parent is one of the most serious stresses children can experience. Even though they understand that their moms and dads are heroes, children can build up anger and resentment, or even think that they are the reason that their parents chose a lifestyle that takes them away from the family. This workbook gives children a variety of ways to stay emotionally connected to their parents, and encourages them to seek other children who are coping with the same problem as a way to get emotional support. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



This product available in Spanish

MAN-1765**10 Things You Need to Know For When Your Mom or Dad Comes Home Workbook**

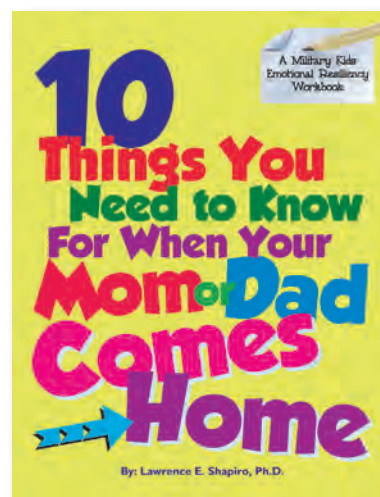
Children anticipate a parent's homecoming with great joy and expectation, but after the excitement of the planning and the festivities fade, real problems can surface. This workbook helps children understand that their returning parent has gone through a difficult time, and may bring emotional or physical problems home with them. The resiliency skills taught in this workbook will help kids understand their role in the family, and not feel that they have to take care of a returning parent, or build up resentment because a homecoming does not live up to their fantasies. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



This product available in Spanish

MAN-1766**10 Things To Know About Using The Internet Workbook**

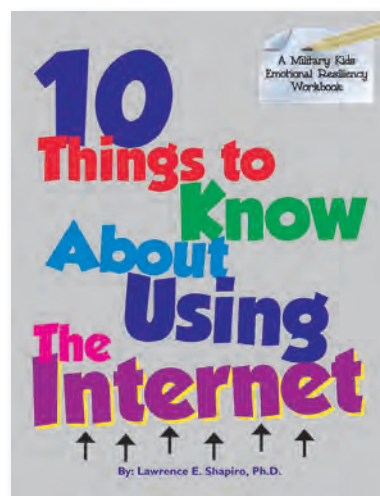
The Internet is an incredible tool for helping military kids stay in touch with their parents and friends, and feel "connected" to loved ones even when they are far away. But the Internet has many problems as well, some which are very unique to military kids. This workbook helps kids see the many ways that they can stay close to a loved one who is far away, and also helps them see the dangers of sharing the wrong kind of information on the Internet. 16-pages, 8 ½" x 11". For ages 7-12.

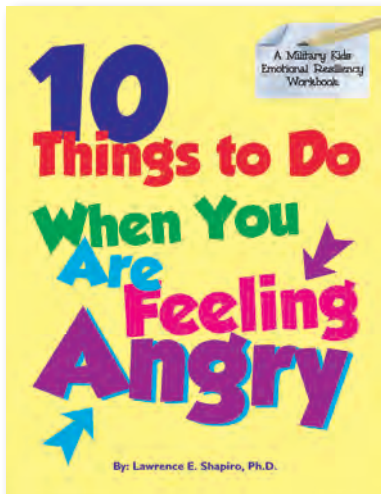
WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available




MAN-1767

10 Things To Do When You Are Feeling Angry Workbook

Everyone gets angry some of the time, but this workbook reminds kids: "All feelings are okay, it's what you do with them that counts." The workbook presents tried and true techniques to help kids recognize when their behavior is inappropriate, and control their anger so that they can express their feelings in a productive way. 16-pages, 8 1/2" x 11". For ages 7-12.

Workbook Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available


MAN-3MM11250

Recognizing Emotional Stress and Trauma Military Minute Card

Military members love this fast-read card that encapsulates the best advice on recognizing emotional stress and trauma. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Minute Card Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available


MAN-3MM11350

Crisis, Grief, and Coping Military Minute Card

Military members love this fast-read card that encapsulates the best advice on crisis, grief, and coping. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

Minute Card Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

MAN-3MG10625**10 Stress-Relief Tips For Military Families Magnet**

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 10 stress-relief tips for military families. 3" x 5". Discusses:

- Accepting that stress is a normal part of everyday life
- "To Do" lists
- Exercising
- Planning for the future

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available

**MAN-3MG10825****10 Ways to Cope with Stress & Anxiety When a Loved One is Deployed Magnet**

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 10 ways to cope with stress and anxiety when a loved one is deployed. 3" x 5".

Discusses:

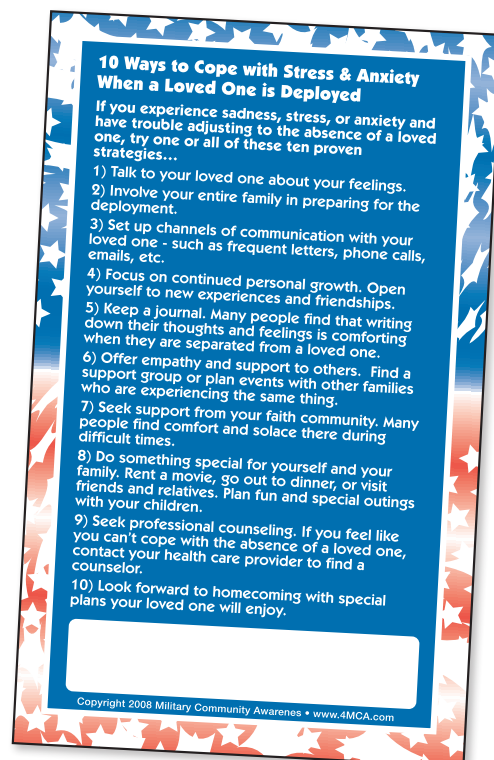
- Preparing for deployment
- Channels of communication
- Personal Growth
- Homecoming

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available





MAN-2212

Resiliency/Life Management Skills I Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 104-pages, spiral-bound, includes CD of activities. Topics include:

- Exercise
- Goal setting
- Motivation
- Problem-solving
- Stress management
- Self-esteem

All Quantities

\$49.95 each



MAN-2213

Resiliency/Life Management Skills I Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Exercise
- Goal setting
- Leisure
- Motivation
- Stress management
- Time management

All Quantities

\$17.95 each



MAN-2214

Resiliency/Life Management Skills I Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 104-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Exercise
- Goal setting
- Leisure
- Motivation
- Stress management
- Time management

All Quantities

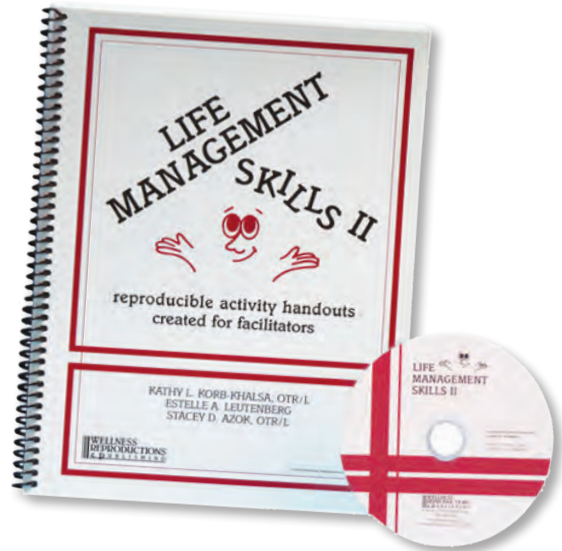
\$59.95 each

MAN-2215
Resiliency/Life Management Skills II Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 104-pages, spiral-bound, includes CD of activities. Topics include:

- Anger management
- Communication: verbal and non-verbal
- Coping skills
- Parenting
- Steps to recovery
- Grief/loss

All Quantities	\$49.95 each
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MAN-2216
Resiliency/Life Management Skills II Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anger management
- Coping skills
- Grief/loss
- Money management
- Safety
- Recovery

All Quantities	\$17.95 each
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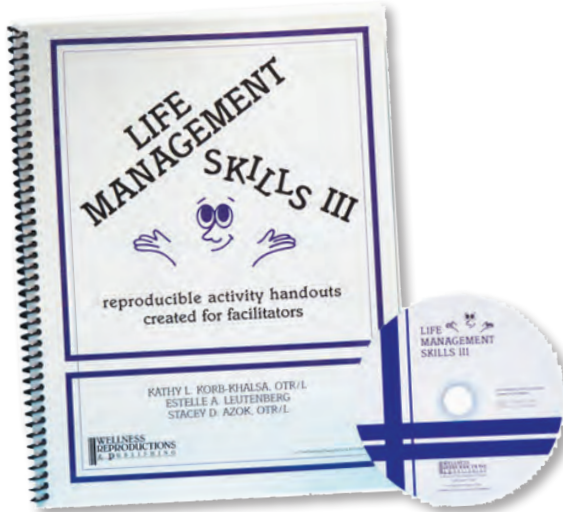

MAN-2217
Resiliency/Life Management Skills II Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 104-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards. Topics include:

- Anger management
- Coping skills
- Grief/loss
- Recovery

All Quantities	\$59.95 each
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MAN-2218 Resiliency/Life Management Skills III Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities.

Topics include:

- Body image
- Conflict resolution
- Creative expression
- Healthy living
- Job readiness

All Quantities

\$49.95 each



MAN-2219 Resiliency/Life Management Skills III Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Communication
- Conflict resolution
- Job readiness
- Relapse prevention
- Relationships

All Quantities

\$17.95 each



MAN-2220 Resiliency/Life Management Skills III Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Nurturance
- Relapse prevention
- Relationships
- Social skills
- Stress management

All Quantities

\$59.95 each

MAN-2221

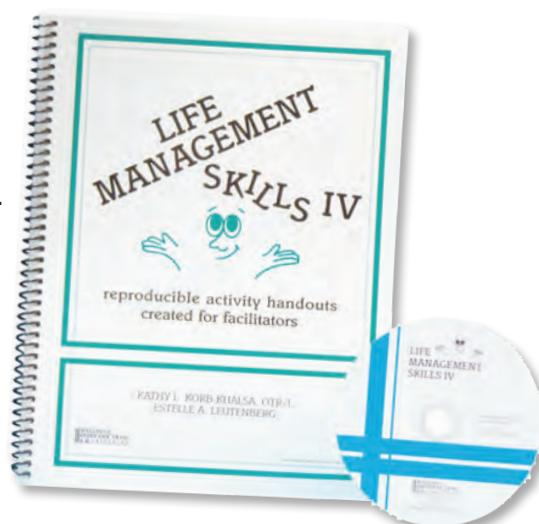
Resiliency/Life Management Skills IV Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 61-pages, spiral-bound, includes CD of activities.

Topics include:

- Coping with serious mental illness
- Home management
- Parenting
- Responsibility
- Activities of daily living
- Job readiness

All Quantities	\$49.95 each
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MAN-2222

Resiliency/Life Management Skills IV Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Combating stigma
- Coping with serious mental illness
- Leisure
- Parenting
- Values

All Quantities	\$17.95 each
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MAN-2223

Resiliency/Life Management Skills IV Book & Cards Set

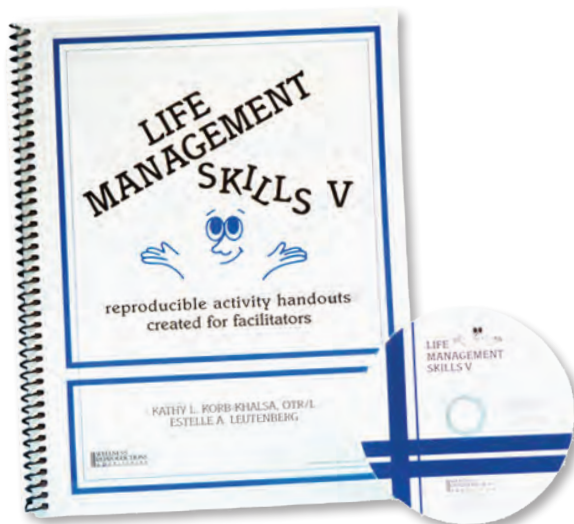
The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 61-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Coping with serious mental illness
- Home management
- Parenting
- Responsibility

All Quantities	\$59.95 each
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MAN-2224

Resiliency/Life Management Skills V Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities.

Topics include:

- Abuse
- Grief
- Positive attitude
- Recovery
- Aging
- Self-expression

All Quantities

\$49.95 each



MAN-2225

Resiliency/Life Management Skills V Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards.

Topics include:

- Abuse
- Grief
- Positive attitude
- Relationships
- Making changes
- Recovery

All Quantities

\$17.95 each



MAN-2226

Resiliency/Life Management Skills V Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Abuse
- Coping skills
- Grief
- Positive attitude
- Self-expression
- Aging
- Making Changes
- Recovery

All Quantities

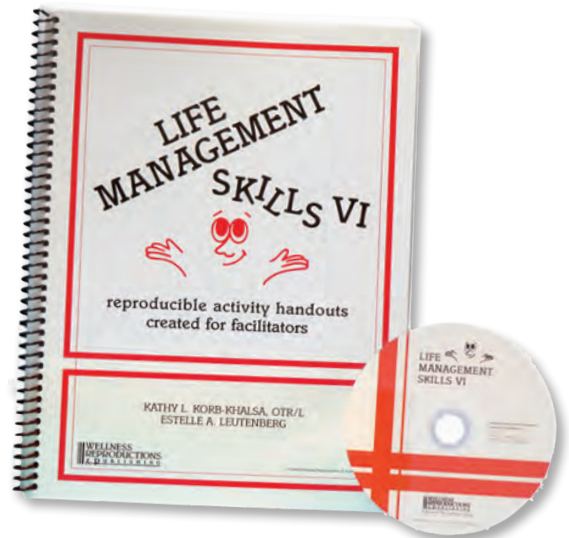
\$59.95 each

MAN-2227**Resiliency/Life Management Skills VI Book**

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities. Topics include:

- Anxiety/fear
- Independent living skills
- Goal setting
- Healthy living

All Quantities	\$49.95 each
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**MAN-2228****Resiliency/Life Management Skills VI Cards**

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anxiety/fear
- Spirituality
- Healthy living
- Stress management
- Personal responsibility

All Quantities	\$17.95 each
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**MAN-2229****Resiliency/Life Management Skills VI Book & Cards Set**

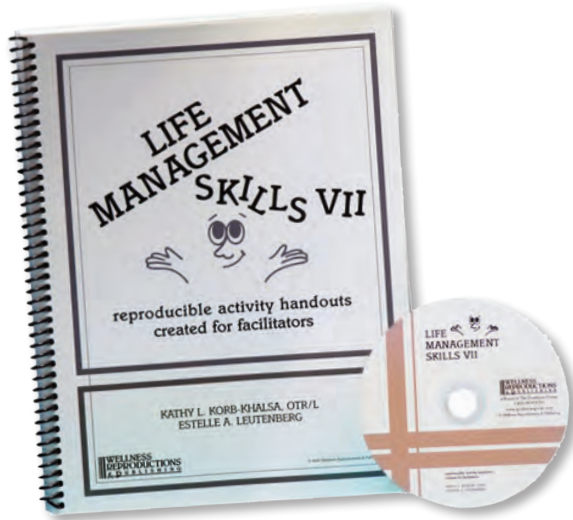
The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Anxiety/fear
- Spirituality
- Goal setting
- Stress management
- Independent living skills

All Quantities	\$59.95 each
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MAN-2230

Resiliency/Life Management Skills VII Book

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities. Topics include:

- Emotions
- Coping skills
- Anxiety
- Money management

All Quantities

\$49.95 each



MAN-2231

Resiliency/Life Management Skills VII Cards

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Anxiety
- Emotions
- Goals
- Relapse prevention
- Spirituality

All Quantities

\$17.95 each



MAN-2232

Resiliency/Life Management Skills VII Book & Cards Set

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards. Topics include:

- Emotions
- Coping skills
- Goals
- Spirituality
- Relapse Prevention
- Money Management

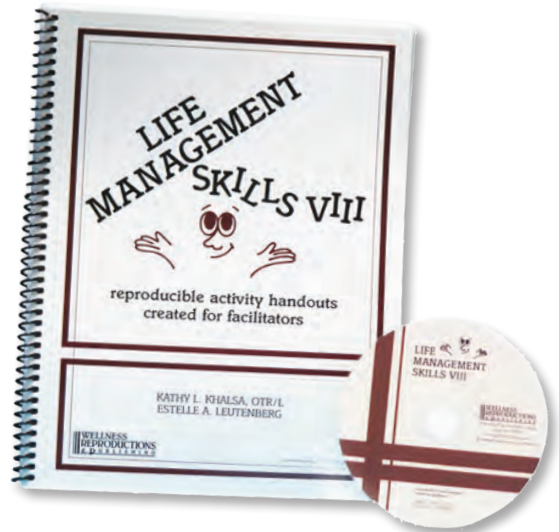
All Quantities

\$59.95 each

MAN-2233**Resiliency/Life Management Skills VIII Book**

This book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. 122-pages, spiral-bound, includes CD of activities. Topics include:

- Living with mental illness
- Stress management
- Physical health
- Substance abuse recovery

All Quantities**\$49.95 each****MAN-2234****Resiliency/Life Management Skills VIII Cards**

This card game is designed to facilitate discussions and development of life management skills. 63 cards plus 9 blank cards. Topics include:

- Emotions
- Physical health
- Grief/Loss
- Substance abuse recovery
- Living with mental illness

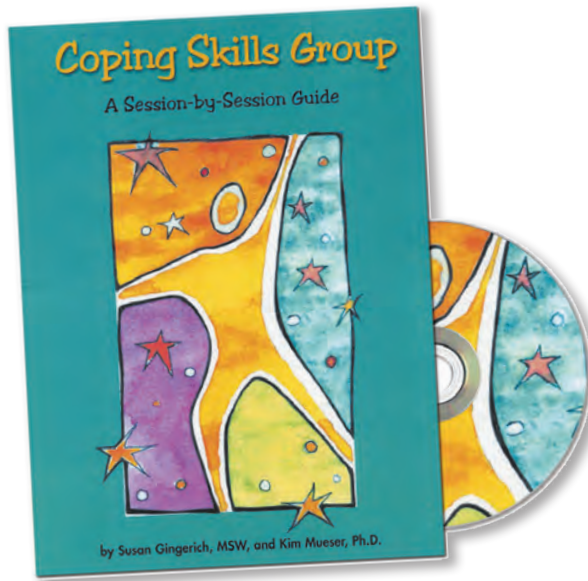
All Quantities**\$17.95 each****MAN-2235****Resiliency/Life Management Skills VIII Book & Cards Set**

The book is filled with fun, innovative, and informative reproducible activity handouts. The handouts are adaptable and have a broad usage enabling therapists, social workers, nurses, teachers, psychologists, counselors, and other professionals to focus on specific goals with their specified population. The cards are designed to facilitate discussions and development of life management skills. 122-page, spiral-bound book (includes CD of activities). 63 cards plus 9 blank cards.

Topics include:

- Emotions
- Physical health
- Grief/Loss
- Substance abuse recovery
- Living with mental illness
- Stress management

All Quantities**\$59.95 each**



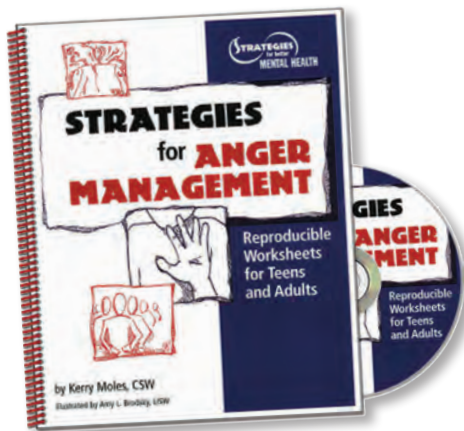
MAN-2236 Resiliency Skills Group Guide

This book provides materials for conducting skill-building groups with clients who have significant problems related to their mental illness. It is a practical, step-by-step manual for group leaders. Includes strategies for coping skills, focusing on strengths, connecting with people, reducing stress, managing anger, avoiding problems with alcohol and drugs, and much more! Book contains:

- Ten modules, each covering a major topic area related to coping skills
- Five sessions for each of the ten modules
- A structured, step-by-step group format
- 50 group leader instruction sheets
- 50 handouts for group members, with large print and jargon-free language
- CD of handouts

All Quantities

\$57.95 each



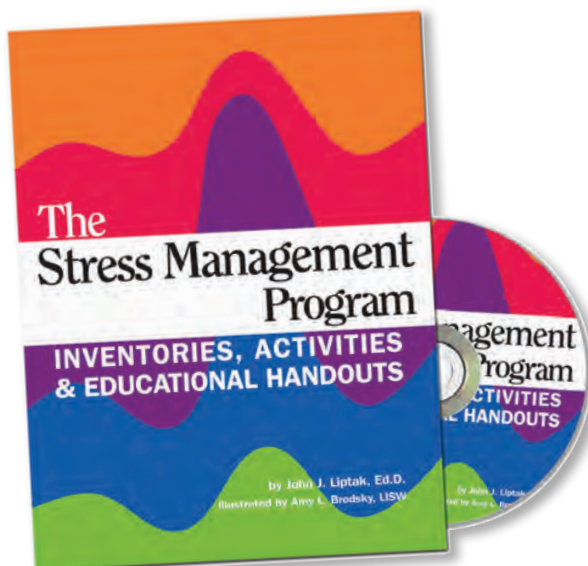
MAN-2237 Resiliency for Anger Management Workbook for Teens and Adults

Grade level: 7-12. This workbook is the practical tool all educators have been waiting for to help teens handle anger in healthy ways. 100-pages, spiral-bound, includes CD of worksheets. Covers such areas as:

- Understanding anger
- Interventions for anger management and conflict resolution
- The differences between anger and abuse

All Quantities

\$49.95 each



MAN-2238 Resiliency for Stress Management Program

Ages: 12-Adult. Help teens and adults develop the stress management skills they need for healthy living in a variety of settings. The program provides educational handouts and group treatment activities. The self-assessment inventories help users to identify their ability to manage stress. An accompanying CD allows for easy reprinting. Book is 108-pages and spiral-bound.

**Includes 5 modules
in 5 relevant topics:**

- Coping with stress
- Healthy lifestyle
- Level of stress
- Resilient personality
- Time management

Each module contains:

- Self assessment
- Scoring directions
- Outlined group activity
- Pre-and Post-Test
- Personal insights section

All Quantities

\$49.95 each

MAN-2239

Military Self-Esteem Program

Ages: 12-Adults. Each section has a self-assessment and pre-and post-tests with scoring directions. An accompanying CD allows for easy reprinting. 108-pages, spiral-bound. This book focuses on such essential topics as:

- Body image
- Effective decision-making
- Personal responsibility and values
- Self-esteem

All Quantities	\$49.95 each
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MAN-2240

Military Self-Esteem Program Cards

Ages: 12-Adults. Seventy-five cards with questions. Divided into 5 mini-decks of 15 cards each. Discusses:

- Body image and self-image
- Decision-making effectiveness
- Personal responsibility
- Self-esteem

All Quantities	\$17.95 each
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MAN-2241

Resiliency Bingo

Develops and explores players' resiliency skills at home, at work, in school, and in social situations. Game has 16 laminated BINGO cards, 75 calling cards, facilitator's instruction sheet, chips, and reproducible handouts meant to be used in clinics or classrooms. This product contains small pieces and is not for children 3 and under.

All Quantities	\$39.95 each
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MAN-2211

Resiliency Skills Card Game

Ages: 15-Adults. This card game is designed to facilitate discussions about coping skills. Coping with sadness, conflicts, disappointments, anxiety, illnesses, or life's difficulties can be overwhelming for many. Through coping skill development, people can lead fuller and more meaningful lives. 3-10 players.

All Quantities	\$17.95 each
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Suicide Prevention

MAN-2266

Suicide Prevention Kit

Each kit is conveniently shrink wrapped.
WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Suicide Prevention Pocket Flip Tips
- 1 Understanding Depression and Suicide Change and Challenge Workbook
- 1 Suicide Prevention Military Info Slide
- 1 Preventing Suicide Handy Hint
- 1 Suicide Prevention Magnet
- 1 Suicide: Recognizing the Signs Banner Pen

Must be purchased in increments of 50.	
All Quantities	\$13.49 per kit



MAN-2053A

Suicide Prevention Program Kit

Includes:

- 25 Suicide: Recognizing the Signs Banner Pens
- 25 Preventing Suicide Handy Hints
- 25 Suicide Prevention Info Slides
- 20 Responding to the Risk of Suicide in Others Workbooks
- 20 Suicide Prevention Pocket Flip Tips

Packed in a convenient box.

WARNING: The banner pens are not for use by children.

All Quantities	\$199.99 per kit
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MAN-1922

Suicide Prevention Military Info Slide

This Military Info Slide focuses on suicide prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. 8 1/2" x 3 3/4".

Discusses:

- Symptoms
- Working with professionals
- What you can do
- In case of emergency

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1639

Suicide: Recognizing the Signs Banner Pen

This Banner Pen focuses on recognizing the signs of suicide. WARNING: This pen is not for use by children.

Discusses:

- The danger signs
- Suicide and the military
- Causes of suicide

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1729

Preventing Suicide Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing suicide. 3 1/2" x 2 1/2".

Discusses:

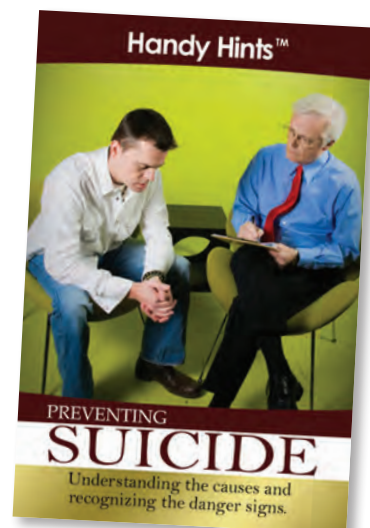
- Causes of suicide
- How to help a suicidal person
- Warning signs
- Myths and facts

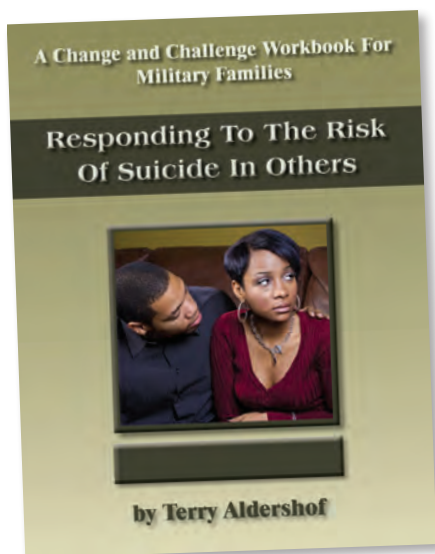
HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available





MAN-1452

Responding To The Risk Of Suicide In Others Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on responding to the risk of suicide in others. 16-pages, 8 ½" x 11". Discusses:

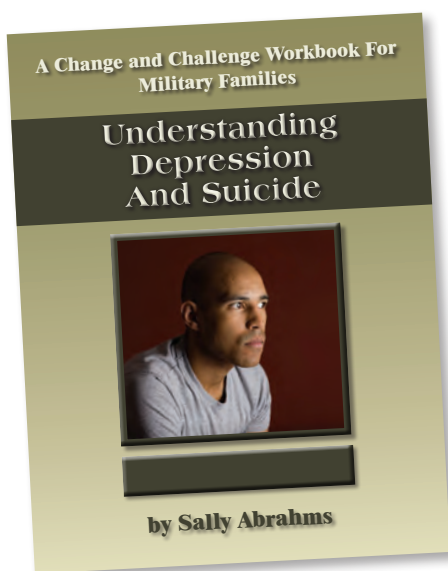
- Recognizing the signs
- Preventing a suicide attempt
- Suicide prevention resources

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1387

Understanding Depression And Suicide Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on understanding depression and suicide. 16-pages, 8 ½" x 11". Discusses:

- Warning signs of suicidal thoughts or behaviors
- Identifying your support system
- Asking for help

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

MAN-1731

Suicide Prevention Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on suicide prevention. 16-pages, 3 1/2" x 5 1/2".

Discusses:

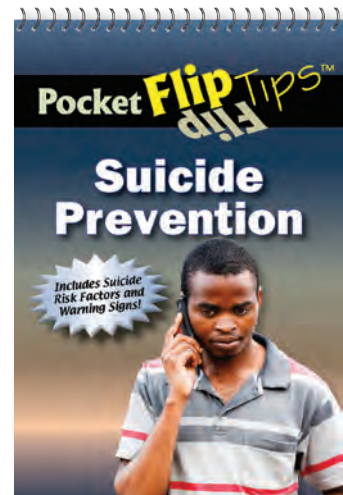
- Military suicide statistics
- Warning signs
- Risk factors
- How to help someone else

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-2088

Suicide Prevention Magnet

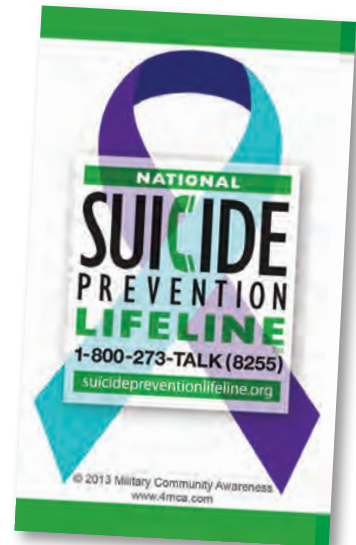
This 3"x 5" magnet is a visual reminder of available resources for Suicide Prevention. Put it on file cabinets, desks, or metal doors where it can be seen by all. Many individuals won't seek help out of shame or embarrassment, but having this information readily available will encourage individuals to confidentially seek the help they need.

Magnet Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available



MAN-1702

Stress, Suicide Prevention, PTSD & TBI Go Card

This Go Card is a full color, double-sided card that is easy-to-read and convenient to carry! 3 5/8" x 8 1/2".

Discusses:

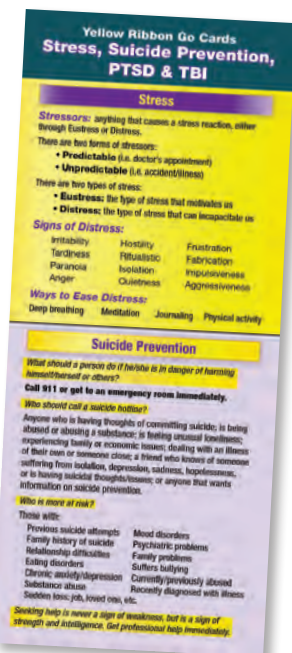
- Signs of distress
- Signs & symptoms of PTSD
- Ways to ease distress
- Signs & symptoms of TBI
- Suicide prevention

GO CARD Quantity Discount Pricing

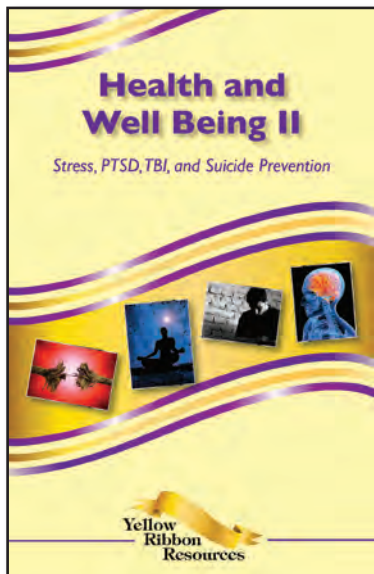
Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



Suicide Prevention



MAN-1685

Health and Well Being II: Stress, PTSD, TBI, and Suicide Prevention Booklet

This booklet is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 1/2" x 8 1/2". This booklet addresses:

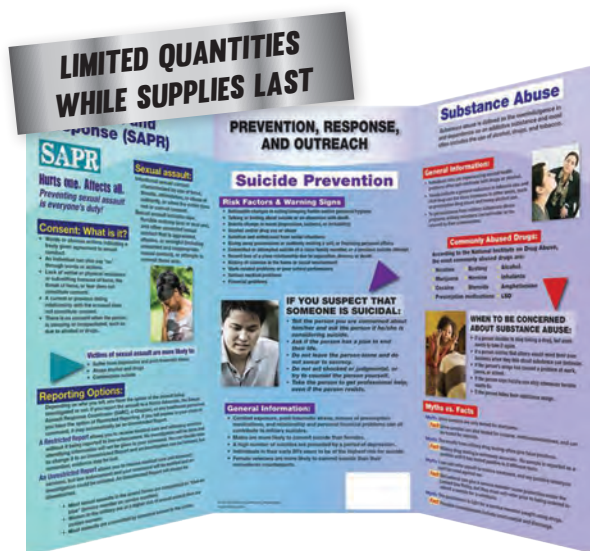
- Stress
- PTSD
- TBI
- Suicide prevention

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-2048

Prevention, Response, and Outreach Display Board

This Display Board focuses on prevention, response, and outreach of three major issues: sexual assault, suicide, and substance abuse. 3 panels of 11 1/4" x 22 1/2".

Discusses:

- Reporting options for those who have been sexually assaulted
- Risk factors and warning signs for suicide prevention
- Myths vs. facts about substance abuse

All Quantities

SALE! \$49.99 each

GSA Pricing Available



MAN-2067

Suicide Prevention and Awareness Display Board

This Display Board focuses on suicide prevention. 3 panels of 11 1/4" x 22 1/2".

Discusses:

- Who is at risk
- Signs that a person may be suicidal
- How to intervene and assist

All Quantities

SALE! \$49.99 each

GSA Pricing Available

OPERATION REACH OUT

MilitaryFamily.com, through Military Community Awareness, has developed **Operation Reach Out**, a Smart phone app aimed at preventing suicides among military personnel and veterans. Developed with the help of a team of experts in suicide prevention under the supervision of primary author, Lawrence Shapiro, Ph.D., the app is offered free on iTunes store and Android Marketplace.

Operation Reach Out is designed to:

- Encourage people who are having suicidal thoughts to reach out for help
- Help those who are concerned about family members, spouses, or fellow service members who may be suicidal
- Provide a personal contact help center
- Provide activities that help people who are depressed to stay connected to others

Operation Reach Out is part of MilitaryFamily.com's ongoing effort to provide timely and effective support and guidance for military families. The app was introduced in December, 2011 with the launching of the new site, www.MilitaryFamily.com

FEATURES INCLUDE



HELP CENTER

- Users are prompted to enter phone numbers of people who will respond in a time of crisis.
- The Help Center comes pre-loaded with phone numbers for suicide prevention hotlines and it is then customizable by each individual user.

HELP FOR SUICIDAL PEOPLE

12 compelling video vignettes explain important facts, such as:

- Your problems can be treated
- There are other solutions
- Suicidal crises are almost always temporary
- Your problems are rarely as great as they appear

HELP FOR PEOPLE TRYING TO PREVENT SUICIDE

10 compelling video vignettes explain what to do and not do when a person is talking about suicide, such as:

- Don't be afraid to ask tough questions
- Find out if the person is drunk or has taken an overdose
- Remove any potentially harmful objects
- Make sure the suicidal person understands help is available



MILITARY Family.com

- ★ Community
- ★ Guidance
- ★ Support



MilitaryFamily.com is a non-profit community website designed to connect military families with a system of current and relevant resources. The website empowers military families while improving quality of life through community, guidance, and support. Membership is free and provides full access to articles, news, forums, videos, downloads, apps, and more.

Sponsored by Military Community Awareness

Sexual Assault Prevention

MAN-SAPR

CARE (Complete Advocacy Response Essentials) Kit

Designed for a sexual assault victim who undergoes a forensic exam, this kit has all the necessities a Victim Advocate can provide. It also includes valuable resource materials available exclusively from MCA.

Each kit contains one of each:

- Clear Vinyl Zipper Pouch
- Hair Brush Wrapped
- .50 Oz. Stick Deodorant
- Fresh Mint 2 Oz. Mouthwash
- .85 Oz. ADA Fresh Mint Toothpaste
- Toothbrush Individually Wrapped
- 2 Oz. Shampoo & Body Bath
- 2 Oz. Hand & Body Lotion
- 15ct. Tissue Pack
- First Aid Kit
- 100% Cotton Sock, Pair
- T-Shirt
- Sweatshirt
- Sweatpants
- Disposable Underwear
- Backpack
- Small Notebook & Pen

Resource Material

- Sexual Assault Handy Hint
- Sexual Assault Flip Tip
- Sexual Assault workbook
- Sexual Assault Slide Guide



Must be purchased in increments of 12 per size.

Kit with resource materials	(MAN-2286) \$69.99 ea
Kit without resource materials	(MAN-2285) \$59.99 ea

MAN-2267

Sexual Assault Prevention Kit

Each kit is conveniently shrink wrapped.

WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Sexual Assault Prevention & Response Military Info Slide
- 1 Preventing Sexual Harassment & Assault Pocket Flip Tip
- 1 Preventing Sexual Harassment and Assault Change and Challenge Workbook
- 1 Sexual Assault Prevention & Response Handy Hint
- 1 Sexual Assault Prevention & Response Magnet
- 1 Sexual Assault Prevention Banner Pen

All Quantities

\$13.49 per kit



MAN-2052A

Sexual Assault Prevention Program Kit

Includes:

- 25 Sexual Assault Prevention Banner Pens
- 25 Sexual Assault Prevention & Response Handy Hints
- 25 Sexual Assault Prevention Info Slides
- 20 Preventing Sexual Harassment and Assault Workbooks
- 20 Preventing Sexual Harassment and Assault Pocket Flip Tips

Packed in a convenient box.

WARNING: The banner pens are not for use by children.



All Quantities	\$199.99 per kit
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MAN-2089

Sexual Assault Prevention & Response Magnet

This 3"x 5" magnet is a visual reminder of available resources for Sexual Assault Prevention and Response. Put it on file cabinets, desks, or metal doors where it can be seen by all. Many individuals won't seek help out of shame or embarrassment, but having this information readily available will encourage individuals to confidentially seek the help they need.

Magnet Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available



Sexual Assault Prevention



MAN-2035

Sexual Assault Prevention & Response Military Info Slide

This Military Info Slide focuses on sexual assault prevention and response. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4."

Discusses:

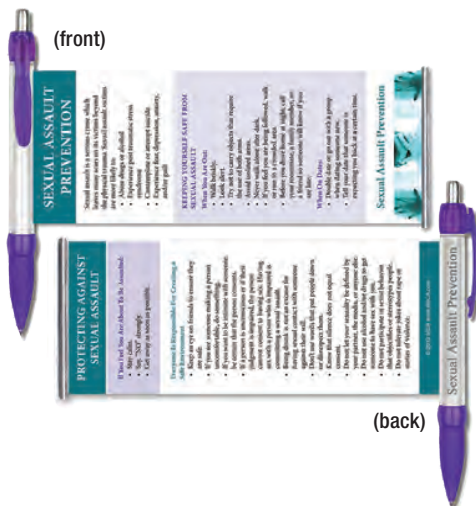
- Reporting options
- What to do if you are a victim of sexual assault
- SARC role
- Victim Advocate's role

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-2037

Sexual Assault Prevention Banner Pen

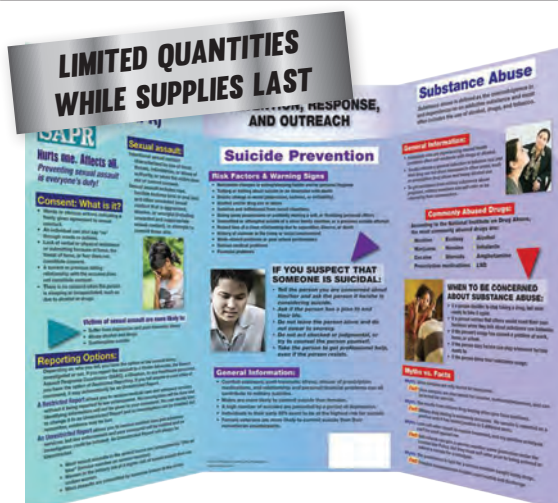
This Banner Pen focuses on sexual assault prevention.

WARNING: This pen is not for use by children. Discusses:

- Keeping yourself safe from sexual assault
- Creating a safe environment

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-2048

Prevention, Response, and Outreach Display Board

This Display Board focuses on prevention, response, and outreach of three major issues: sexual assault, suicide, and substance abuse. 3 panels of 11 1/4" x 22 1/2". Discusses:

- Reporting options for those who have been sexually assaulted
- Risk factors and warning signs for suicide prevention
- Myths vs. facts about substance abuse

All Quantities

SALE! \$49.99 each

GSA Pricing Available

MAN-1734

Preventing Sexual Harassment & Assault Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on preventing sexual assault and harassment. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Actions and behaviors that can be perceived as sexual harassment
- The "costs" of sexual harassment
- Reporting sexual harassment
- Protecting yourself from sexual assault

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1651

Preventing Sexual Assault & Harassment Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing sexual assault and harassment. 3 1/2" x 2 1/2". Discusses:

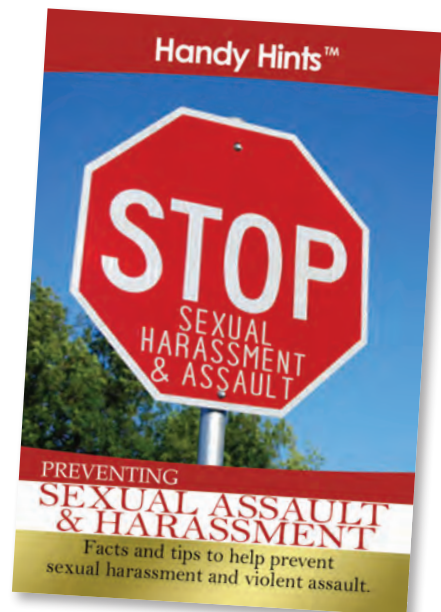
- Reporting sexual harassment
- If you are a victim of sexual assault
- Possible effects of sexual assault
- Protecting yourself from sexual assault

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-2065

Sexual Assault Prevention Display Board

This Display Board focuses on sexual assault prevention. 3 panels of 11 1/4" x 22 1/2". Discusses:

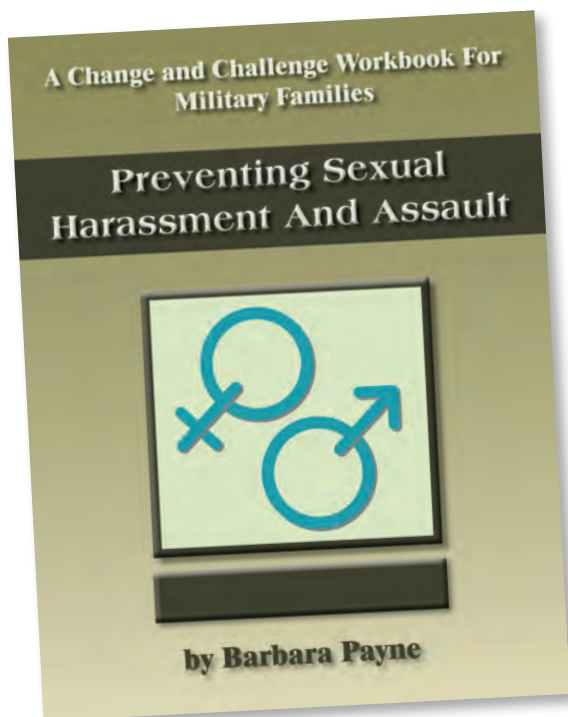
- Possible effects of sexual assault
- What you should do if you have been sexually assaulted
- Reporting options

All Quantities

SALE! \$49.99 each

GSA Pricing Available





MAN-1450

Preventing Sexual Harassment And Assault Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on preventing sexual harassment and assault. 16-pages, 8 1/2" x 11".

Discusses:

- The definition of sexual assault and harassment
- Media influences
- How women in the military are viewed
- The role of alcohol

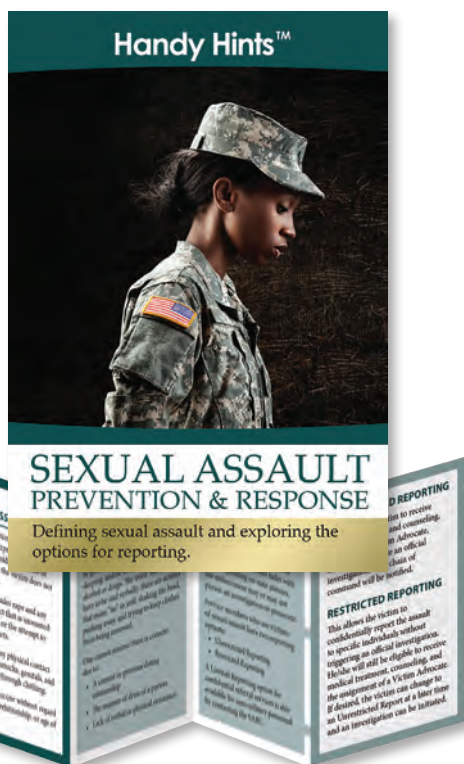
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available



MAN-2034

Sexual Assault Prevention & Response Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on sexual assault prevention and response. 3 1/2" x 2 1/2".

Discusses:

- The definitions of sexual assault and consent
- Reporting options
- Military sexual trauma (MST)

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs \$9.95 per pack

25-49 Packs \$8.95 per pack

50+ Packs \$7.50 per pack

GSA Pricing Available

MAN-2269 Stress Prevention Kit

Each kit is conveniently shrink wrapped.

WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Stress Military Info Slide
- 1 Reducing Stress Handy Hint
- 1 Stress Management Pocket Flip Tips
- 1 Dealing with Stress Banner Pen

All Quantities	\$10.49 per kit
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MAN-2268 PTSD Prevention Kit

Each kit is conveniently shrink wrapped.

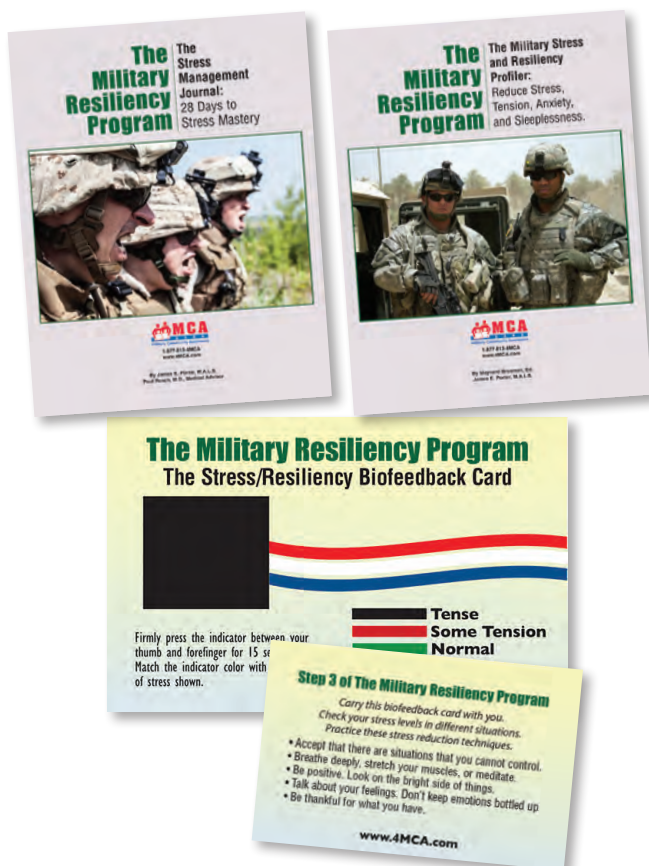
WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Understanding PTSD Handy Hint
- 1 Posttraumatic Stress Disorder Pocket Flip Tips
- 1 Understanding Posttraumatic Stress Disorder Change and Challenge Workbook
- 1 Coping with Post Traumatic Stress Disorder Military Family Forum Booklet
- 1 What is PTSD? Banner Pen

All Quantities	\$12.49 per kit
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MAN-2281

The Military Resiliency Program: Reduce Stress, Tension, Anxiety, Worry, and Sleeplessness

- Low-cost, wellness program
- Proven effective with military families
- Perfect for individuals or groups
- This 3-part, research-based program helps military personnel and their families cope with the very real stresses of everyday life. The program is easy to implement and can be self-administered or given by a facilitator to small groups. It includes two program books: 16-page military stress and resiliency profiler w/self-assessment questionnaire and 32-page, 28-day resiliency journal, and a stress monitoring feedback tool.

Step 1. Take the Stress Self-Assessment Questionnaire

Step 2. Use the 28-Day Resiliency Diary

Step 3. Monitor Stress with Stress Feedback Card

Each program is conveniently shrink wrapped.

Quantity Discount Pricing

1-99	\$19.99 each
100-249	\$18.99 each
250+	\$17.99 each

Therapeutic Relaxation CDs for Military Members and Veterans

Here's a new, vital resource to help fight anxiety, post-traumatic stress, and stress-related illness

- Created specifically for military personnel and veterans
- Calming CDs use guided relaxation and self-hypnosis techniques for proven-effective results
- Three CDs available focus on Insomnia, Stress, and Worry

MAN-2271

Insomnia in the Military: Finding the Perfect Sleep CD

MAN-2272

Overcoming Stress in the Military: Mind Calming Therapy CD

MAN-2273

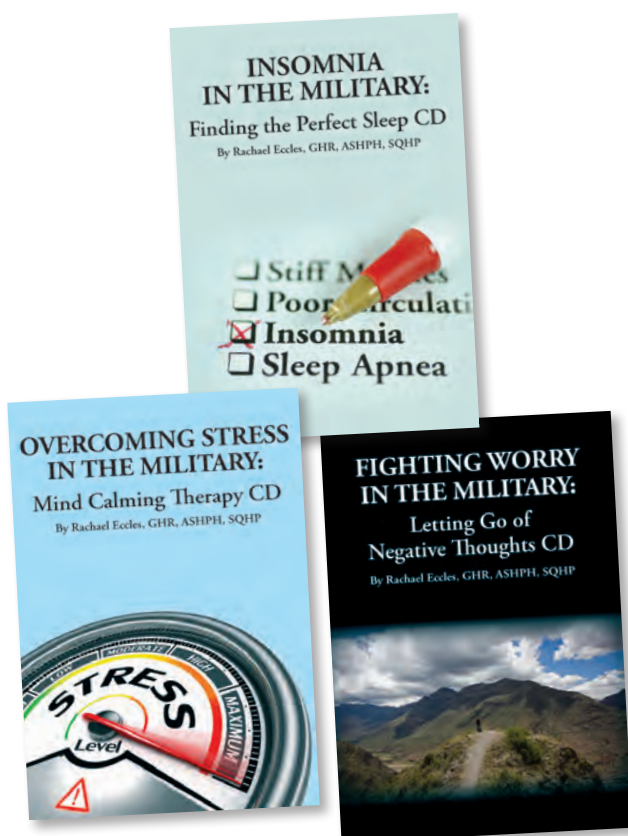
Fighting Worry in the Military: Letting Go of Negative Thoughts CD

CD Quantity Discount Pricing

1-24	\$15.95 each
25-99	\$14.95 each
100+	\$13.95 each

2270 ■ Set of 3 CDs

\$42.95 per set



MAN-1923

Stress Military Info Slide

This Military Info Slide focuses on tips for dealing with stress. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

- Facing your problems
- Ways to relieve stress
- Relaxing
- Symptoms of stress

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1926

Understanding Depression Military Info Slide

This Military Info Slide focuses on understanding depression. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

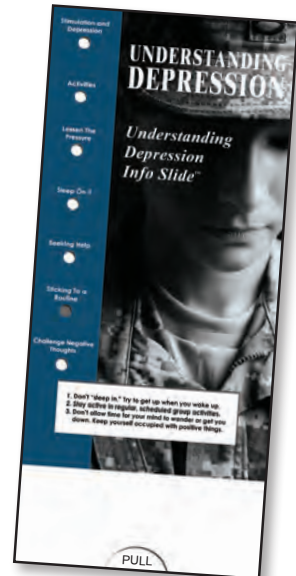
- Lessening the pressure
- Learning the signs
- Seeking help
- Being supportive

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1405

Dealing With Stress Banner Pen

This Banner Pen focuses on dealing with stress.

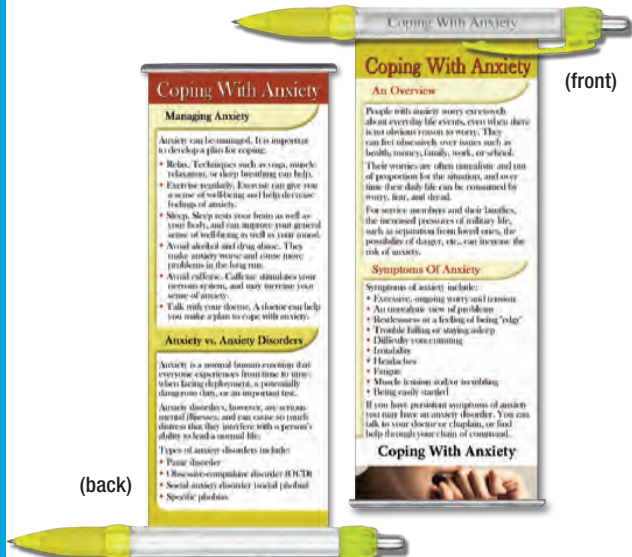
WARNING: This pen is not for use by children. Discusses:

- What stress is
- Healthy and unhealthy ways of coping with stress
- The quickest way to cope with stress

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each





MAN-1635 Coping With Anxiety Banner Pen

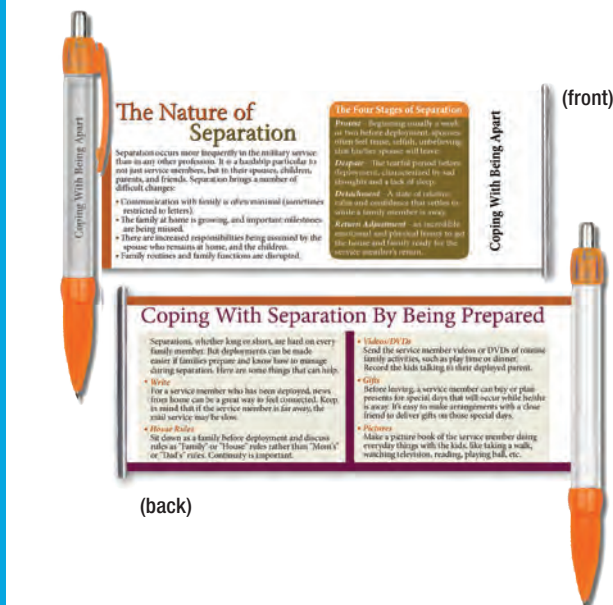
This Banner Pen focuses on dealing with anxiety.
WARNING: This pen is not for use by children.

Discusses:

- Symptoms of anxiety
- Managing anxiety
- The difference between anxiety and anxiety disorders

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1636 Coping with Being Apart from Loved Ones Banner Pen

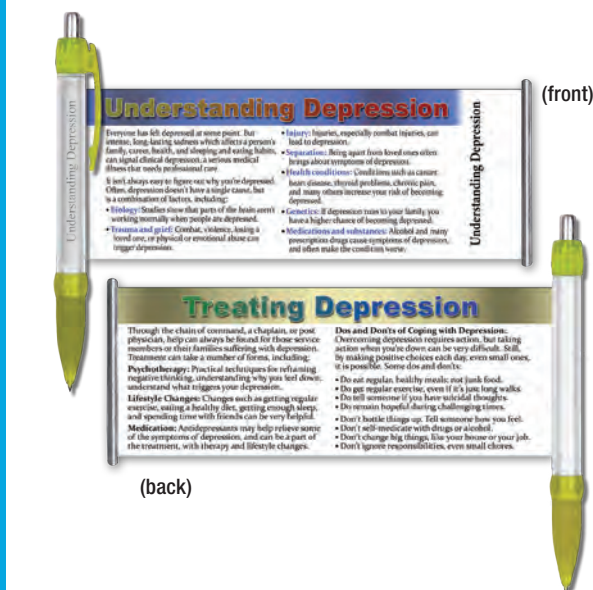
This Banner Pen focuses on coping with being apart.
WARNING: This pen is not for use by children.

Discusses:

- The four stages of separation
- Being prepared

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1637 Understanding Depression Banner Pen

This Banner Pen focuses on understanding depression.
WARNING: This pen is not for use by children.

Discusses:

- Treating depression
- Causes of depression
- Dos and don'ts of coping with depression

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each

MAN-1638

What is PTSD? Banner Pen

This Banner Pen focuses on coping with PTSD.

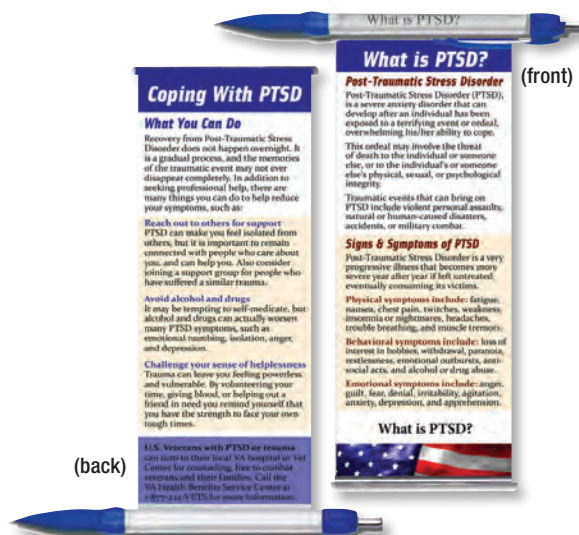
WARNING: This pen is not for use by children.

Discusses:

- The signs and symptoms of PTSD
- What you can do to help reduce symptoms

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1888

Coping With Relocation Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with relocation. 3 1/2" x 2 1/2".

Discusses:

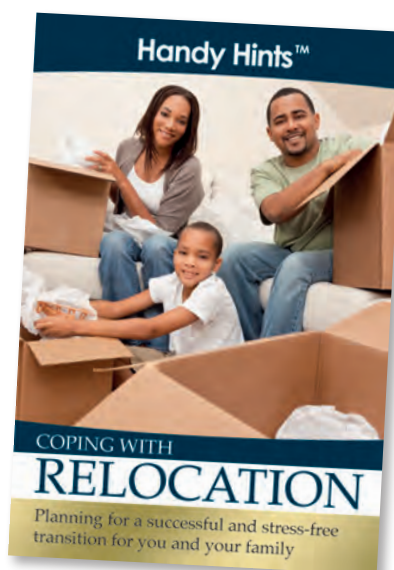
- Relocation stress
- Marriage and relocation
- Children and relocation
- A relocation checklist to help prepare for your move

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1409

Understanding PTSD Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on understanding PTSD. 3 1/2" x 2 1/2".

Discusses:

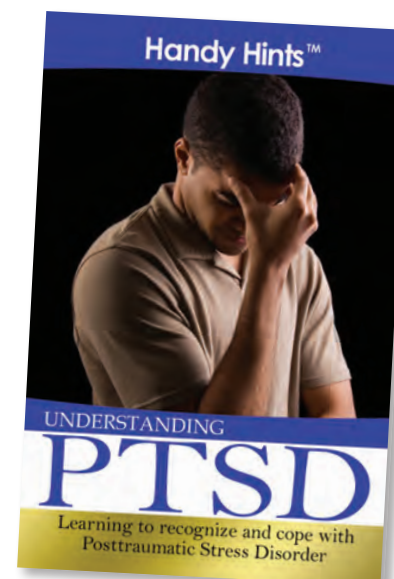
- Causes, symptoms, and complications
- Symptoms of PTSD
- Ways to cope with PTSD
- PTSD resources

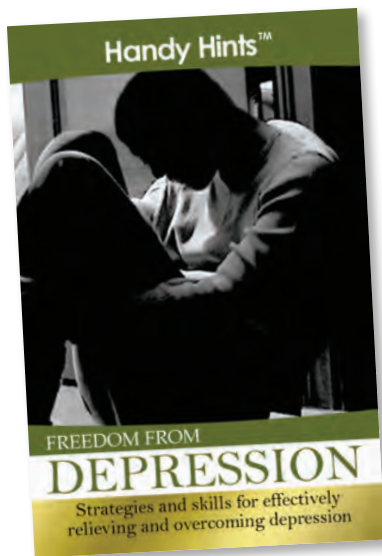
HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available





MAN-1410

Freedom From Depression Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on relieving and overcoming depression. 3 ½" x 2 ½".

Discusses:

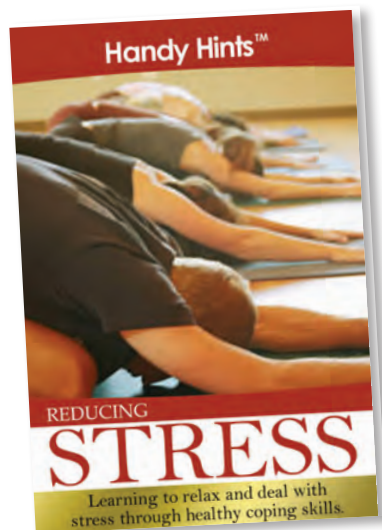
- Causes and symptoms of depression
- Coping with depression
- Depression resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1411

Reducing Stress Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on reducing stress. 3 ½" x 2 ½".

Discusses:

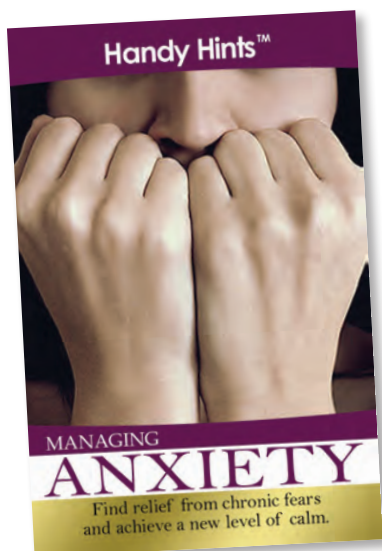
- Causes of stress
- Tips for dealing with stress

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1412

Managing Anxiety Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on managing anxiety. 3 ½" x 2 ½".

Discusses:

- Causes of anxiety
- Preventing anxiety
- Symptoms of anxiety
- Treatment of anxiety

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available

MAN-1647**Coping With Grief Handy Hint**

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with grief. 3 ½" x 2 ½".

Discusses:

- What grief is
- Myths and facts
- Problems that can occur
- Coping

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs \$9.95 per pack

25-49 Packs \$8.95 per pack

50+ Packs \$7.50 per pack

GSA Pricing Available

**MAN-1732****Wounded Warriors and Handling Grief and Loss Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on wounded warriors and handling grief and loss. 16-pages, 3 ½" x 5 ½". Discusses:

- Dealing with injury
- Telling a child about death
- The grief process

POCKET FLIP TIPS Quantity Discount Pricing

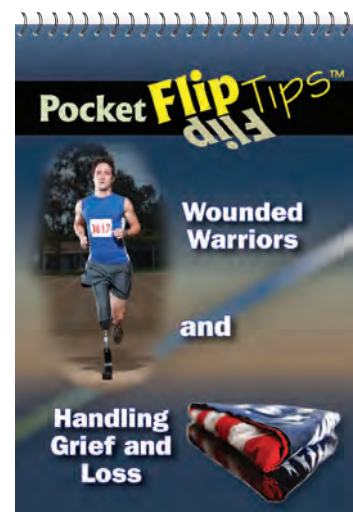
Sold in packs of 10 of same title.

1-24 Packs \$39.99 per pack

25-99 Packs \$34.99 per pack

100+ Packs \$29.99 per pack

GSA Pricing Available



Digital version available. See page 168

MAN-1457**Answering Your Questions About Posttraumatic Stress Disorder Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on PTSD. 16-pages, 3 ½" x 5 ½".

Discusses:

- What PTSD is
- Helping loved ones deal with PTSD
- Talking about PTSD with your family
- Causes of PTSD

POCKET FLIP TIPS Quantity Discount Pricing

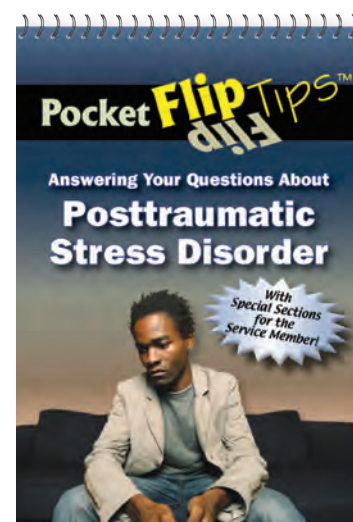
Sold in packs of 10 of same title.

1-24 Packs \$39.99 per pack

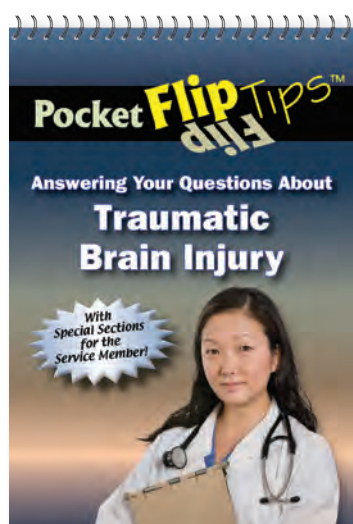
25-99 Packs \$34.99 per pack

100+ Packs \$29.99 per pack

GSA Pricing Available



Digital version available. See page 165



Digital version available. See page 165

MAN-1458

Answering Your Questions About Traumatic Brain Injury Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on traumatic brain injury. 16-pages, 3 ½" x 5 ½". Discusses:

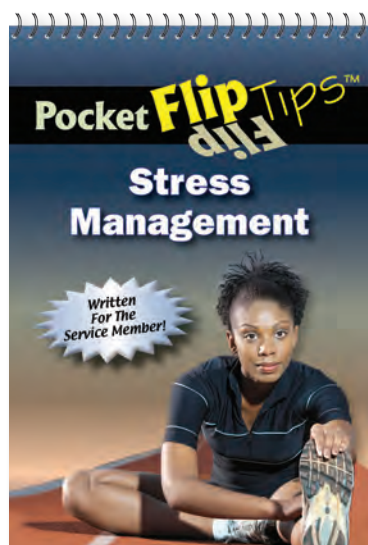
- Signs and symptoms
- Finding qualified medical professionals for treatment
- Tips for family and friends

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-1460

Stress Management Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on stress management. 16-pages, 3 ½" x 5 ½". Discusses:

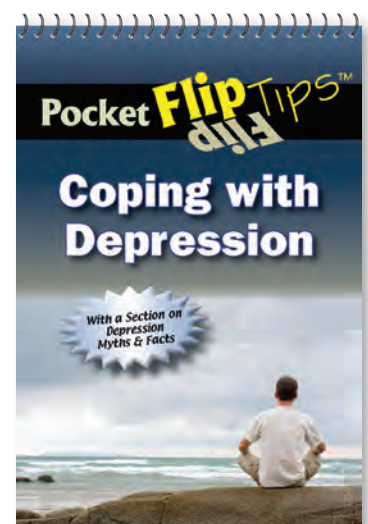
- Symptoms of high stress
- How to lower stress levels by maintaining proper eating habits and exercise
- Relaxation tips

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171

MAN-1779

Coping With Depression Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with depression. 16-pages, 3 ½" x 5 ½". Discusses:

- Causes of depression
- Overcoming depression
- Habits of depression
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1733**Dealing With Divorce Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on dealing with divorce. 16-pages, 3 ½" x 5 ½". Discusses:

- Money management
- Children
- Infidelity

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1777**Tools & Techniques for Anger Management Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on tools and techniques for anger management. 16-pages, 3 ½" x 5 ½". Discusses:

- What triggers anger
- Recognizing signs of uncontrollable anger
- Expressing anger
- Anger management tips

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1778**Coping With Anxiety Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with anxiety. 16-pages, 3 ½" x 5 ½". Discusses:

- Generalized anxiety disorder and its symptoms
- Developing coping skills
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171



Digital version available. See page 177

MAN-1880

Mental Health: Issues and Services Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on mental health issues and services. 16-pages, 3 ½" x 5 ½". Discusses:

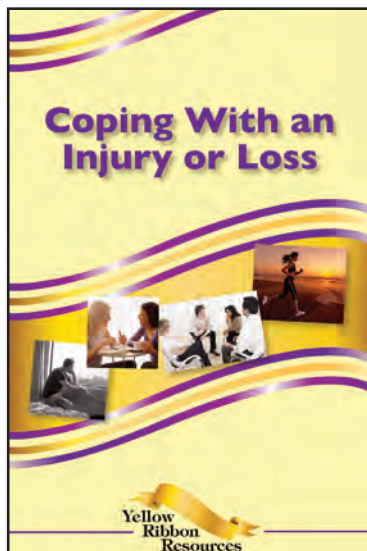
- Signs of mental health problems
- Treatment settings
- Finding care
- Common mental health problems

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 178

MAN-1693

Coping With an Injury or Loss Booklet

The Yellow Ribbon Program Series is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This booklet addresses coping with an injury or loss. 16-pages, 5 ½" x 8 ½". Discusses:

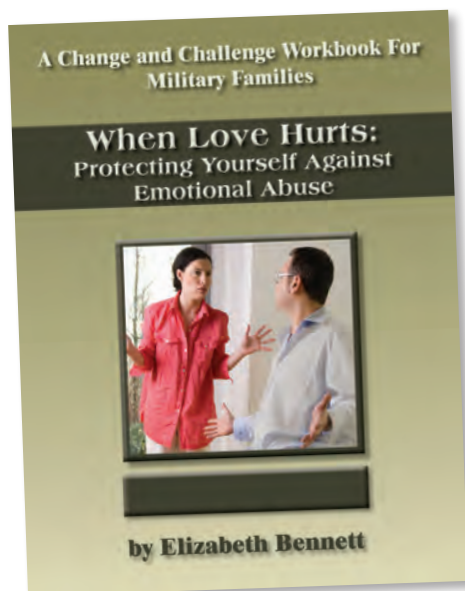
- Common reactions to a tragedy
- Where to turn for assistance
- Coping skills
- From fear to acceptance

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-1710

When Love Hurts: Protecting Yourself Against Emotional Abuse Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on protecting yourself against emotional abuse. 16-pages, 8 ½" x 11". Discusses:

- Identifying if you are in an abusive relationship
- If an abuser can change
- What a healthy relationship looks like
- Separation
- Reunion

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

MAN-1929**Handling the Emotional Stress of Relocation Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on handling the emotional stress of relocation. 16-pages, 8 ½" x 11".

Discusses:

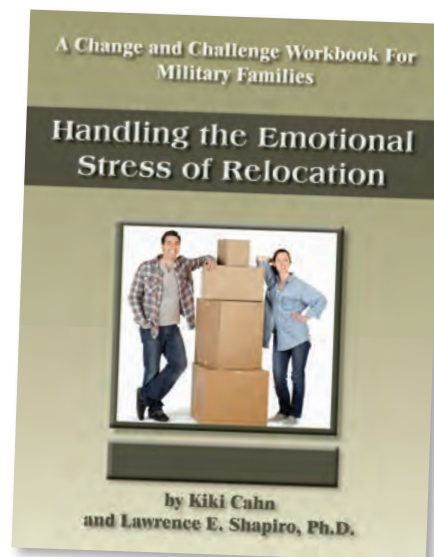
- Avoiding bad habits
- Sleeping tips
- Handling conflict

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

**MAN-1388****Understanding Posttraumatic Stress Disorder Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on understanding PTSD. 16-pages, 8 ½" x 11".

Discusses:

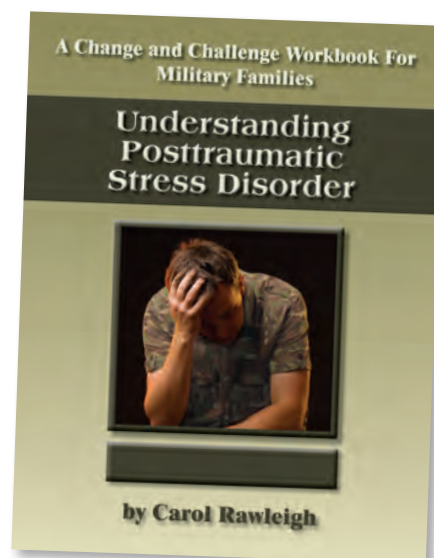
- Signs of PTSD
- Cognitive therapy
- Triggers

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

**MAN-1390 - Coping With Being Apart From Your Loved Ones Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with being apart from your loved ones. 16-pages, 8 ½" x 11".

Discusses:

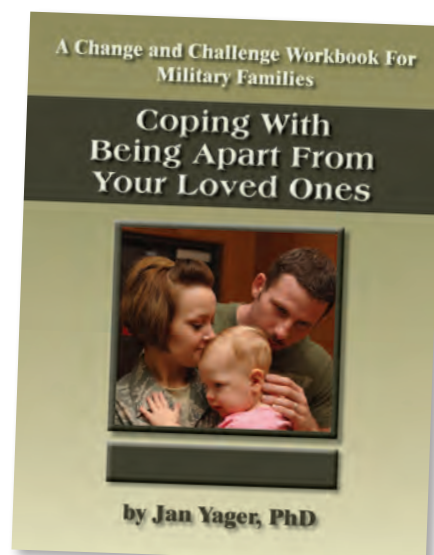
- Preparing for being apart
- Getting through the separation
- Helping children with separation
- Reunion

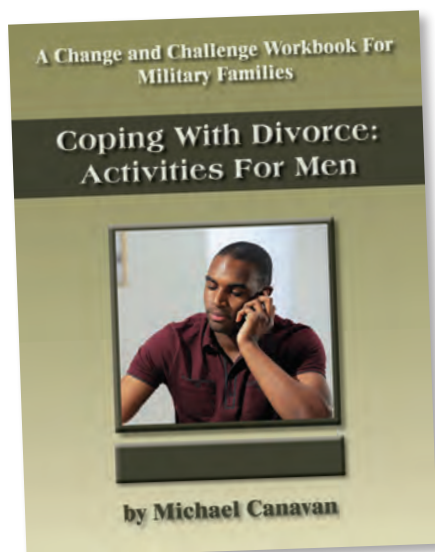
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available





MAN-1705 Coping With Divorce: Activities For Men Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on men coping with divorce. 16-pages, 8 1/2" x 11". Discusses:

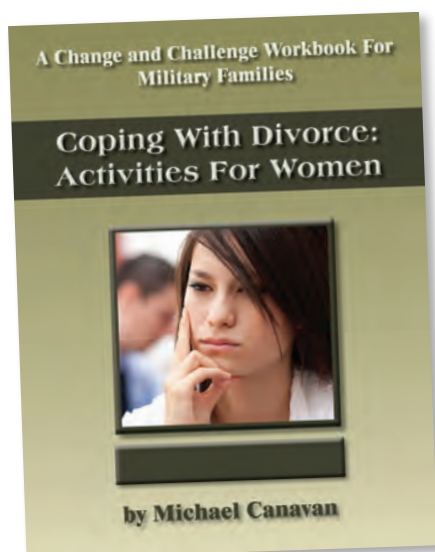
- Responding to advice from others
- What your mediator or attorney will need
- Childrens' rights
- What to tell your kids

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1706 Coping With Divorce: Activities For Women Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on women coping with divorce. 16-pages, 8 1/2" x 11". Discusses:

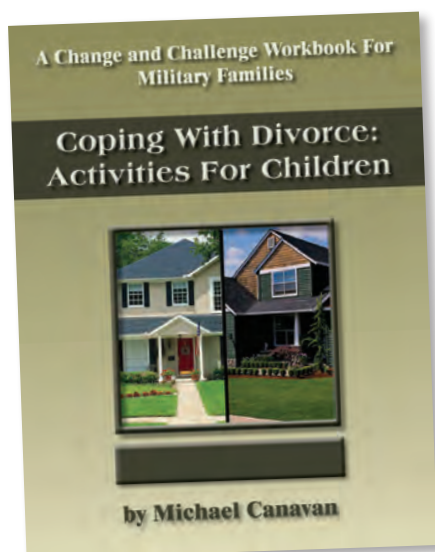
- Responding to advice from others
- What to ask your attorney
- What to tell your kids about your divorce

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1707 Coping With Divorce: Activities For Children Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on children coping with divorce. 16-pages, 8 1/2" x 11". Discusses:

- Creating two comfortable homes
- House rules
- People you can call for help

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

MAN-3BK11125 Single Soldiers Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on being a single soldier. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Being single vs. being married
- Personal responsibilities
- Things to keep in mind while dating

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 185

MAN-3BK11225 Crisis, Grieving, and Coping Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on crisis, grieving, and coping. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Emotional crisis
- Recognizing physical ailments
- The 7 stages of grieving
- Coping

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 185

MAN-3BK10325 Stress in The Military Family Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on stress in the military family. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Acute stress
- Common questions about stress
- Episodic stress
- Chronic stress

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 184



Digital version available. See page 188

MAN-2079

Preventing Child Abuse and Neglect Booklet

This important booklet offers tips on how to identify abuse and neglect and instill self-esteem in children to help them avoid abusive situations. Risk factors specific to military families are reviewed. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2076

Loss And Change Booklet

Change is a constant for children of military families and this booklet addresses ways to help them deal with it. Specific strategies for helping parents and children cope are presented. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2077

Managing Anger and Resolving Conflict Booklet

Everyone becomes angry and faces conflict at times. This booklet discusses how military members and their families can better manage anger and conflict. It offers a seven-step method to resolving conflict before it escalates.

16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-2083 Coping With Post Traumatic Stress Disorder Booklet

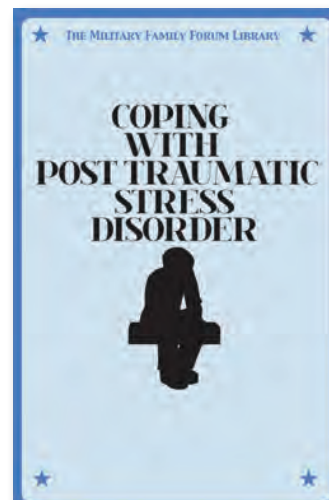
This wide-ranging booklet covers essential resources for the person suffering with PTSD and their family members. Here they will find information on the nature of PTSD, means of coping, and places to find help and hope. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 187

MAN-3MM11250 Recognizing Emotional Stress and Trauma Military Minute Card

Military members love this fast-read card that encapsulates the best advice on recognizing emotional stress and trauma. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in Packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM11350 Crisis, Grief, and Coping Military Minute Card

Military members love this fast-read card that encapsulates the best advice on crisis, grief, and coping. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays.

3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in Packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available





MAN-3MG10625

10 Stress-Relief Tips for Military Families Magnet

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 10 stress-relief tips for military families. 3" x 5". Discusses:

- Accepting that stress is a normal part of everyday life
- "To Do" lists
- Exercise
- Planning for the future

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available



MAN-379246

101 Ways to Cope With Stress Magnet

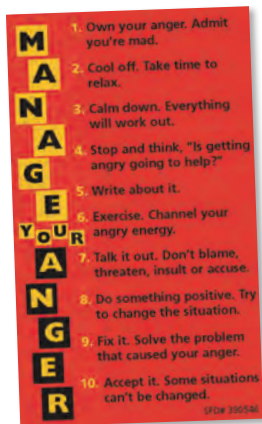
This 3" x 5" magnet is ideal for hanging on the refrigerator, desk, and file cabinets. This magnet focuses on ways to cope with stress. Some of the list includes:

- Take a long walk
- Think positive thoughts
- Hum your favorite tune
- Laugh a lot

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack



MAN-390546

Manage Your Anger Magnet

This magnet provides 10 tips that reinforce good self-management. Put it on lockers, file cabinets, or the refrigerator at home, for all to see! 3" x 5". Some of the list includes:

- Own your anger. Admit you're mad.
- Exercise. Channel your angry energy.
- Talk it out. Don't blame, threaten, insult or accuse.
- Cool off. Take time to relax.

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack



MAN-390540

Top 10 Ways for Teens to Reduce Stress Magnet

This magnet focuses on ways for teens to reduce stress. Put the magnet on lockers, file cabinets, or the refrigerator at home, for all to see! 3" x 5". Some of the list includes:

- Talk to a friend or trusted adult
- Listen to music
- Ask for help
- Be creative – paint, draw or sing!

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack



MAN-2274

Deployment Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Deployment Military Info Slide
- 1 Preparing for Deployment Handy Hint
- 1 6 Issues to Discuss Before Deployment Pocket Flip Tips
- 1 Deployment Dos and Don'ts Military Minute Card
- 1 Deployment Checklists Military Minute Card
- 1 Military Personal Information Organizer

All Quantities

\$12.49 per kit



MAN-2275

Kids' Deployment Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Military Kids Deployment Pouch
- 1 10 Ways to Cope With Your Mom's or Dad's Deployment Workbook
- 1 My Parent is Going Away Coloring Book
- 1 My Parent is in the Military Activity Book
- 1 12-Month Military Family Deployment Calendar for Kids
- 1 Pack of crayons

All Quantities

\$10.49 per kit

Deployment/Reunion/Reintegration



MAN-2276

Reunion/Reintegration Kit

Each kit is conveniently shrink wrapped.

WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Reunion Military Info Slide
- 1 Deployment: Preparation to Homecoming Banner Pen
- 1 Preparing for Reunion and Reintegration Handy Hint
- 1 Coming Home: Reconnection Strategies Pocket Flip Tips
- 1 Reunions and Reintegration Family Readiness Booklet
- 1 Keys to A Successful Reunion and Reintegration Military Minute Card

All Quantities

\$12.49 per kit

MAN-30R10101

Military Personal Information Organizer

Instantly Reduces Family Stress and Worry by Organizing Family Finances and Important Personal Information

- Easy to fill-in forms organize everything from military benefits to medical information to investment records
- Handy size is perfect for traveling and storage in file or safe deposit box
- Price includes a one color imprint on one location.

Our most popular product! Every military family needs at least one. It reassures family at home and deployed member that all is under control. Conveniently keeps vital family information in one place for quick reference. Our organizer is indispensable in times of emergency and deployment. Available in blue and black. 64-pages. 5 3/8" x 8 3/8".

ORGANIZER Quantity Discount Pricing 100 piece minimum

100-499	\$4.49 each
500-999	\$3.99 each
1000-2499	\$3.59 each
2500+	\$3.39 each

GSA Pricing Available



MAN-2056A Reunion/Reintegration Program Kit

Includes:

- 25 Deployment: Preparation to Homecoming Banner Pens
- 25 Preparing for Reunion and Reintegration Handy Hints
- 25 Reunion Info Slides
- 25 Reunion - 8 Ideas for a Successful Reunion Magnets
- 20 Coming Home - Reconnection Strategies Flip Tips

Packed in a convenient box.
Warning: The banner pens are not for use by children.



All Quantities

\$169.99 per kit

MAN-2063 Deployment Cycle Support Display Board

This Display Board focuses on the deployment cycle. 3 panels of 11 1/4" x 22 1/2".

Discusses:

- Pre-deployment, deployment, and reunion/reintegration
- How to prepare in the pre-deployment process
- Deployment dos and don'ts
- Keys to a successful reunion and reintegration

**LIMITED QUANTITIES
WHILE SUPPLIES LAST**



All Quantities

SALE! \$49.99 each



MAN-2069A Deployment Program Kit

Includes:

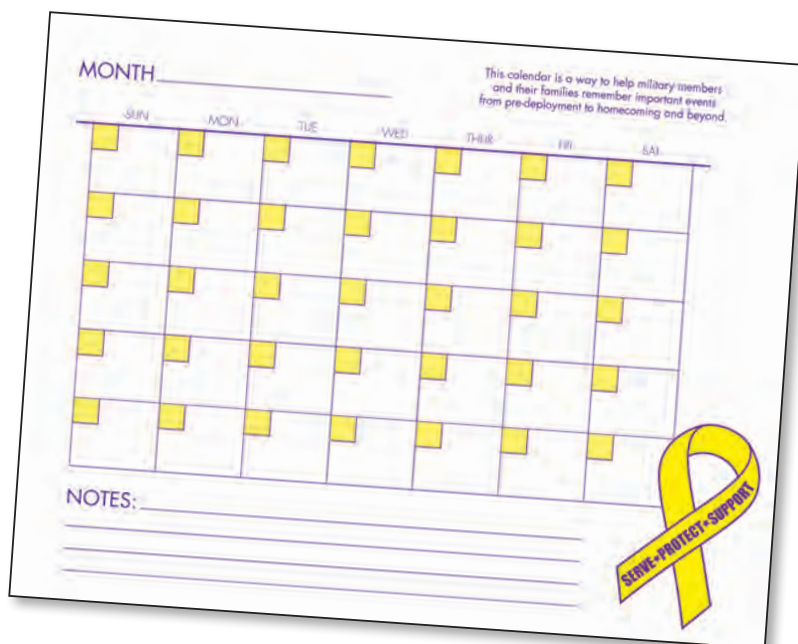
- 25 Preparing for Deployment Handy Hints
- 25 Deployment Info Slides
- 25 Deployment - 10 Ways to Cope with Stress & Anxiety When A Loved One is Deployed Magnets
- 20 6 Issues to Discuss Before Deployment Pocket Flip Tips

Packed in a convenient box.

All Quantities	\$159.99 per kit
GSA Pricing Available	

MAN-1633 Yellow Ribbon Magnet Calendar

This write on/wipe off calendar is great for keeping track of all your Yellow Ribbon events. There is also space to write any important notes you might have throughout the month. It has magnets mounted to the back to keep on a refrigerator. Also contains a dry-erase marker. Sold in packs of 10.



All Quantities	\$9.95 per pack
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MAN-1924

Deployment Military Info Slide

This Military Info Slide focuses on deployment. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4".

Discusses:

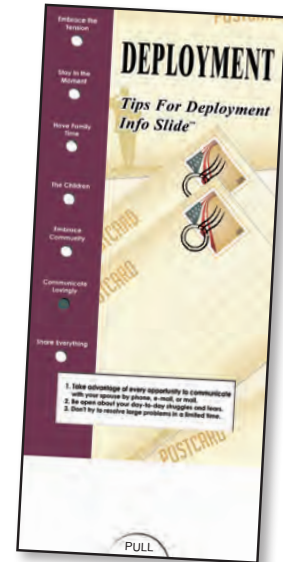
- Tips for the person at home
- Keeping in touch
- Deployment and the children
- Asking for help
- Communication

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1925

Reunion Military Info Slide

This Military Info Slide focuses on reunion. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4".

Discusses:

- 5 reunion phases
- Taking care of yourself
- Reunion and the children

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1403

Preparing for Deployment Banner Pen

This Banner Pen focuses on preparing for deployment. **WARNING: This pen is not for use by children.**

Discusses:

- Dealing with separation during deployment
- How to prepare for deployment early

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



Deployment/Reunion/Reintegration



MAN-1656

Deployment STRESS-O-METER

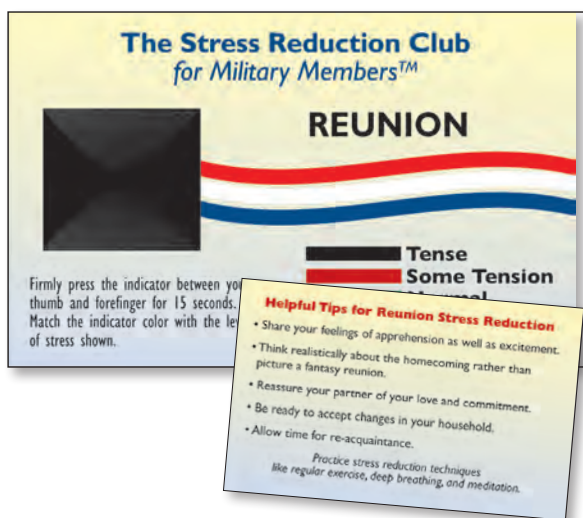
A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1/8" x 3 3/8". This card focuses on deployment stress faced by military families. On the back of the card are tips for handling the stress related to deployment, such as:

- Organize your household
- Communicate with family about feelings
- Plan activities while deployed

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1653

Reunion STRESS-O-METER

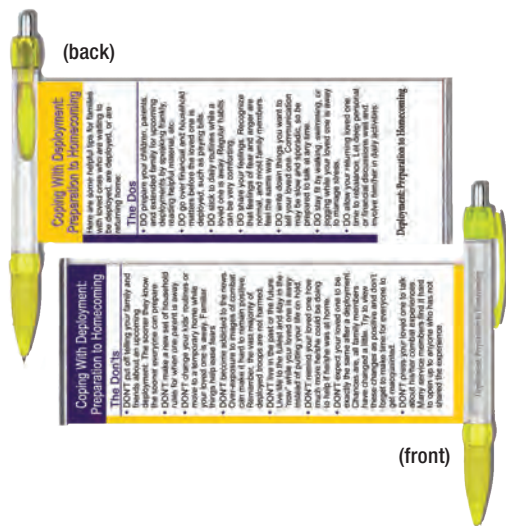
A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1/8" x 3 3/8". This card focuses on reunion stress faced by military families. On the back of the card are tips for handling the stress related to reunion, such as:

- Share your feelings
- Allow time for re-acquaintance
- Accept changes

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1634

Deployment: Preparation to Homecoming Banner Pen

This Banner Pen focuses on deployment. Discusses helpful tips for families with loved ones who are waiting to be deployed, are deployed, or are returning home. WARNING: This pen is not for use by children.

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each

MAN-1649

Preparing For Reunion And Reintegration Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing for reunion and reintegration. 3 ½" x 2 ½". Discusses:

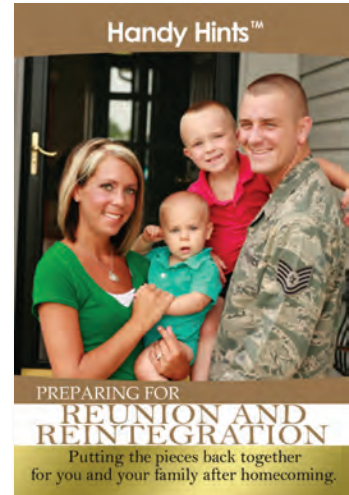
- Preparing your family
- Becoming a couple again
- Changes at home

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1648

Preparing For Deployment Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing for deployment. 3 ½" x 2 ½". Discusses:

- Coping with deployment
- Preparing children for the deployment phase
- How to plan to stay busy while your loved one is away
- Deployment resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1674

The Top Deployment Issues For Children (From The Children) Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the top deployment issues for children. 16-pages, 3 ½" x 5 ½".

Discusses:

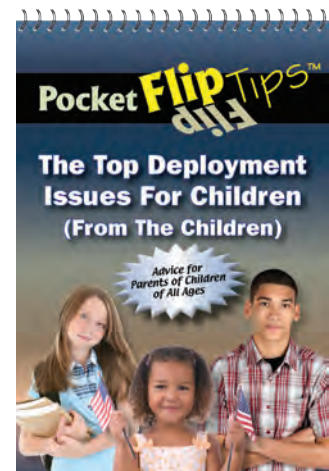
- Depression
- Self-esteem issues
- Worrying about parents' safety
- Others' opinions

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



This product available in Spanish

Digital version available. See page 172



Digital version available. See page 172

MAN-1455

Coming Home: Reconnection Strategies Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reconnection strategies when coming home from deployment. 16-pages, 3 ½" x 5 ½". Discusses:

- Preparing for homecoming for the family
- Getting back into routines
- Intimacy
- Transition tips for the service member

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 166

MAN-1395

6 Issues to Discuss Before Deployment Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the six issues to discuss before deployment. 16-pages, 3 ½" x 5 ½". Discusses:

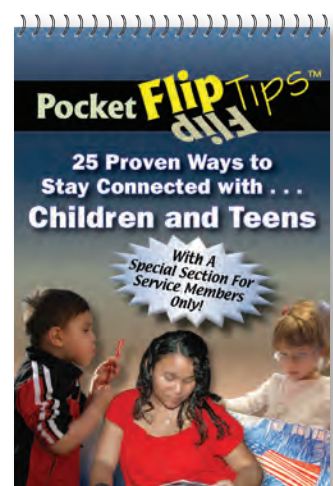
- OPSEC
- Block leave and R&R
- Personality changes
- Staying connected
- Trust and relationship issues
- Dealing with stress

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



This product available in Spanish

Digital version available. See page 172

MAN-1397

25 Proven Ways to Stay Connected with Children and Teens Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on staying connected with children and teens. Discusses 25 different activities and tips for you to use for keeping in touch with your children and teens. 16-pages, 3 ½" x 5 ½".

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1398**25 Proven Ways to Stay Connected with Extended Family, Friends, and Community Pocket Flip Tips**

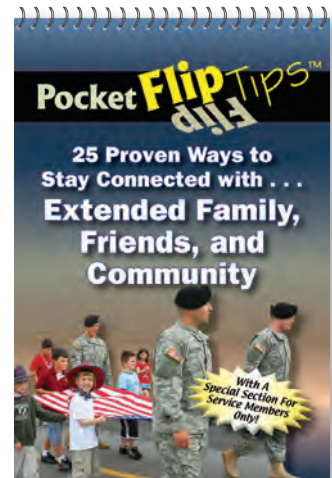
The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on staying connected with extended family, friends, and community. Discusses 25 different activities and tips for you to use for staying connected, such as community fundraisers, attending sporting events, and more. 16-pages, 3 ½" x 5 ½".

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



This product available in Spanish

Digital version available. See page 172

MAN-1399**25 Proven Ways to Stay Connected with Your Special Loved One Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on staying connected with your special loved one. Discusses 25 different activities and tips for you to use for keeping in touch, such as writing, phone conversations, date night, and more. 16-pages, 3 ½" x 5 ½".

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



This product available in Spanish

Digital version available. See page 169

MAN-1393**You and Your Family Readiness Group Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on you and your family readiness group. 16-pages, 3 ½" x 5 ½". Discusses:

- How to utilize your FRG effectively
- Family members
- FRG leaders

POCKET FLIP TIPS Quantity Discount Pricing

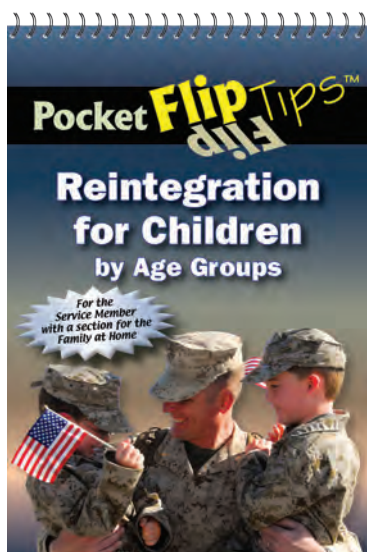
Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 166



Digital version available. See page 170

MAN-1459

Reintegration for Children by Age Groups Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reintegration for children. 16-pages, 3 1/2" x 5 1/2".

Discusses:

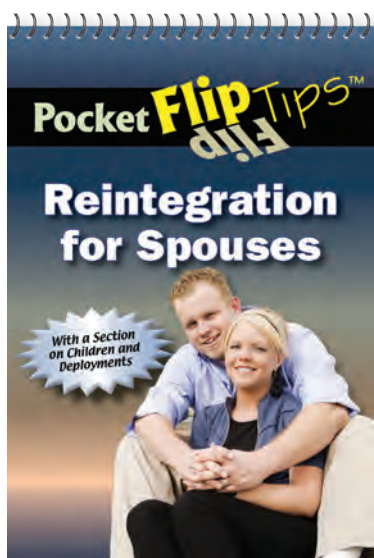
- How to tell children that their parent is coming home
- What to expect from children after returning home
- How to reconnect with your children

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-1772

Reintegration for Spouses Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reintegration for spouses. 16-pages, 3 1/2" x 5 1/2".

Discusses:

- Understanding your military member's recent experiences
- Anticipating the return of your spouse
- Healthy reconnection

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

MAN-1390

Coping With Being Apart From Your Loved Ones Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on coping with being apart from your loved ones. 16-pages, 8 ½" x 11".

Discusses:

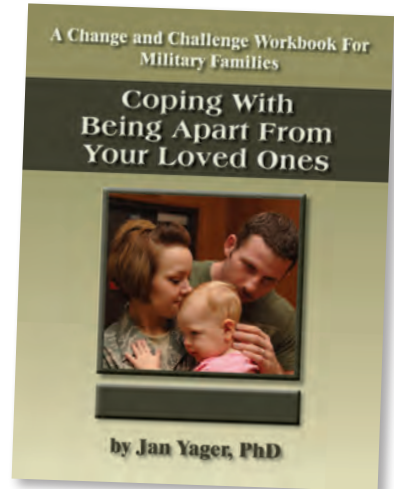
- Preparing for being apart
- Getting through the separation
- Helping children with separation
- Reunion

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-3BK10625

Deployment Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on deployment. 16-pages, 5 ½" x 8 ½". Discusses:

- Five stages of reaction
- Planning things to do
- Making decisions and lists
- What not to do

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 184

MAN-3BK10725

Reunions And Re-Integration Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on reunion and reintegration. 16-pages, 5 ½" x 8 ½".

Discusses:

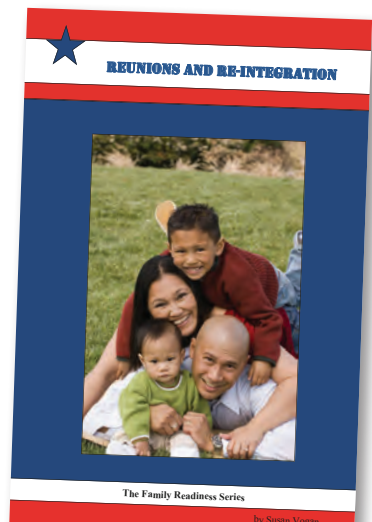
- Differing expectations for reunion
- Resolving conflicts
- Reintegration

BOOKLET Quantity Discount Pricing

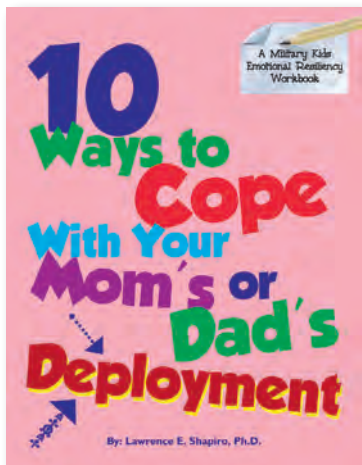
Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 183



This product available in Spanish

MAN-1764

10 Ways to Cope With Your Mom's or Dad's Deployment Workbook

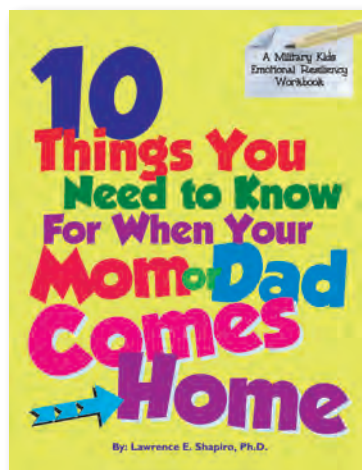
Being separated from a parent is one of the most serious stresses children can experience. Even though they understand that their moms and dads are heroes, children can build up anger and resentment, or even think that they are the reason that their parents chose a lifestyle that takes them away from the family. This workbook gives children a variety of ways to stay emotionally connected to their parents, and encourages them to seek other children who are coping with the same problem as a way to get emotional support. 16-pages, 8 1/2" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



This product available in Spanish

MAN-1765

10 Things You Need to Know For When Your Mom or Dad Comes Home Workbook

Children anticipate a parent's homecoming with great joy and expectation, but after the excitement of the planning and the festivities fade, real problems can surface. This workbook helps children understand that their returning parent has gone through a difficult time, and may bring emotional or physical problems home with them. The resiliency skills taught in this workbook will help kids understand their role in the family, and not feel that they have to take care of a returning parent, or build up resentment because a homecoming does not live up to their fantasies. 16-pages, 8 1/2" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



MAN-3MM10150

Deployment Checklists Military Minute Card

Military members love this fast-read card that encapsulates the best advice on deployment checklists. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

MAN-3MM10250

Keeping Connected Military Minute Card

Military members love this fast-read card that encapsulates the best advice on keeping connected. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM10350

Deployment Do's and Don'ts Military Minute Card

Military members love this fast-read card that encapsulates the best advice on deployment dos and don'ts. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM10450

Emotional Challenges: The 6 Stages of Deployment for Military Families Military Minute Card

Military members love this fast-read card that encapsulates the best advice on emotional challenges. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



Deployment/Reunion/Reintegration



MAN-3MM10550 Helping Children Cope with Deployment Military Minute Card

Military members love this fast-read card that encapsulates the best advice on helping children cope with deployment. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM10650 Taking Care of Yourself at Home Military Minute Card

Military members love this fast-read card that encapsulates the best advice on taking care of yourself at home. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM10750 Keys to a Successful Reunion and Reintegration Military Minute Card

Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

MAN-3MM10850**Common Thoughts about Reunion and Reintegration – Service Member Military Minute Card**

Military members love this fast-read card that encapsulates the best advice on reunion and reintegration. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available**MAN-3MM10950****What to Expect When Your Soldier Returns Home Military Minute Card**

Military members love this fast-read card that encapsulates the best advice on what to expect when your soldier returns home. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

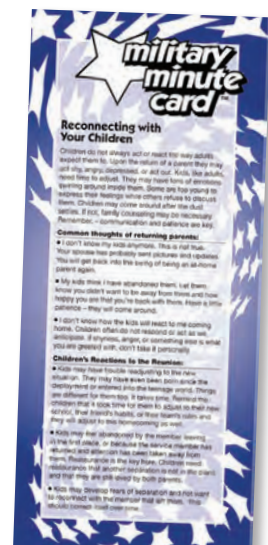
GSA Pricing Available**MAN-3MM11050****Reconnecting With Your Children Military Minute Card**

Military members love this fast-read card that encapsulates the best advice on reconnecting with your children. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

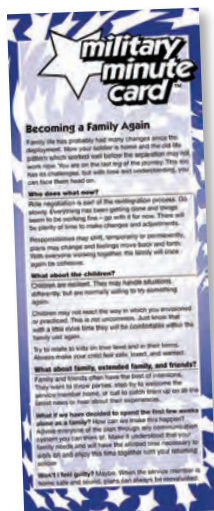
MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

Deployment/Reunion/Reintegration



MAN-3MM11150

Becoming A Family Again Military Minute Card

Military members love this fast-read card that encapsulates the best advice on becoming a family again. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-3MM11250

Recognizing Emotional Stress and Trauma Military Minute Card

Military members love this fast-read card that encapsulates the best advice on recognizing emotional stress and trauma. Perfect to give away at meetings, in welcome bags, or on Take-One counter displays. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-2072A

Deployment Military Minute Card Set

Military members love these fast-read cards that encapsulate the best advice on deployment. They are perfect to give away at meetings, in welcome bags, or in Take-One counter displays. 3 5/8" x 8 1/2", printed in 2-colors on sturdy card stock. Set includes one pack (50 per pack) each of the following 6 titles (300 Minute Cards in all):

- Deployment Checklists
- Keeping Connected
- Deployment Do's and Don'ts
- Emotional Challenges: The 6 Stages of Deployment for Military Families
- Helping Children Cope with Deployment
- Taking Care of Yourself at Home

SET Quantity Discount Pricing

1-9 Sets	\$103.99 per set
10-19 Sets	\$93.99 per set
20+ Sets	\$83.99 per set

GSA Pricing Available

MAN-2074A

Reunion Military Minute Card Set

Military members love these fast-read cards that encapsulate the best advice on reunion and reintegration. They are perfect to give away at meetings, in welcome bags, or counter displays. 3 5/8" x 8 1/2", printed in 2-colors on sturdy card stock. Set includes one pack (50 per pack) each of the following 6 titles (300 Minute Cards in all):

- Keys to a Successful Reunion and Reintegration
- Common Thoughts about Reunion and Reintegration-Service Member
- What to Expect When Your Soldier Returns Home
- Reconnecting With Your Children
- Becoming a Family Again
- Recognizing Emotional Stress and Trauma

SET Quantity Discount Pricing

1-9 Sets	\$103.99 per set
10-19 Sets	\$93.99 per set
20+ Sets	\$83.99 per set

GSA Pricing Available



MAN-3MG10825

10 Ways to Cope with Stress & Anxiety When a Loved One is Deployed Magnet

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 10 ways to cope with stress and anxiety when a loved one is deployed. 3" x 5". Discusses:

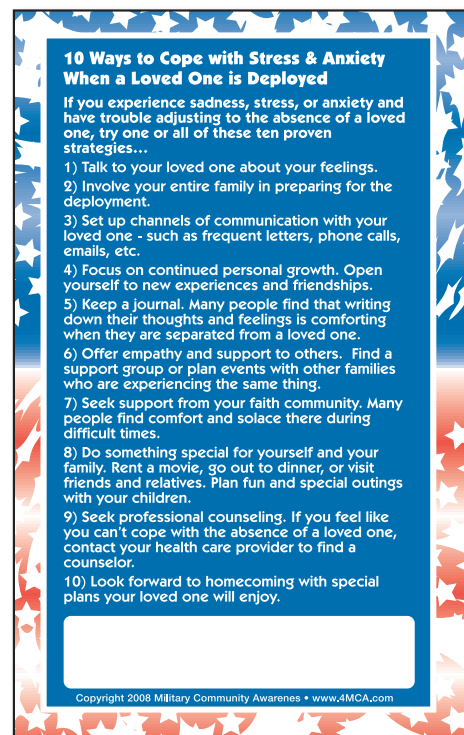
- Preparing for deployment
- Channels of communication
- Personal growth
- Homecoming

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available



8 Ideas for a Successful Reunion

A returning military member can be both excited and nervous about coming home. These proven tips will help make the adjustment back to family and/or civilian life easier.

- 1) Anxiety about homecoming for both the service member and their family is a normal reaction. Tell your spouse how you feel and listen to your spouse's feelings.
- 2) Because homecoming can be stressful, plan out your homecoming day so you and your family know what to expect.
- 3) Take things slowly. Don't expect home life to fit into the old, pre-deployment routine immediately. Be prepared to be flexible and accept change.
- 4) Since your personal time was yours when you were deployed, feeling like you need some space is common. The same may be true for your spouse.
- 5) Be patient about establishing intimacy with your spouse. Remember, you both will need time to get to know each other again.
- 6) Just as you may feel nervous, your children may be uncomfortable around you for a while. Give them time to feel secure and reacquire themselves with you.
- 7) Remember, the key to a successful homecoming is communication. Do not be afraid to express your feelings, fears, expectations, and disappointments. Listen to your family's feelings while making sure you communicate your love to them.
- 8) If you experience continued irritability, stress, fatigue, sleep disturbances, and trouble adjusting to family life, seek professional help.

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MAN-3MG10925

Reunion – 8 Ideas for a Successful Reunion Magnet

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on reunion. 3" x 5".

Discusses:

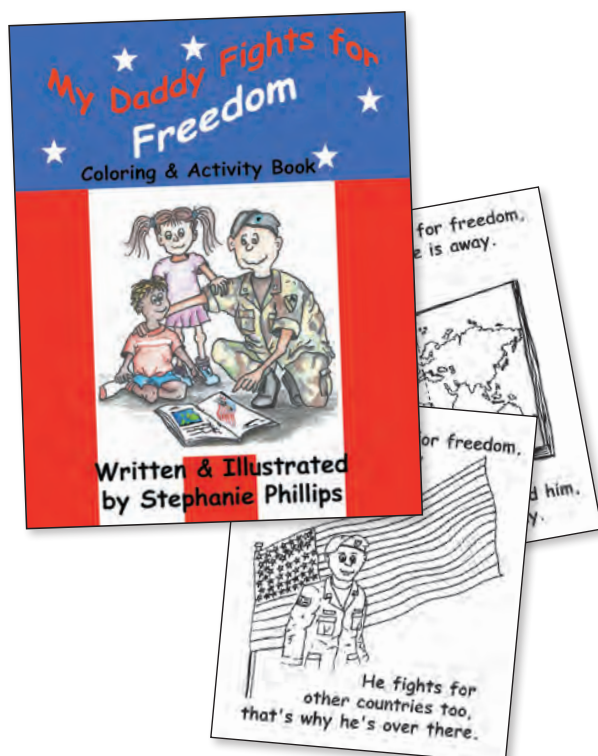
- Anxiety about homecoming
- Planning out homecoming day
- Communication

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available



MAN-337699

My Daddy Fights for Freedom Coloring & Activity Book

This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of servicemen. 16-pages, 8 ½" x 11".

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 25 of same title.

1-5 Packs	\$42.25 per pack
6-10 Packs	\$39.75 per pack
11+ Packs	\$37.25 per pack

GSA Pricing Available

MAN-382728

My Mommy Fights for Freedom Coloring & Activity Book

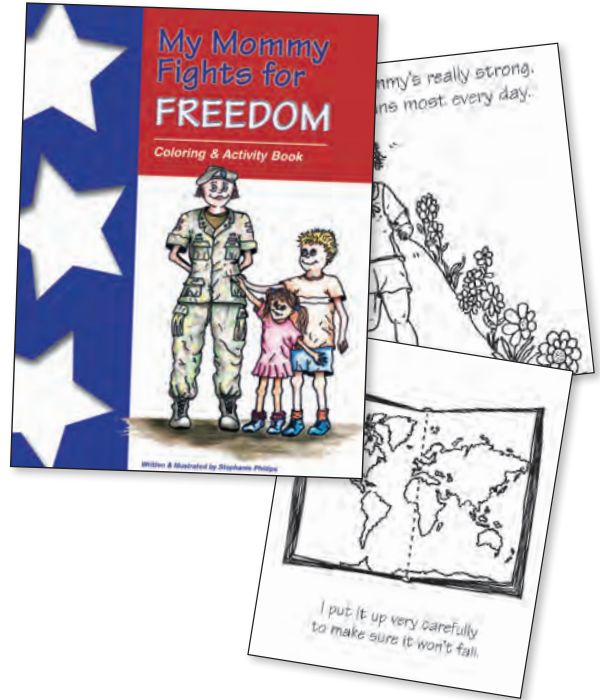
This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose mothers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of service women. 16-pages, 8 ½" x 11".

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 25 of same title.

1-5 Packs	\$42.25 per pack
6-10 Packs	\$39.75 per pack
11+ Packs	\$37.25 per pack

GSA Pricing Available



MAN-383226

Set of Coloring & Activity Books

These engaging coloring, activity, and rhyming storybooks are a great source of solace and support for military children whose mothers and fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, these storybooks offer suggestions of things kids can do that will bring them comfort and show their support for their parent. These storybooks are perfect for family centers, schools, child-care facilities and families of service men and women. 16-pages, 8 ½" x 11".

Set includes:

- 1 Pack (25 books) of My Mommy Fights for Freedom
- 1 Pack (25 books) of My Daddy Fights for Freedom

SET Quantity Discount Pricing

1-5 Sets	\$69.95 per set
6-10 Sets	\$65.95 per set
11+ Sets	\$62.95 per set

GSA Pricing Available



MAN-3WR10101

Stay-in-Touch Letter Writing Kit

Makes Family Writing to Deployed Members Fun and Easy

- 27-Piece Kit even includes a letter writing tip sheet
- Packaged in a waterproof, handy travel pouch
- Features 4-color sticker sheets with positive messages

Since staying in touch is so important, we make it as easy as possible for you. Kit includes everything you need: 2 four-color sticker sheets, 2 writing pads, 20 envelopes, a writing tip sheet, pen, and a waterproof pouch.



STAY-IN-TOUCH LETTER WRITING KIT Quantity Discount Pricing

1-249	\$6.99 each
250-499	\$6.49 each
500+	\$5.99 each

GSA Pricing Available



MAN-2092

My Parent is Going Away Coloring Book

This coloring book offers a positive message about military life. Colorful 8 1/2" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2094

My Parent is Coming Home Coloring Book

This coloring book offers a positive message about military life. Colorful 8 1/2" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

MAN-2101
My Parent is Going Away Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available


MAN-2103
My Parent is Coming Home Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available


MAN-18024
Military Family 12-Month Deployment Calendar for Kids

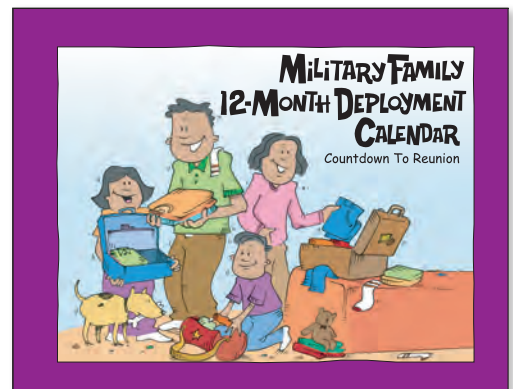
Helps families plan a year at-a-glance. Flexible format includes helpful hints and positive activities. 16-pages, 8 ½" x 11".

12-MONTH CALENDAR Quantity Discount Pricing

Sold in packs of 50.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available


MAN-2047
12-Month Deployment Calendar for the Military Family

Helps families plan a year at-a-glance. Flexible format includes helpful hints and positive activities. 16-pages, 8 ½" x 11".

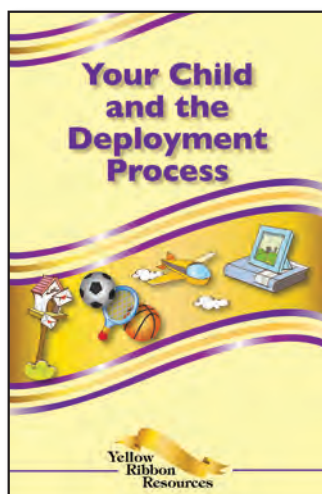
12-MONTH CALENDAR Quantity Discount Pricing

Sold in packs of 50.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available





This product available in Spanish

Digital version available. See page 179

MAN-1686

Your Child and the Deployment Process Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½".

Discusses:

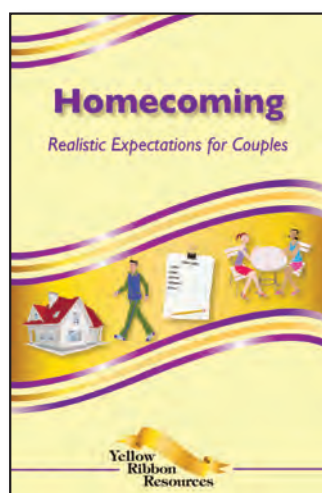
- Pre-Deployment
- Deployment
- Homecoming

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 179

MAN-1689

Homecoming: Realistic Expectations for Couples Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½".

Discusses:

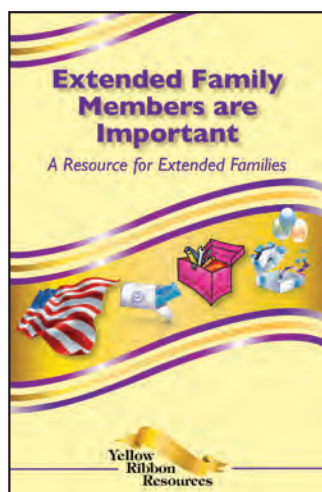
- Preparing for homecoming
- Homecoming
- Tips for homecoming
- Tips for a better relationship

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



This product available in Spanish

Digital version available. See page 179

MAN-1688

Extended Family Members are Important: A Resource for Extended Families Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½".

Discusses:

- Care packages
- Tips for extended family members
- Dos and don'ts

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-1691

Reintegration for Service Members Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½".

Discusses:

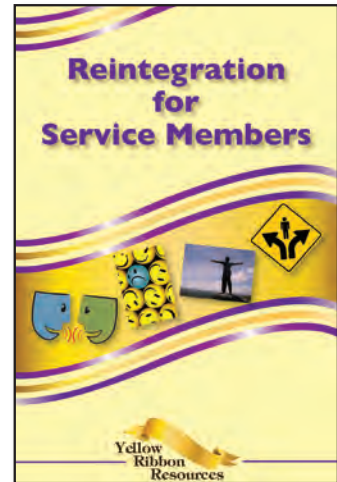
- Stress
- Anger
- Communication
- Guilt

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-1694

Parents and Grandparents of Single Service Members Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

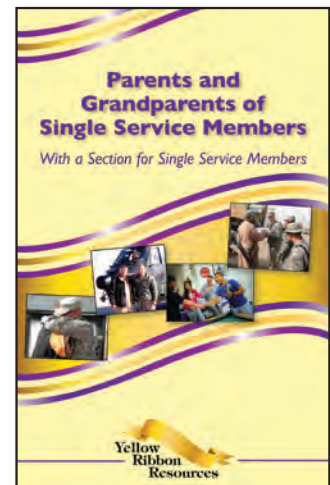
- Information to know
- Opportunities for single service members
- Dos and don'ts
- Care packages

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 180

MAN-1695

Planning for Deployment Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

- Fun things to do pre-deployment
- Pre-deployment checklist
- Getting organized
- Extended families and pre-deployment

BOOKLET Quantity Discount Pricing

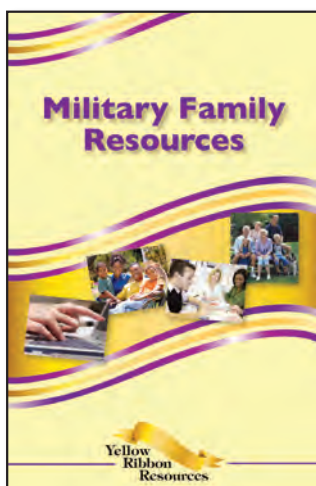
Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 180



Digital version available. See page 180

MAN-1696

Military Family Resources Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

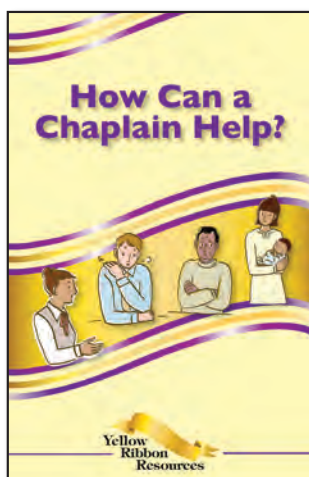
- Children
- Support
- Permanent change of station
- Entertainment

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 180

MAN-1697

How Can a Chaplain Help? Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

- Stress
- Family Matters
- Personal Struggles
- How you can benefit from the services of a chaplain

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

**MAN-DIG2288****Your Next Job: Setting Goals Digital Flip Tips**

This digital Flip Tips book focuses on setting goals for finding your next job.

Discusses:

- Breaking down goals
- Getting help
- Making goals achievable

All Quantities	\$4.99 each
----------------	-------------

**MAN-DIG2289****Resumes and Cover Letters Digital Flip Tips**

This digital Flip Tips book focuses on resumes and cover letters. Discusses:

- Getting started
- Types of resumes
- Outlining a resume
- Sample of resume and cover letter

All Quantities	\$4.99 each
----------------	-------------

**MAN-DIG2302****Preparing for Job Interviews Digital Flip Tips**

This digital Flip Tips book focuses on job interviews. Discusses:

- Attire
- Interview components
- Being prepared
- Being professional

All Quantities	\$4.99 each
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MAN-DIG2303

Soldier For Life Digital Flip Tips

This digital Flip Tips book focuses on Soldier For Life. Discusses:

- TAP
- SFL-TAP
- Getting a Job
- Small business and Entrepreneurship

All Quantities	\$4.99 each
----------------	-------------



MAN-DIG2304

Social Media & Your Job Search Digital Flip Tips

This digital Flip Tips book focuses on social media and your job search. Discusses:

- Blogging
- Facebook
- Twitter
- LinkedIn

All Quantities	\$4.99 each
----------------	-------------



MAN-DIG2305

Networking Digital Flip Tips

This digital Flip Tips book focuses on networking. Discusses:

- Making a plan
- Setting goals
- Tone and etiquette
- Writing a letter

All Quantities	\$4.99 each
----------------	-------------

MAN-2278 Job Skills Kit

Each kit is conveniently shrink wrapped. Kit includes:

- 1 Finding Work After Military Life Change and Challenge Workbook
- 1 Military Veterans and Unemployment Pocket Flip Tips
- 1 Opportunities for Employers and Veterans Booklet
- 1 Starting A Small Business Financial Awareness Booklet
- 1 5 R's of Securing Employment Financial Awareness Minute Card

All Quantities

\$12.49 per kit



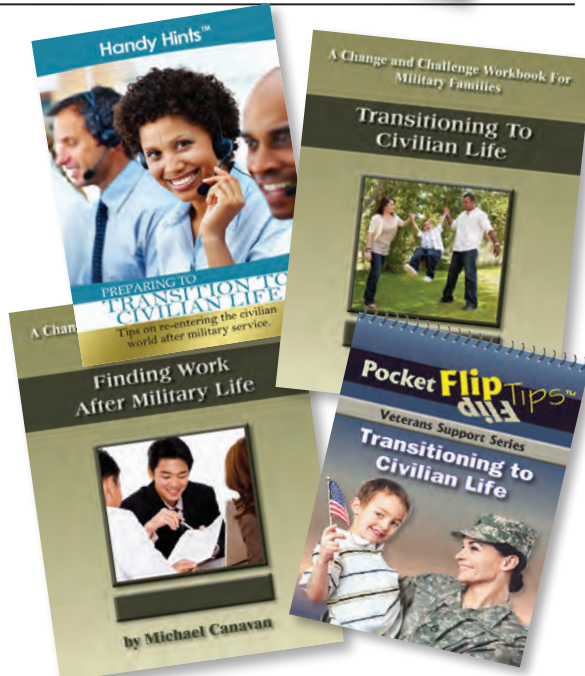
MAN-2279 Veterans Transition to Civilian Life Kit

Each kit is conveniently shrink wrapped. Kit includes:

- 1 Preparing to Transition to Civilian Life Handy Hint
- 1 Transitioning to Civilian Life Change and Challenge Workbook
- 1 Finding Work After Military Life Change and Challenge Workbook
- 1 Transitioning to Civilian Life Pocket Flip Tips

All Quantities

\$12.49 per kit



MAN-1655 Transition STRESS-O-METER

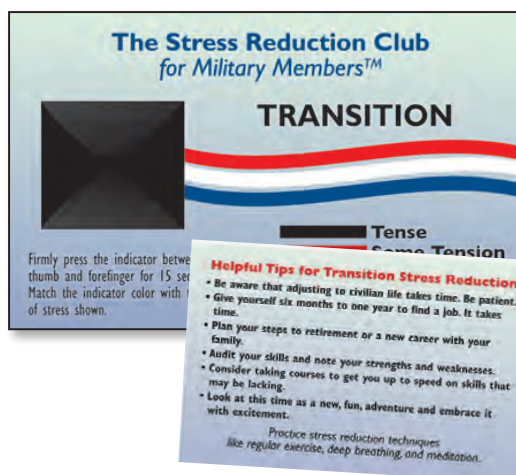
This card focuses on transition stress faced by military families. On the back of the card are tips for handling the stress related to transition, such as:

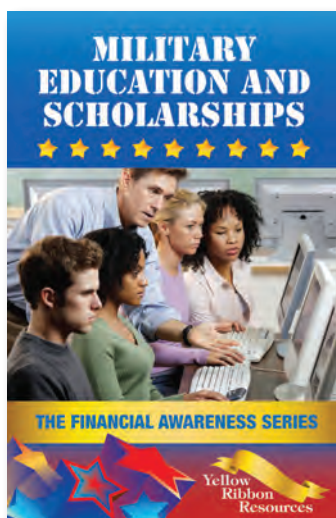
- Adjusting to civilian life takes time. Be patient.
- Plan steps to a new career
- Consider taking courses

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack





Digital version available. See page 186

MAN-1736

Military Education and Scholarships Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on education and scholarships. 5 ½" x 8 ½".

Discusses:

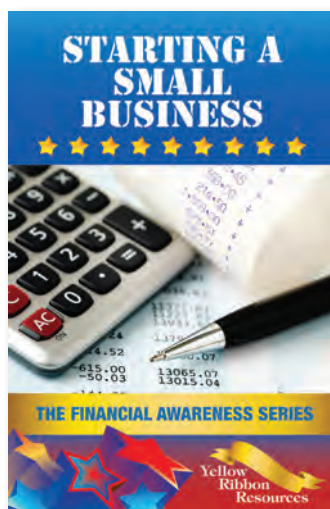
- Armed Forces Tuition Assistance
- College expenses
- The GI Bill

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-1741

Starting a Small Business Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on starting a small business. 5 ½" x 8 ½". Discusses:

- Finding out about discounts
- Department of Veterans Affairs
- Selecting the business

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 185

MAN-1740

Veteran Discounts Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on veteran discounts. 5 ½" x 8 ½".

Discusses:

- Veterans Advantage Club
- State and local discounts
- Federal discounts
- Commercial discounts

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-1754**Employment And Labor Trends Minute Card**

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on employment and labor trends. 3 5/8" x 8 1/2". Discusses:

- Management
- Business and financial operations
- Computer science
- Social services
- Education
- Communications

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

**MAN-1748****The 5 R's of Securing Employment Minute Card**

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on securing employment. 3 5/8" x 8 1/2". Discusses:

- Research
- Resume
- Resourcefulness
- Range
- Realistic

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

**MAN-1751****Marketing Basics For Small Businesses Minute Card**

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on marketing basics for small businesses. 3 5/8" x 8 1/2". Discusses:

- Social media
- Internet marketing
- Print ads
- Seminars

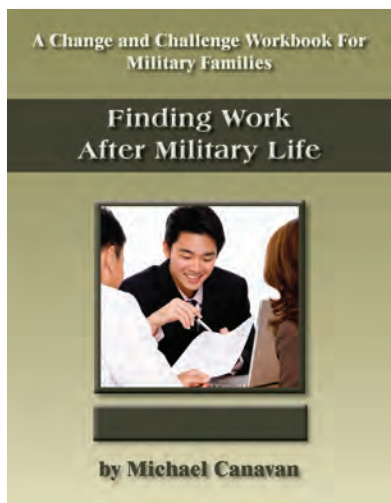
MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available





MAN-1449

Finding Work After Military Life Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on finding work after military life. 16-pages, 8 ½" x 11".

Discusses:

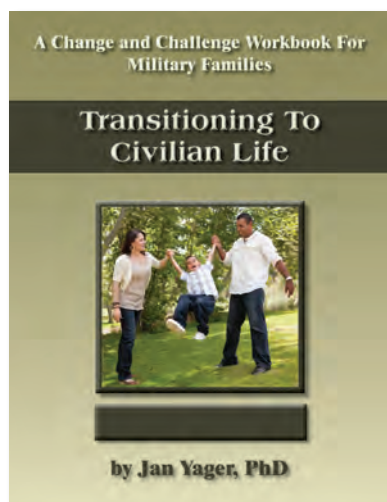
- How to present yourself to a potential employer
- Developing your resume
- Successful interviews

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1391

Transitioning To Civilian Life Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on transitioning to civilian life. 16-pages, 8 ½" x 11".

Discusses:

- Getting help
- Financial planning
- Writing a resume
- Making adjustments

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1650

Preparing to Transition to Civilian Life Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing to transition to civilian life. 3 ½" x 2 ½".

Discusses:

- Finding a job
- Preparing for your new life
- Job interview tips
- Transition resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available

MAN-1687 Opportunities for Employers and Veterans Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 ½" x 8 ½". Discusses:

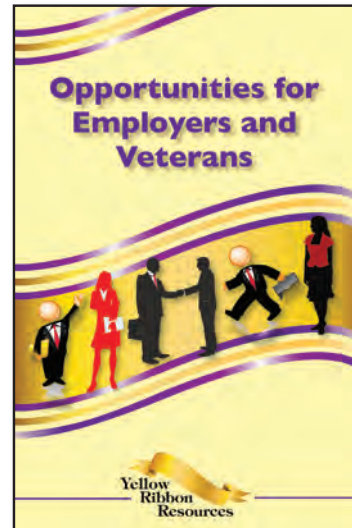
- Rules for re-employment
- Why an employer should hire or rehire a veteran
- Dos and don'ts

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 177

MAN-1455 Coming Home: Reconnection Strategies Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reconnection strategies when coming home from deployment. 16-pages, 3 ½" x 5 ½". Discusses:

- Preparing for homecoming for the family
- Intimacy
- Getting back into routines
- Transition tips for the service member

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 172

MAN-1879 Military Veterans and Unemployment Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military veterans and unemployment. 16-pages, 3 ½" x 5 ½". Discusses:

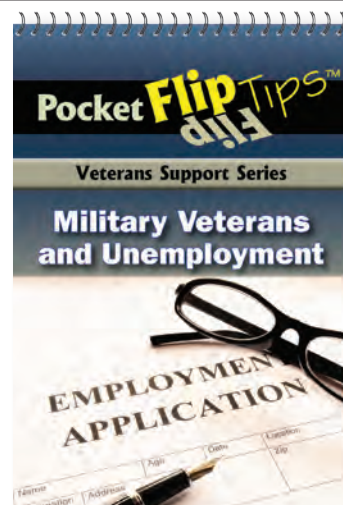
- Unemployment benefits
- Finding help with expenses
- Available services for finding work
- Resume skills

POCKET FLIP TIPS Quantity Discount Pricing

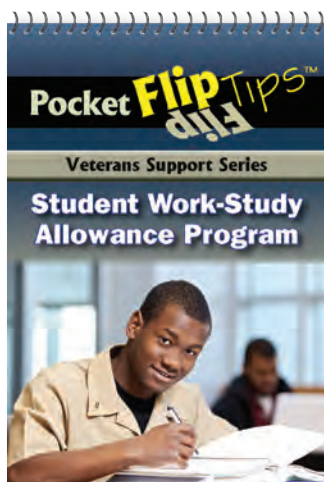
Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175



Digital version available. See page 174

MAN-1868 Student Work-Study Allowance Program Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the student work-study allowance program. 16-pages, 3 ½" x 5 ½". Discusses:

- Eligibility for the program
- Determining factors for approval
- Applying for the work-study program
- Work available

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171

MAN-1866 Filing For VA Health Benefits Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on filing for VA health benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Applying for benefits
- Dental
- Copayments

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 174

MAN-1869 Compensated Work Therapy Program Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the compensated work therapy program. 16-pages, 3 ½" x 5 ½". Discusses:

- Services offered
- Information for employers
- Information for veterans
- Dos and don'ts
- Benefits to companies

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1874**Vocational Rehabilitation & Employment Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on vocational rehabilitation and employment. 16-pages, 3 ½" x 5 ½". Discusses:

- Services eligibility
- Developing a plan
- Entitlement
- The coming home to work program

POCKET FLIP TIPS BOOKS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 173

MAN-1878**Transitioning to Civilian Life Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on transitioning to civilian life. 16-pages, 3 ½" x 5 ½". Discusses:

- Creating a plan
- Presenting your skills
- TAP resources
- Going back to school

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175

MAN-1875**Military Service Benefits Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military service benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Applying for benefits
- Employment services
- Education benefits
- Disability

POCKET FLIP TIPS Quantity Discount Pricing

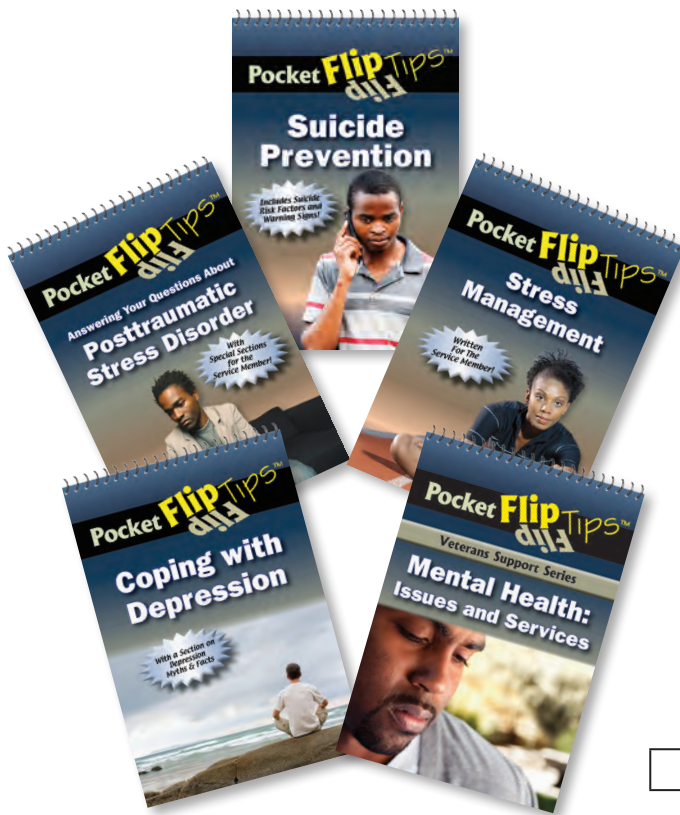
Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 173



MAN-2277

Veterans Mental Health Pocket Flip Tips Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Answering Your Questions About Posttraumatic Stress Disorder Pocket Flip Tips
- 1 Stress Management Pocket Flip Tips
- 1 Suicide Prevention Pocket Flip Tips
- 1 Coping with Depression Pocket Flip Tips
- 1 Mental Health: Issues and Services Pocket Flip Tips

All Quantities

\$22.49 per kit



MAN-2278

Veterans Employment/Job Skills Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Finding Work After Military Life Change and Challenge Workbook
- 1 Military Veterans and Unemployment Pocket Flip Tips
- 1 Opportunities for Employers and Veterans Booklet
- 1 Starting A Small Business Financial Awareness Booklet
- 1 5 R's of Securing Employment Financial Awareness Minute Card

All Quantities

\$12.49 per kit

MAN-2279**Veterans Transition to Civilian Life Kit**

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Preparing to Transition to Civilian Life Handy Hint
- 1 Transitioning to Civilian Life Change and Challenge Workbook
- 1 Finding Work After Military Life Change and Challenge Workbook
- 1 Transitioning to Civilian Life Pocket Flip Tips

All Quantities	\$12.49 per kit
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**MAN-1449****Finding Work After Military Life Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on finding work after military life. 16-pages, 8 ½" x 11". Discusses:

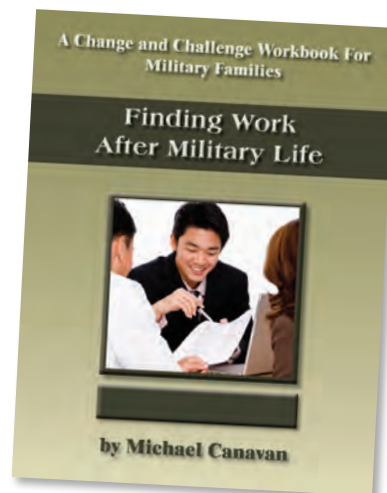
- How to present yourself to a potential employer
- Developing your resume
- Successful interviews

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

**MAN-1391****Transitioning To Civilian Life Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on transitioning to civilian life. 16-pages, 8 ½" x 11". Discusses:

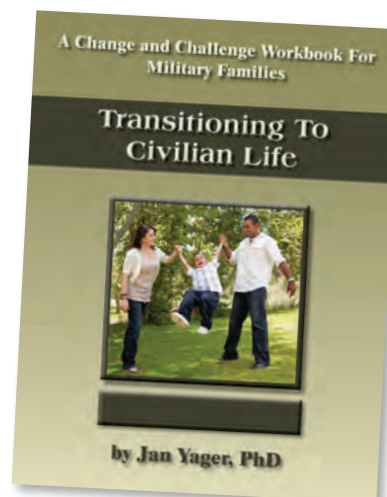
- Getting help
- Writing a resume
- Financial planning
- Making adjustments

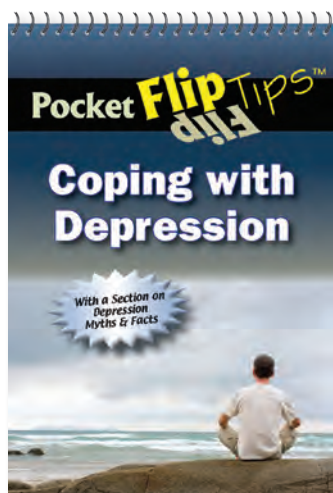
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available





Digital version available. See page 171

MAN-1779

Coping With Depression Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with depression. 16-pages, 3 ½" x 5 ½". Discusses:

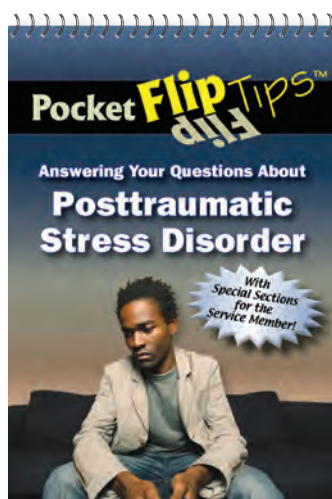
- Causes of depression
- Overcoming depression
- Habits of depression
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 165

MAN-1457

Answering Your Questions About Posttraumatic Stress Disorder Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on PTSD. 16-pages, 3 ½" x 5 ½". Discusses:

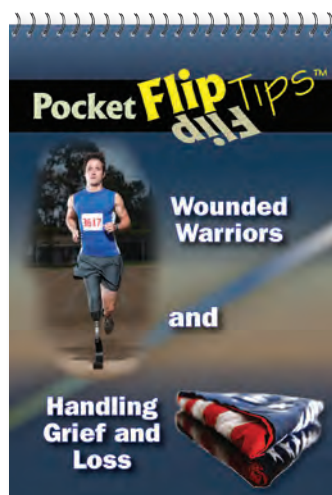
- What PTSD is
- Helping loved ones deal with PTSD
- Talking about PTSD with your family
- Causes of PTSD

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 168

MAN-1732

Wounded Warriors and Handling Grief and Loss Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on wounded warriors and handling grief and loss. 16-pages, 3 ½" x 5 ½". Discusses:

- Dealing with injury
- Telling a child about death
- The grief process

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1458**Answering Your Questions About Traumatic Brain Injury Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on traumatic brain injury. 16-pages, 3 ½" x 5 ½". Discusses:

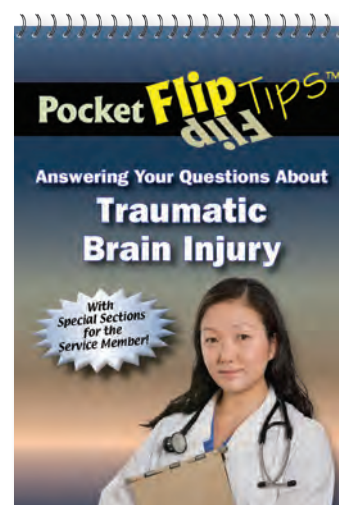
- Signs and symptoms
- Finding qualified medical professionals for treatment
- Tips for family and friends

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 165

MAN-1460**Stress Management Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on stress management. 16-pages, 3 ½" x 5 ½". Discusses:

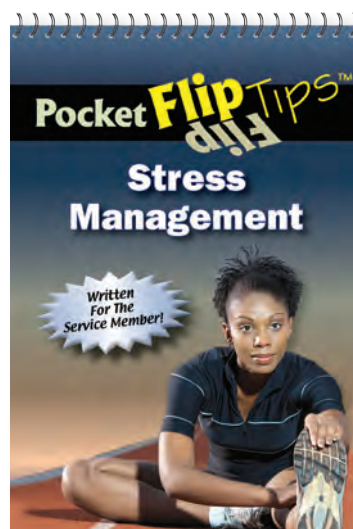
- Symptoms of high stress
- How to lower stress levels by maintaining proper eating habits and exercise
- Relaxation tips

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-1778**Coping With Anxiety Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on coping with anxiety. 16-pages, 3 ½" x 5 ½". Discusses:

- Generalized anxiety disorder and its symptoms
- Developing coping skills
- Myths and facts

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171



Digital version available. See page 172

MAN-1455

Coming Home: Reconnection Strategies Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reconnection strategies when coming home from deployment. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Preparing for homecoming for the family
- Getting back into routines
- Intimacy
- Transition tips for the service member

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 170

MAN-1774

Reintegration for Service Members Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on reintegration for service members. 16-pages, 3 1/2" x 5 1/2". Discusses:

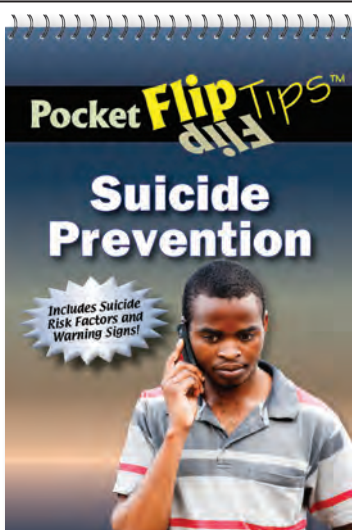
- Taking care of yourself
- Changes due to separation
- Reconnecting with your spouse
- Reconnecting with your children

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 169

MAN-1731

Suicide Prevention Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on suicide prevention. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Military suicide statistics
- Risk factors
- Warning signs
- How to help someone else

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1866**Filing For VA Health Benefits Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on filing for VA health benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Applying for benefits
- Copayments
- Dental

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171

MAN-1867**Surviving Spouse and Dependents Benefits: Death in Service Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on surviving spouse and dependents' benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Casualty assistance officers
- Dependency indemnity compensation
- Memorial services and funerals
- The legal assistance office

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 171

MAN-1868**Student Work-Study Allowance Program Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the student work-study allowance program. 16-pages, 3 ½" x 5 ½". Discusses:

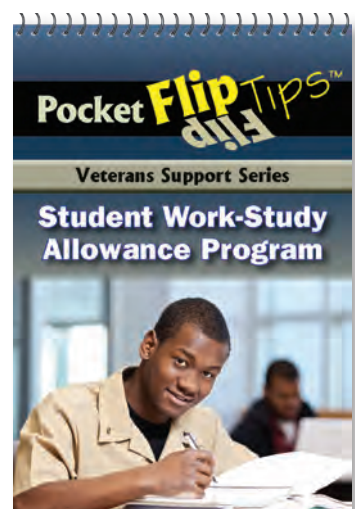
- Eligibility for the program
- Determining factors for approval
- Applying for the work-study program
- Work available

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



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Digital version available. See page 174

MAN-1869

Compensated Work Therapy Program Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on the compensated work therapy program. 16-pages, 3 ½" x 5 ½". Discusses:

- Services offered
- Information for employers
- Information for veterans
- Dos and don'ts
- Benefits to companies

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



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MAN-1870

Homeless Veterans Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on homeless veterans. 16-pages, 3 ½" x 5 ½". Discusses:

- VA benefits and services
- VA programs
- Outside resources

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 174

MAN-1871

Women Veterans Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on women veterans. 16-pages, 3 ½" x 5 ½". Discusses:

- Services available for women veterans
- Domestic violence
- Strategic health care
- Reproductive health
- Sexual trauma services

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1872**Minority Veterans Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on minority veterans. 16-pages, 3 ½" x 5 ½". Discusses:

- The Center for Minority Veterans
- Minority veterans program coordinators
- The Advisory Committee on Minority Veterans

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



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MAN-1873**Filing for Disability Benefits Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on filing for disability benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- The application process
- What to claim and how to represent it
- Filing a claim
- When to file

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

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Digital version available. See page 173

MAN-1874**Vocational Rehabilitation & Employment Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on vocational rehabilitation and employment. 16-pages, 3 ½" x 5 ½". Discusses:

- Services eligibility
- Developing a plan
- Entitlement
- The coming home to work program

POCKET FLIP TIPS BOOKS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 173



Digital version available. See page 173

MAN-1875

Military Service Benefits Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military service benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- Applying for benefits
- Employment services
- Education benefits
- Disability

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175

MAN-1876

TRICARE Benefits Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on TRICARE. 16-pages, 3 ½" x 5 ½". Discusses:

- Eligibility
- An overview of TRICARE plans
- Enrollment

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175

MAN-1877

Survivors Benefits: Death After Service Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on survivors benefits. 16-pages, 3 ½" x 5 ½". Discusses:

- How spouses and children can be eligible to receive VA benefits
- Applying for benefits
- Medical benefits

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1878**Transitioning to Civilian Life Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on transitioning to civilian life. 16-pages, 3 ½" x 5 ½". Discusses:

- Creating a plan
- Presenting your skills
- TAP resources
- Going back to school

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175

MAN-1879**Military Veterans and Unemployment Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on military veterans and unemployment. 16-pages, 3 ½" x 5 ½". Discusses:

- Unemployment benefits
- Finding help with expenses
- Available services for finding work
- Resume skills

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 175

MAN-1880**Mental Health: Issues and Services Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on mental health issues and services. 16-pages, 3 ½" x 5 ½". Discusses:

- Signs of mental health problems
- Treatment settings
- Finding care
- Common mental health problems

POCKET FLIP TIPS Quantity Discount Pricing

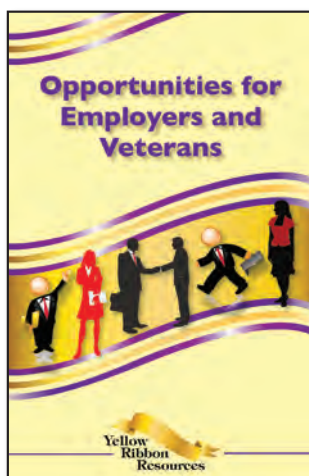
Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 177



Digital version available. See page 177

MAN-1687

Opportunities for Employers and Veterans Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 1/2" x 8 1/2". Discusses:

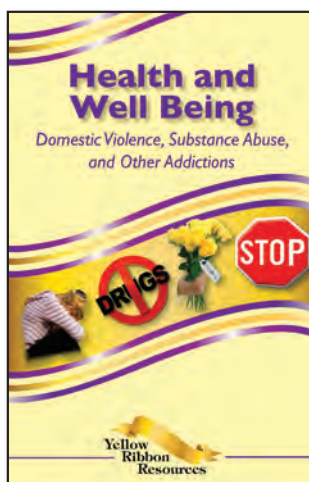
- Rules for re-employment
- Why an employer should hire or rehire a veteran
- Dos and don'ts

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-1684

Health and Well Being Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 1/2" x 8 1/2". Discusses:

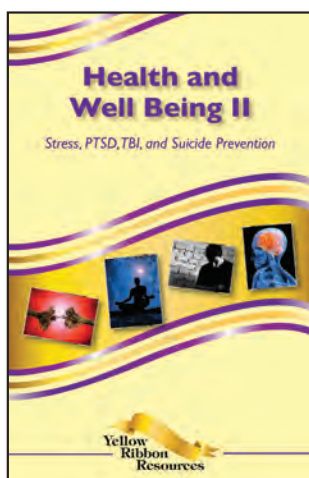
- Domestic violence
- Substance abuse
- Other addictions

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



MAN-1685

Health and Well Being II Booklet

This booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Stress
- PTSD
- TBI
- Suicide Prevention

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-1655**Transition STRESS-O-METER**

This card focuses on transition stress faced by military families. On the back of the card are tips for handling the stress related to transition, such as:

- Adjusting to civilian life takes time. Be patient.
- Plan steps to a new career
- Consider taking courses

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

**MAN-1650****Preparing to Transition to Civilian Life Handy Hint**

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preparing to transition to civilian life. 3 ½" x 2 ½".

Discusses:

- Finding a job
- Job interview tips
- Preparing for your new life
- Transition resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**



MAN-2280 Finance Budgeting Kit

Each kit is conveniently shrink wrapped.
WARNING: The banner pen is not for use by children.

Kit includes:

- 1 Military Family Finances Planning and Budget Handbook
- 1 Finances Military Info Slide
- 1 Creating A Budget Handy Hint
- 1 Budget Planning Pocket Flip Tips
- 1 Mastering Personal Finances Banner Pen
- 1 Budgeting Financial Readiness Booklet

All Quantities

\$20.49 per kit



MAN-30R10101 Military Personal Information Organizer

Instantly Reduces Family Stress and Worry by Organizing Family Finances and Important Personal Information

- Easy to fill-in forms organize everything from military benefits to medical information to investment records
- Handy size is perfect for traveling and storage in file or safe deposit box
- Price includes a one color imprint on one location.

Our most popular product! Every military family needs at least one. It reassures family at home and deployed member that all is under control. Conveniently keeps vital family information in one place for quick reference. Our organizer is indispensable in times of emergency and deployment. Available in blue and black. 64-pages, 5-3/8" x 8-3/8".

ORGANIZER Quantity Discount Pricing 100 piece minimum

100-499	\$4.49 each
500-999	\$3.99 each
1000-2499	\$3.59 each
2500+	\$3.39 each

GSA Pricing Available

MAN-2055A Finances Program Kit

Includes:

- 25 Finances Military Info Slides
- 10 Military Family Finances Bill Tracker/Receipt Books
- 10 Military Family Finances Planning and Budget Handbooks
- 25 Creating A Budget Handy Hints
- 20 Budget Planning Pocket Flip Tips
- 20 Tracking Your Finances Workbooks

Packed in a convenient box.



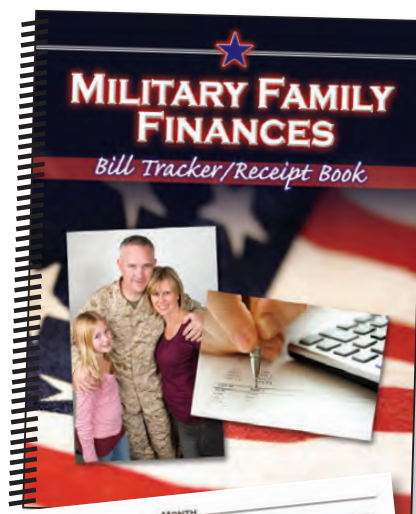
All Quantities	\$289.99 per kit
GSA Pricing Available	

MAN-1037 Military Family Finances: Bill Tracker/Receipt Book

Staying on top of your family's financial records is vital to protecting your credit, being prepared for emergencies, and saving money on your taxes. This book, designed specifically for military families, will give you greater control over your personal finances.

- Each section includes a handy pocket for information storage
- Lets you instantly find bills
- Keeps you organized and on top of your finances
- Portable-easy to take anywhere
- Ideal for preparing tax returns

As bills come in, place them in the pocket for the month due and record them on the monthly form. As you pay them, just check paid on the form. Now you have a permanent record for each month of your expenses with hard copies of the bills ready for retrieval anytime you need them. 64-pages, 8 1/2 x 11", spiral bound.

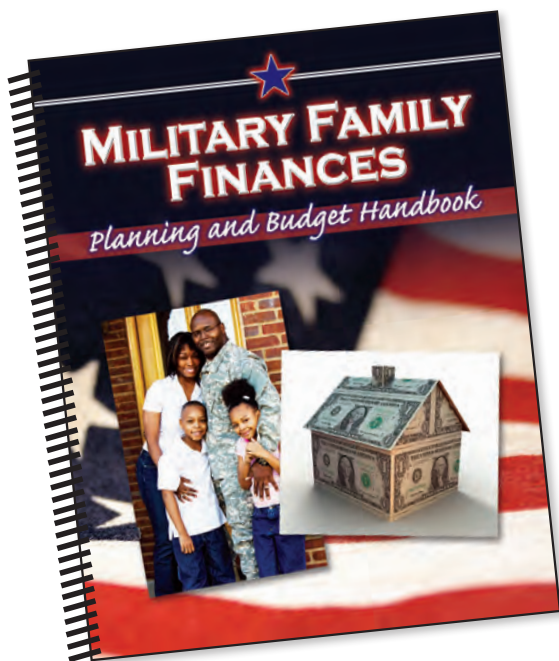


FINANCIAL BOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-9 Packs	\$89.50 per pack
10-24 Packs	\$79.50 per pack
25-49 Packs	\$75.00 per pack
50+ Packs	\$69.50 per pack

GSA Pricing Available



MAN-1038

**Military Family Finances:
Planning and Budget Handbook**

Designed specifically for military families, this book will provide you with the tips and tools you need to get control over your personal finances.

You'll learn how to:

- Set and achieve short- and long-term financial goals
- Create a realistic budget
- Reign in spending
- Restructure and pay down debt
- Set aside an emergency fund
- Grow your savings

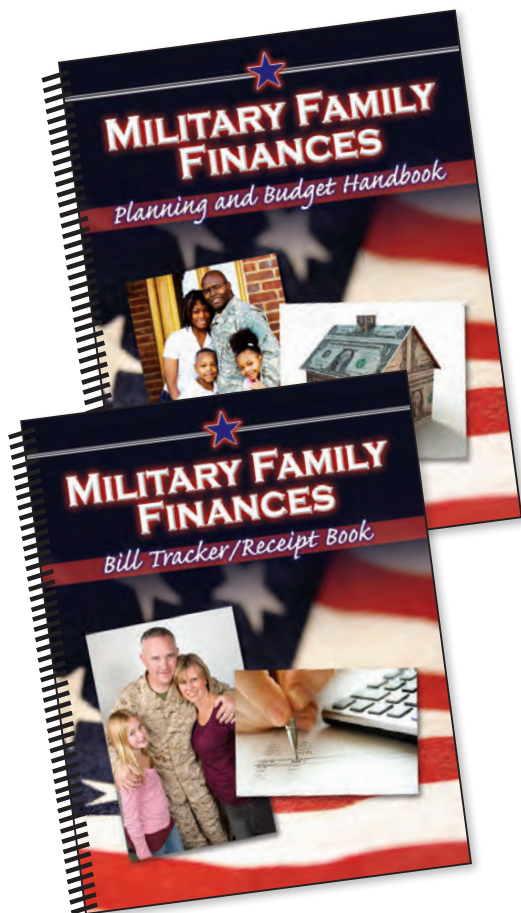
Worksheets, checklists, and tip sheets will help your family gain control over finances so you not only meet your present needs, but achieve your long-term financial goals. 18-pages, 8 ½ x 11", spiral bound.

FINANCIAL BOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-9 Packs	\$89.50 per pack
10-24 Packs	\$79.50 per pack
25-49 Packs	\$75.00 per pack
50+ Packs	\$69.50 per pack

GSA Pricing Available



MAN-1039A

**Military Family Finances:
Set of Bill Tracker and Budget Handbook**

Set includes 1 pack (10) of Bill Tracker and 1 pack (10) of Budget Handbook.

Military Family Finances Bill Tracker/Receipt Book:

This book, designed specifically for military families, will give you greater control over your personal finances. 64-pages, 8 ½" x 11", spiral bound.

- Each section includes a handy pocket for information storage
- Keeps you organized and on top of your finances
- Lets you instantly find bills
- Portable-easy to take anywhere
- Ideal for preparing tax returns

Military Family Finances Planning and Budget Handbook:

Designed specifically for military families, this book will provide you with the tips and tools you need to get control over your personal finances. 18-pages, 8 ½" x 11", spiral bound. You'll learn to:

- Set and achieve short- and long-term financial goals
- Create a realistic budget
- Reign in spending
- Restructure and pay down debt
- Set aside an emergency fund
- Grow your savings

All Quantities

\$129.50 per set

MAN-18007 Budgeting Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Necessity or luxury?
- Developing a budget
- Planning ahead
- Debt consolidation

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 181

MAN-18008 Managing Expenses Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

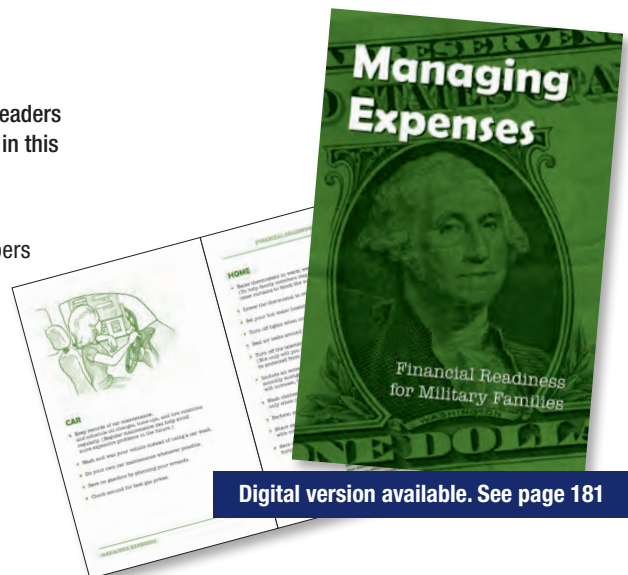
- Tips for cutting your expenses
- Compulsive shopping
- Extra money
- Involving family members

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 181

MAN-18009 Protection and Purchases Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Personal financial management
- Employment rights
- Service members Civil Relief Act
- Military Lending Act

BOOKLET Quantity Discount Pricing

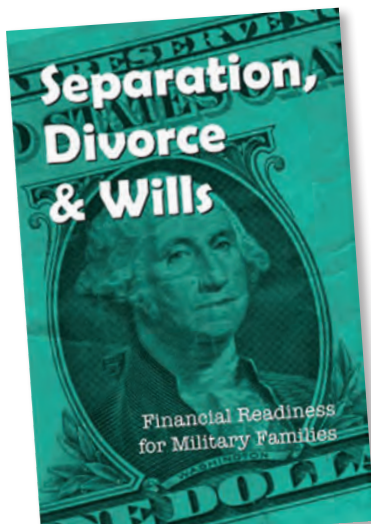
Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 181



Digital version available. See page 181

MAN-18010

Separation, Divorce & Wills Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Working out a budget
- Dividing property
- Decision-making during separation
- Child support

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 182

MAN-18011

Setting Goals Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Career goals
- Family goals
- Educational goals
- Involving family members
- Physical goals

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 182

MAN-18012

Taxes, Benefits & Investments Booklet

This easy-to-read, inexpensive booklet can guide military family readers toward a healthier financial future. 16-pages, 8 ½" x 5 ½". Topics in this booklet include:

- Record-keeping
- Maintaining your home
- When it's time to file
- Investing your funds

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-2071A Financial Readiness Booklet Set

These easy-to-read, inexpensive booklets can guide military family readers toward a healthier financial future. Filled with tips, resources, and sample budgets and worksheets, this illustrated six-booklet series covers topics such as:

- Spending on necessities versus luxuries
- Planning for expenses
- Developing a budget
- Getting ready for tax filing
- Setting financial goals
- Recognizing scams

BOOKLET SET Quantity Discount Pricing	
1-9 Sets	\$164.99 per set
10-19 Sets	\$154.99 per set
20+ Sets	\$144.99 per set
GSA Pricing Available	



MAN-1919 Finances Military Info Slide

This Military Info Slide focuses on tips for budgeting your finances. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

- Future planning
- Home finances
- Income vs. expenses

MILITARY INFO SLIDE Quantity Discount Pricing	
Sold in packs of 25 of same title.	
1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack
GSA Pricing Available	



MAN-1404 Mastering Personal Finances Banner Pen

This Banner Pen focuses on mastering personal finances. **WARNING:** This pen is not for use by children. Discusses:

- Good financial habits
- Bad financial habits
- A 4-step plan to help you master your money

BANNER PEN Quantity Discount Pricing	
1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each





MAN-1646

Creating A Budget Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on creating a budget. 3 ½" x 2 ½". Discusses:

- What a budget is
- Budgeting dos and don'ts
- Budget resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



Digital version available. See page 170

MAN-1775

Budget Planning Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on budget planning. 16-pages, 3 ½" x 5 ½". Discusses:

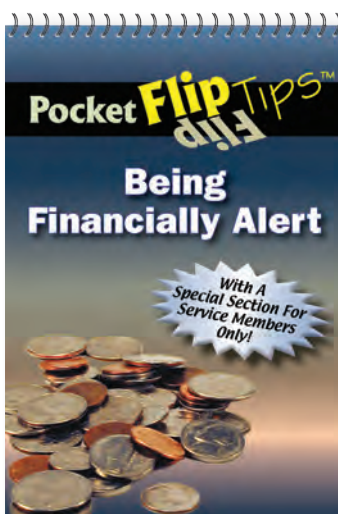
- Family budgets
- Budgets for singles
- Basic rules
- Decreasing your expenses
- Saving money
- Credit rating and reports

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 166

MAN-1392

Being Financially Alert Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on being financially alert. 16-pages, 3 ½" x 5 ½". Discusses:

- Stable income
- Decline in income
- General financial tips
- Saving strategies
- Identity theft

POCKET FLIP TIPS BOOKS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1389
Tracking Your Finances Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on tracking your finances. 16-pages, 8 ½" x 11". Discusses:

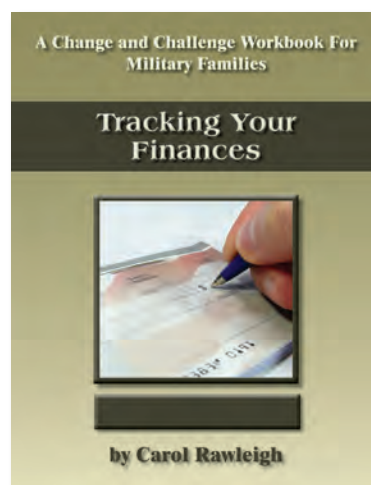
- Tracking your finances
- Planning and goals
- Understanding your spending patterns
- Tracking your money

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



This product available in Spanish

MAN-1449
Finding Work After Military Life Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on finding work after military life. 16-pages, 8 ½" x 11". Discusses:

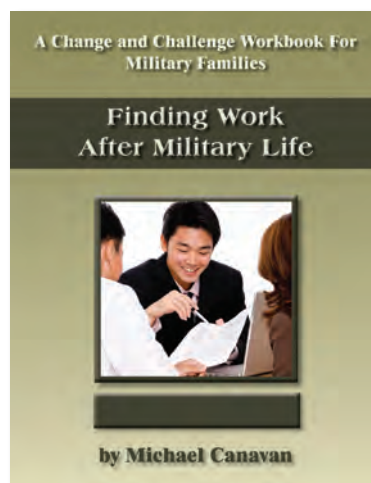
- How to present yourself to a potential employer
- Developing your resume
- Successful interviews

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available


MAN-1736
Military Education and Scholarships Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on education and scholarships. 5 ½" x 8 ½". Discusses:

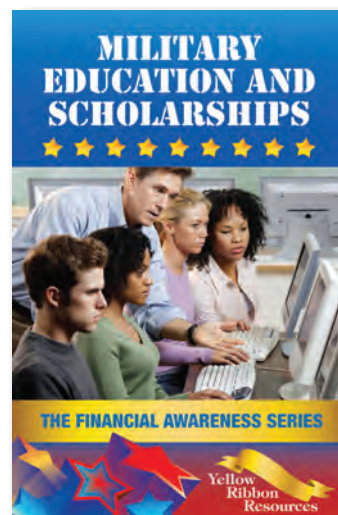
- Armed Forces Tuition Assistance
- The GI Bill
- College expenses

BOOKLET Quantity Discount Pricing

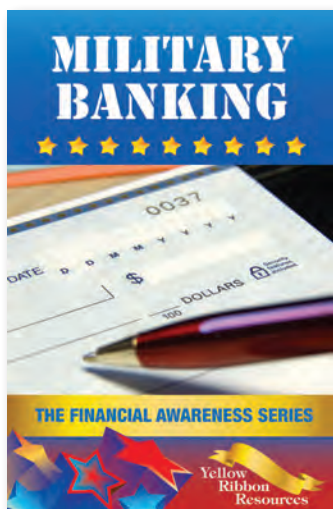
Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 186



Digital version available. See page 186

MAN-1737

Military Banking Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on military banking. 5 ½" x 8 ½".

Discusses:

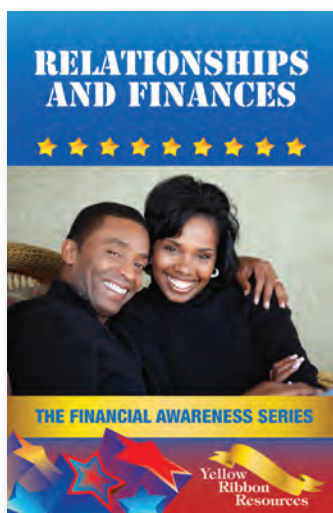
- Savings accounts
- Online banking
- Checking accounts
- Your credit score

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 186

MAN-1738

Relationships and Finances Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on relationships and finances. 5 ½" x 8 ½".

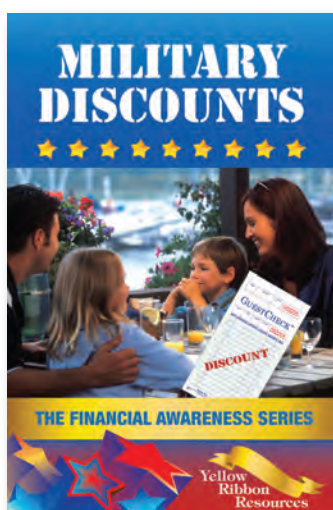
- Discusses:
- Communication and budgeting
 - Balancing finances with your family and relationships
 - The spouse at home

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 186

MAN-1739

Military Discounts Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on discounts available to members of the military. 5 ½" x 8 ½".

Discusses:

- Federal discounts
- Local discounts
- State discounts
- Discount websites

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-1740
Veteran Discounts Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on veteran discounts. 5 ½" x 8 ½".

Discusses:

- Veterans Advantage Club
- State and local discounts
- Federal discounts
- Commercial discounts

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 185

MAN-1741
Starting a Small Business Booklet

This 16-page booklet provides important information regarding finances for military families. This booklet focuses on starting a small business. 5 ½" x 8 ½".

Discusses:

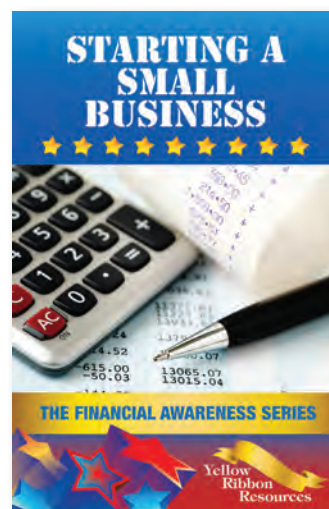
- Finding out about discounts
- Selecting the business
- Department of Veterans Affairs

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available


MAN-1742A
The Financial Awareness Series Set

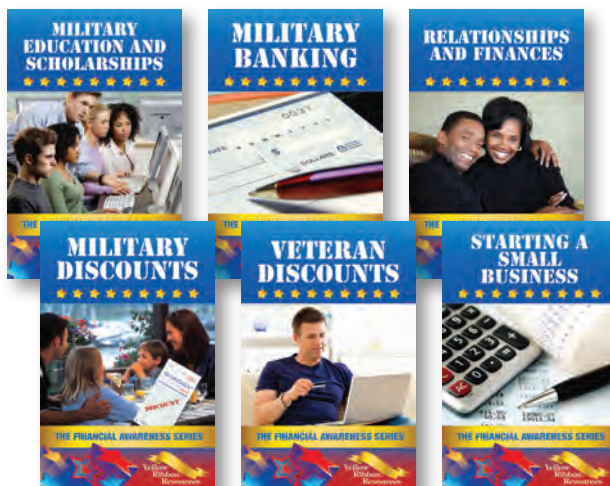
These 16-page booklets provide important information regarding finances for military families. 5 ½" x 8 ½". Topics include:

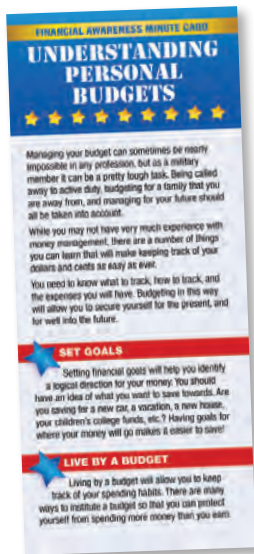
- Education and scholarships
- Discounts available to members of the military
- Military banking
- Veteran discounts
- Relationships and finances
- Starting a small business

SET Quantity Discount Pricing

1-9 Sets	\$137.99 per set
10-19 Sets	\$130.99 per set
20+ Sets	\$122.99 per set

GSA Pricing Available





MAN-1743

Understanding Personal Budgets Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on understanding personal budgets. 3 5/8" x 8 1/2". Discusses:

- Setting goals
- Keeping your debt down
- Living by a budget
- Establishing an emergency fund

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1744

Purchasing Stocks 101 Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on purchasing stocks. 3 5/8" x 8 1/2". Discusses:

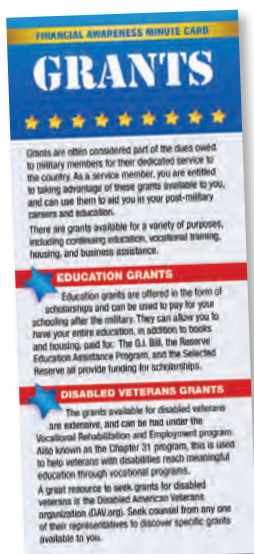
- What a stock is
- Managed funds
- What a broker does
- Index funds

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1745

Grants Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on grants. 3 5/8" x 8 1/2". Discusses:

- Education grants
- Housing grants
- Disabled veterans grants
- Business assistance grants

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

MAN-1746
Deployment Checklist Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on deployment checklists. 3 5/8" x 8 1/2". Discusses:

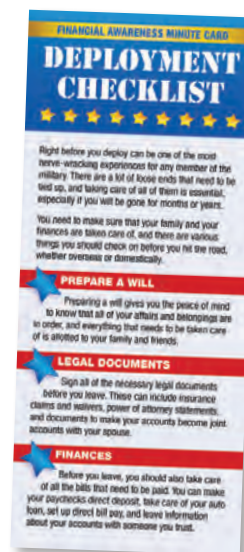
- Preparing a will
- Personal property
- Legal documents
- Family and friends
- Finances

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available


MAN-1747
Understanding Financial Terms Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on understanding financial terms. 3 5/8" x 8 1/2". Discusses:

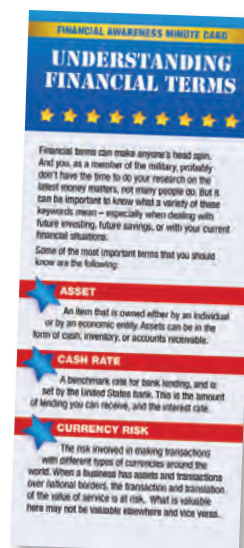
- Asset
- Hedge fund
- Cash rate
- Junk bond
- Currency risk
- Purchasing power
- Equities
- Shares

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available


MAN-1748
The 5 R's of Securing Employment Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on securing employment. 3 5/8" x 8 1/2". Discusses:

- Research
- Range
- Resume
- Realistic
- Resourcefulness

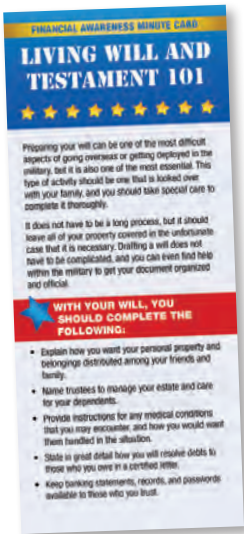
MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available





MAN-1749
Living Will And Testament 101 Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card discusses what to include in a will and testament. 3 5/8" x 8 1/2".

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1750
Money Matters For Military Members Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on money matters for military members. 3 5/8" x 8 1/2". Discusses:

- Setting money aside
- Credit score
- Direct deposit/bill pay
- Financial advisors

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1751
Marketing Basics For Small Businesses Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on marketing basics for small businesses. 3 5/8" x 8 1/2". Discusses:

- Social media
- Print ads
- Internet marketing
- Seminars

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available

MAN-1752

Technology And Financial Tools Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on technology and financial tools. 3 5/8" x 8 1/2". Discusses:

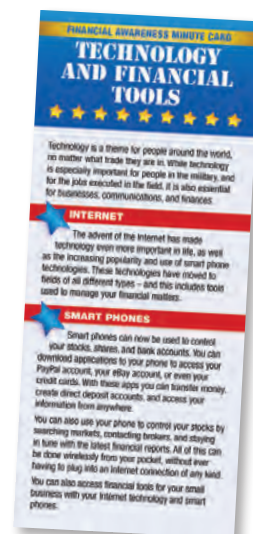
- Internet
- Social media
- Smartphones

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1753

Types Of Investing Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on types of investing. 3 5/8" x 8 1/2". Discusses:

- Stocks
- Mutual funds
- Bonds

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1754

Employment And Labor Trends Minute Card

This double-sided Minute Card is great for the busy military family! Receive important information regarding finances in an easy-to-read format. This card focuses on employment and labor trends. 3 5/8" x 8 1/2". Discusses:

- Management
- Business and financial operations
- Computer science
- Social services
- Education
- Communications

MINUTE CARD Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$18.99 per pack
25-49 Packs	\$17.99 per pack
50-99 Packs	\$16.99 per pack
100+ Packs	\$15.99 per pack

GSA Pricing Available



MAN-1770A The Financial Awareness Minute Cards Set

These double-sided Minute Cards are great for the busy military family! Receive important information regarding finances in a quick, easy-to-read format. 3 5/8" x 8 1/2".

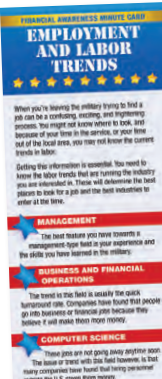
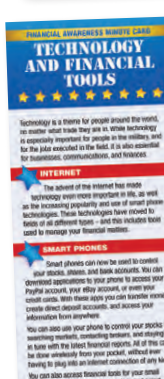
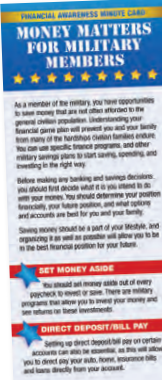
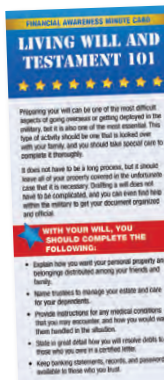
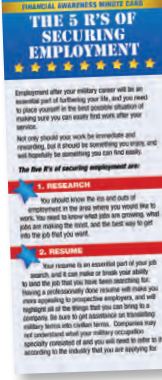
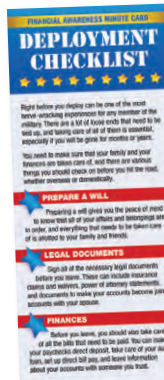
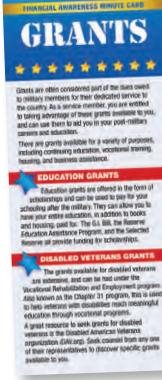
Set includes 1 pack (50 cards) each of the following 12 titles (600 cards in all):

- Understanding Personal Budgets
- Purchasing Stocks 101
- Grants
- Deployment Checklist
- Understanding Financial Terms
- The 5 R's of Securing Employment
- Living Will and Testament 101
- Money Matters for Military Members
- Marketing Basics for Small Businesses
- Technology and Financial Tools
- Types of Investing
- Employment and Labor Trends

SET Quantity Discount Pricing

1-9 Sets	\$199.99 per set
10-19 Sets	\$189.99 per set
20+ Sets	\$179.99 per set

GSA Pricing Available



MAN-2282 Relocation Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 The Smart Move: A Military Relocation Workbook
- 1 Relocation Military Info Slide
- 1 Coping with Relocation Handy Hint
- 1 Easing the Relocation Process Pocket Flip Tips
- 1 Relocation – 5 Steps to a Stress-Free Relocation Magnet



All Quantities

\$12.49 per kit



MAN-30R10101

Military Personal Information Organizer

Instantly Reduces Family Stress and Worry by Organizing Family Finances and Important Personal Information

- Easy to fill-in forms organize everything from military benefits to medical information to investment records
- Handy size is perfect for traveling and storage in file or safe deposit box
- Price includes a one color imprint on one location.

Our most popular product! Every military family needs at least one. It reassures family at home and deployed member that all is under control. Conveniently keeps vital family information in one place for quick reference. Our organizer is indispensable in times of emergency and deployment. Available in blue and black. 64-pages, 5-3/8" x 8-3/8".

ORGANIZER Quantity Discount Pricing 100 piece minimum

100-499	\$4.49 each
500-999	\$3.99 each
1000-2499	\$3.59 each
2500+	\$3.39 each

GSA Pricing Available



MAN-2058A Relocation Program Kit

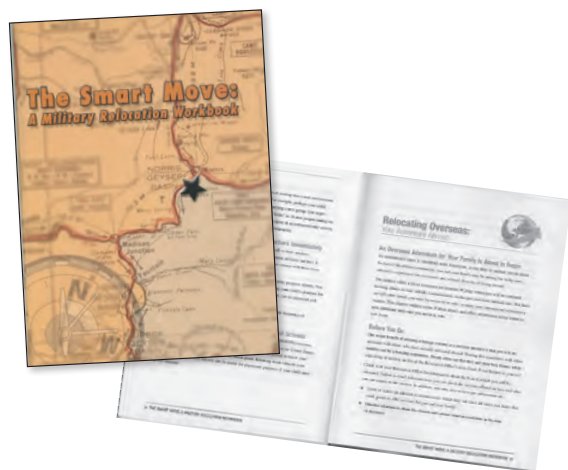
Includes:

- 25 Coping with Relocation Handy Hints
- 25 Relocation Info Slides
- 25 Relocation - 5 Steps to a Stress-Free Relocation Magnets
- 20 Easing the Relocation Process Flip Tips
- 20 The Smart Move: A Military Relocation Workbooks

Packed in a convenient box.

All Quantities

\$179.99 per kit



MAN-81012

The Smart Move: A Military Relocation Workbook

This workbook has all the essential information military families need as they face the sometimes daunting task of relocating. Covering an array of issues from the emotional to the practical, this workbook takes a military family step-by-step through the process. Worksheets provide organizational help along the way. Specific resources are suggested for additional information. 40 pages, 8 1/2" x 11". Discusses:

- Relocation basics
- Family feelings and fears
- Relocation checklist
- After the move

Sold in packs of 10 of same title.

All Quantities

\$39.95 per pack



Digital version available. See page 182

MAN-3BK10125

Permanent Change Of Station (PCS) Move Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on permanent change of station. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Family communication
- Arrival in your new area
- Organization

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$26.99 per pack

50-99 Packs \$23.99 per pack

100+ Packs \$21.99 per pack

GSA Pricing Available

MAN-2057**Relocation Military Info Slide**

This Military Info Slide focuses on coping with the stress of relocation. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4".

Discusses:

- What to do in the months and weeks leading up to the relocation
- Pets
- Budgeting
- Moving in

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available

**MAN-2109****Coping With Relocation Banner Pen**

This Banner Pen focuses on coping with relocation.

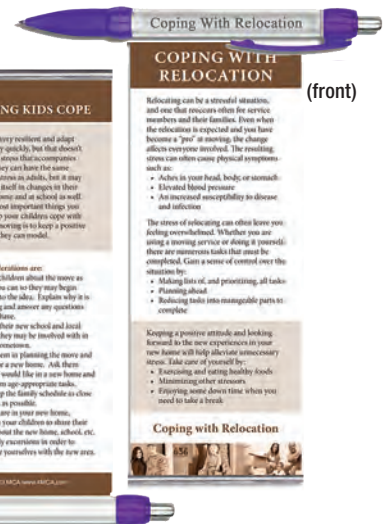
WARNING: This pen is not for use by children. Discusses:

- Physical symptoms of relocating
- The stress of relocating
- Helping kids relocate

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each

(back)

**MAN-3MG10825****5 Steps to a Stress-Free Relocation Magnet**

This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on 5 steps to a stress-free relocation. 3" x 5".

Discusses:

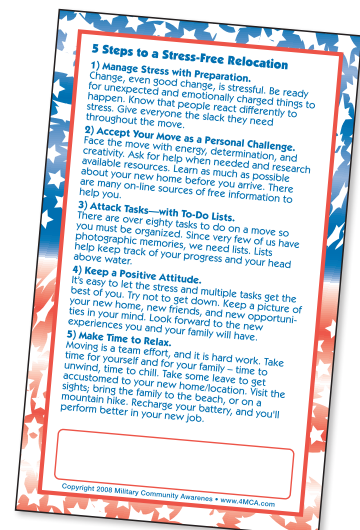
- Managing stress with preparation
- To-Do lists
- Keeping a positive attitude
- Accepting your move as a personal challenge
- Making time to relax

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available





MAN-1657

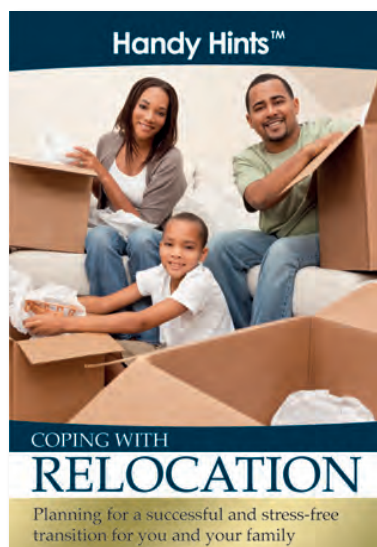
Relocation STRESS-O-METER

This card focuses on relocation stress faced by military families. On the back of the card are tips for handling the stress related to relocation, such as four simple techniques to control moving anxiety, and more. A simple, low-cost, bio-feedback device that can help military members and their families reduce stress and learn proven stress-reduction techniques. 2 1/8" x 3 3/8".

STRESS-O-METER Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack



MAN-1888

Coping With Relocation Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on coping with relocation. 3 1/2" x 2 1/2". Discusses:

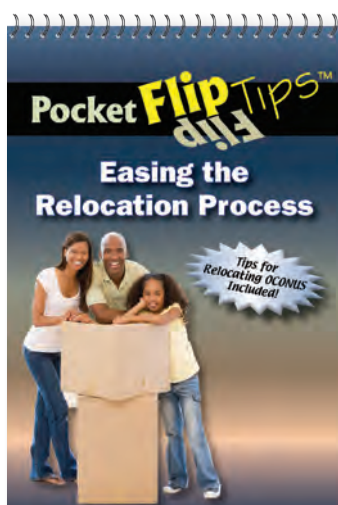
- Relocation stress
- Marriage and relocation
- Children and relocation
- A relocation checklist to help prepare for your move

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



Digital version available. See page 168

MAN-1673

Easing the Relocation Process Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on easing the relocation process. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Helping children adjust to the move
- Protecting your property and easing your packing
- Overseas relocation advice
- Permanent change of station checklist
- Saving money
- Credit rating and reports

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

MAN-1929**Handling the Emotional Stress of Relocation Workbook**

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on handling the emotional stress of relocation.

16-pages, 8 ½" x 11". Discusses:

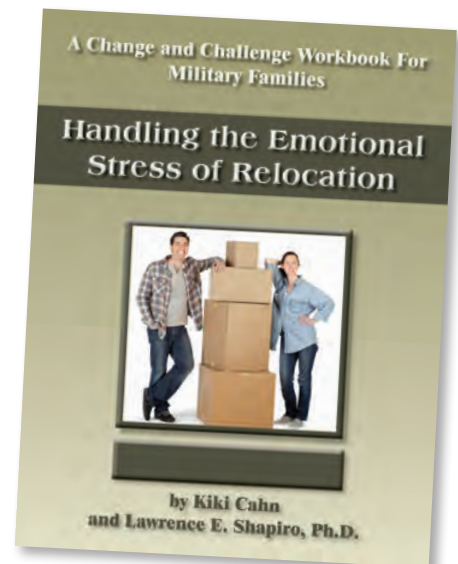
- Avoiding bad habits
- Handling conflict
- Sleeping tips

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available

**MAN-2078****The Military Lifestyle and Children Booklet**

How can parents help their children adapt to the special aspects of military life?

This booklet explores ways to make the military lifestyle a positive experience.

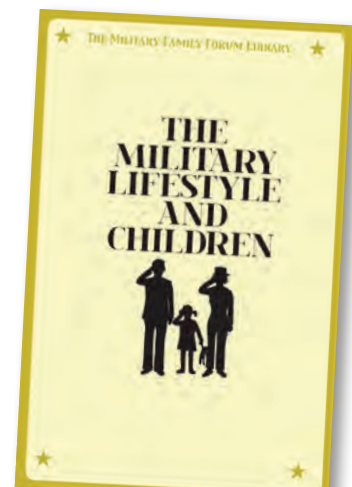
16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2095**My New Home Coloring Book**

This coloring book offers a positive message about military life. Colorful

8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate

graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



**MAN-2097****My New School Coloring Book**

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

**MAN-2104****My New Home Activity Book**

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

**MAN-2106****My New School Activity Book**

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

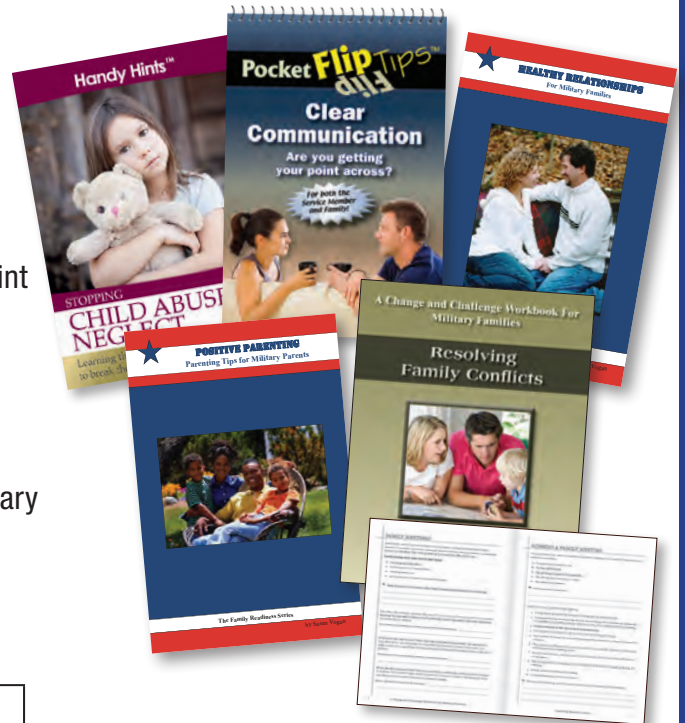
GSA Pricing Available

MAN-2283 Family Advocacy Kit

Each kit is conveniently shrink wrapped.

Kit includes:

- 1 Stopping Child Abuse and Neglect Handy Hint
- 1 Clear Communication Pocket Flip Tips
- 1 Healthy Relationships for Military Families Family Readiness Booklet
- 1 Positive Parenting – Parenting Tips for Military Parents Family Readiness Booklet
- 1 Resolving Family Conflicts Change and Challenge Workbook



All Quantities

\$12.49 per kit



MAN-30R10101 Military Personal Information Organizer

Instantly Reduces Family Stress and Worry by Organizing Family Finances and Important Personal Information

- Easy to fill-in forms organize everything from military benefits to medical information to investment records
- Handy size is perfect for traveling and storage in file or safe deposit box
- Price includes a one color imprint on one location.

Our most popular product! Every military family needs at least one. It reassures family at home and deployed member that all is under control. Conveniently keeps vital family information in one place for quick reference. Our organizer is indispensable in times of emergency and deployment. Available in blue and black. 64-pages, 5-3/8" x 8-3/8".

ORGANIZER Quantity Discount Pricing 100 piece minimum

100-499	\$4.49 each
500-999	\$3.99 each
1000-2499	\$3.59 each
2500+	\$3.39 each

GSA Pricing Available

Family Programs



MAN-1889

Stopping Child Abuse & Neglect Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on stopping child abuse and neglect. 3 ½" x 2 ½". Discusses:

- Types of child abuse
- Recognizing abusive behavior
- Helping an abused or neglected child

HANDY HINT Quantity Discount Pricing

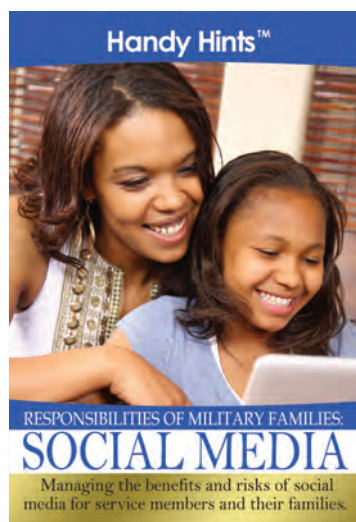
Sold in packs of 25 of same title.

1-24 Packs \$9.95 per pack

25-49 Packs \$8.95 per pack

50+ Packs \$7.50 per pack

GSA Pricing Available



MAN-1728

Responsibilities Of Military Families: Social Media Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on managing the benefits and risks of social media for service members and their families. 3 ½" x 2 ½". Discusses:

- The benefits of using social media sites
- The dangers of using social media sites
- How to safely make posts about loved ones in the military

HANDY HINT Quantity Discount Pricing

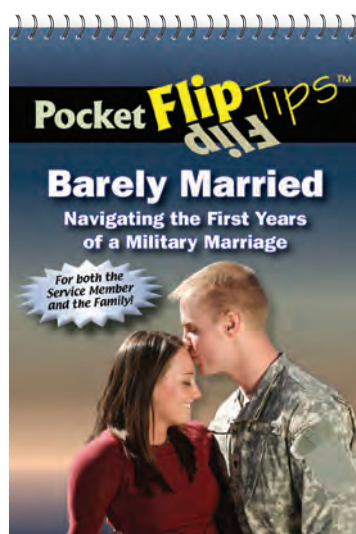
Sold in packs of 25 of same title.

1-24 Packs \$9.95 per pack

25-49 Packs \$8.95 per pack

50+ Packs \$7.50 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1461

Barely Married: Navigating the First Years of a Military Marriage Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on navigating the first years of a military marriage. 16-pages, 3 ½" x 5 ½". Discusses:

- Deployments and reunions
- General military knowledge
- Advice on support groups

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs \$39.99 per pack

25-99 Packs \$34.99 per pack

100+ Packs \$29.99 per pack

GSA Pricing Available

MAN-1733**Dealing With Divorce Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on dealing with divorce. 16-pages, 3 ½" x 5 ½". Discusses:

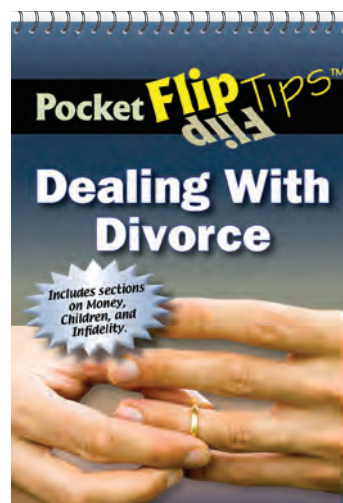
- Money management
- Children
- Infidelity

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 167

MAN-1456**Clear Communication: Are you getting your point across? Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on clear communication. 16-pages, 3 ½" x 5 ½". Discusses:

- Body language
- Active listening
- How to get your point across
- Speaking in front of others

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 165

MAN-1454**Single in the Military Pocket Flip Tips**

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on being single in the military. 16-pages, 3 ½" x 5 ½". Discusses:

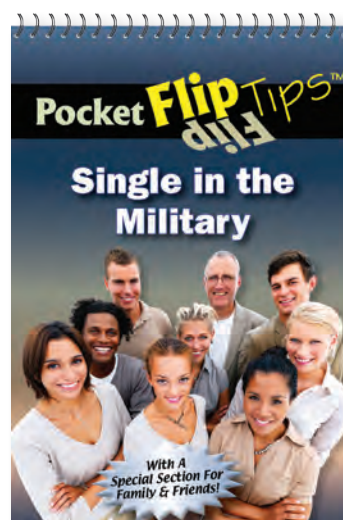
- Preparing for deployment
- What to do during deployment
- Reunion and reintegration

POCKET FLIP TIPS Quantity Discount Pricing

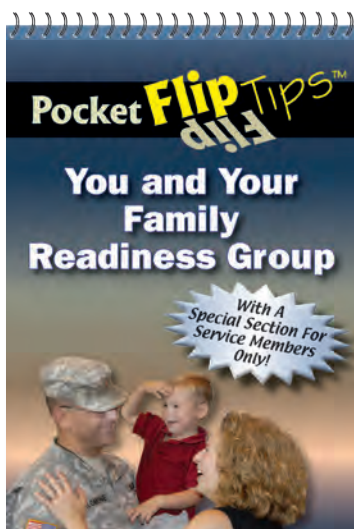
Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



This product available in Spanish



Digital version available. See page 166

MAN-1393

You and Your Family Readiness Group Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on you and your family readiness group. 16-pages, 3 ½" x 5 ½".

Discusses:

- How to utilize your FRG effectively
- FRG leaders
- Family members

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Digital version available. See page 166

MAN-1394

Essential Resources At Your Fingertips Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on essential resources. 16-pages, 3 ½" x 5 ½". Discusses:

- Education
- Searching for employment
- Physical and mental health services

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

MAN-1448

Reconnecting With Your Children Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on reconnecting with your children. 16-pages, 8 ½" x 11". Discusses:

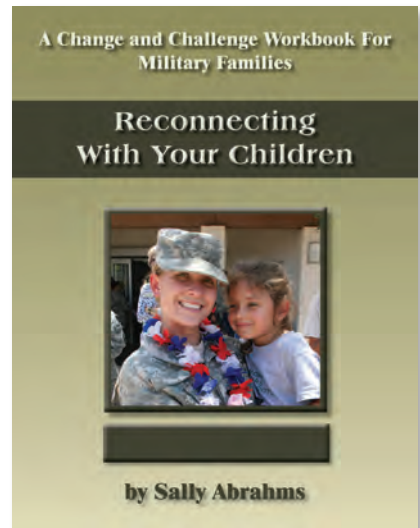
- Reunion myths and realities
- How your kids may react
- Responding to your children's behavior
- Talking with your kids

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1451

Strengthening Your Marriage Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on strengthening your marriage. 16-pages, 8 ½" x 11". Discusses:

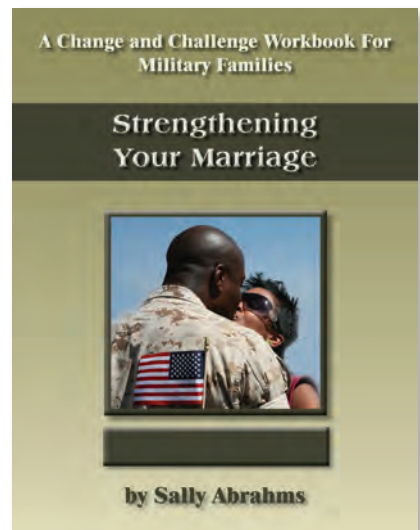
- What contributes to a strong marriage
- What causes stress in a marriage
- Working on your marriage

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-1710

When Love Hurts: Protecting Yourself Against Emotional Abuse Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on protecting yourself against emotional abuse. 16-pages, 8 ½" x 11". Discusses:

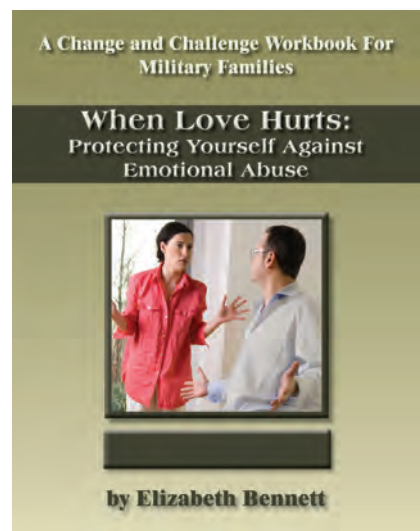
- Identifying if you are in an abusive relationship
- What a healthy relationship looks like
- If an abuser can change

WORKBOOK Quantity Discount Pricing

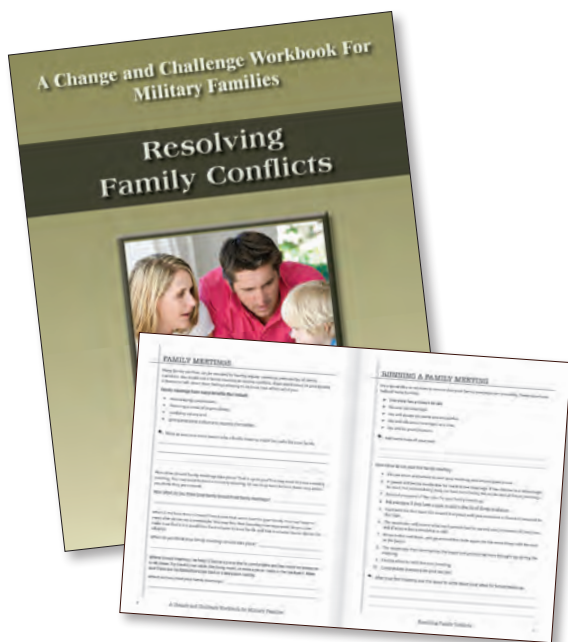
Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



Family Programs



MAN-1708

Resolving Family Conflicts Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on resolving family conflicts. 16-pages, 8 1/2" x 11". Discusses:

- Identifying the problem
- Discipline
- If parents don't agree
- Effective communication

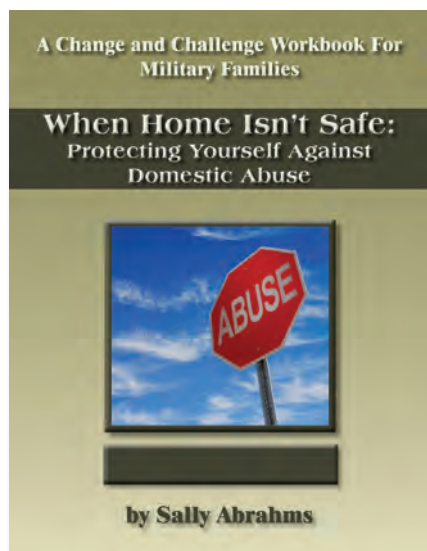
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available



MAN-1709

When Home Isn't Safe: Protecting Yourself Against Domestic Abuse Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on protecting yourself against domestic abuse. 16-pages, 8 1/2" x 11". Discusses:

- Truths and myths about abuse
- Sexual abuse
- How abusers behave

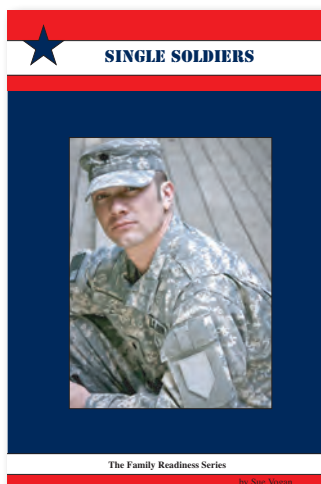
WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs \$24.95 per pack

100+ Packs \$22.95 per pack

GSA Pricing Available



MAN-3BK11125

Single Soldiers Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on single soldiers. 16-pages, 5 1/2" x 8 1/2". Discusses:

- Being single vs. being married
- Things to keep in mind while dating
- Personal responsibilities

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$26.99 per pack

50-99 Packs \$23.99 per pack

100+ Packs \$21.99 per pack

GSA Pricing Available

Digital version available. See page 185

MAN-3BK10225

Positive Parenting: Parenting Tips for Military Parents Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on positive parenting. 16-pages, 5 1/2" x 8 1/2". Discusses:

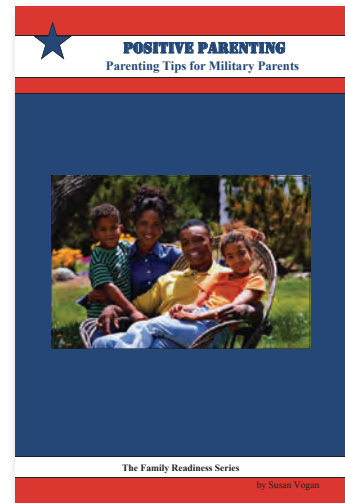
- Parenting tips for military parents
- Life-changing experiences
- Remembering your needs

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 182

MAN-3BK10325

Stress in the Military Family Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on stress in the military family. 16-pages, 5 1/2" x 8 1/2". Discusses:

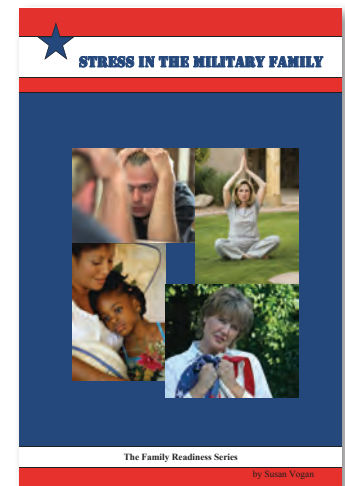
- Acute stress
- Chronic stress
- Episodic stress
- Common questions about stress

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 184

MAN-3BK10425

Healthy Relationships for Military Families Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on healthy relationships for military families. 16-pages, 5 1/2" x 8 1/2". Discusses:

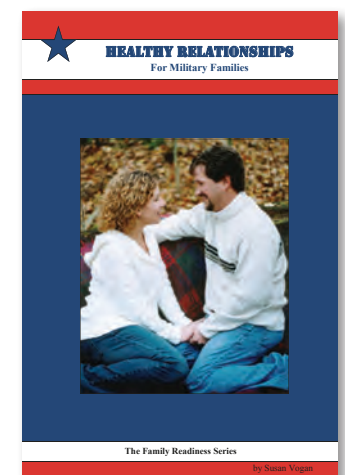
- Ingredients for healthy relationships
- Honesty
- Sacrifice
- Security
- Traditions
- Trust

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

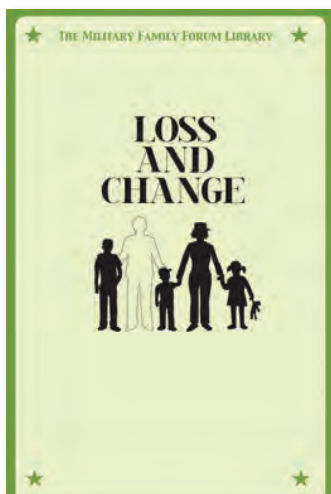
1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 184

Family Programs



Digital version available. See page 188

MAN-2076

Loss And Change Booklet

Change is a constant for children of military families and this booklet addresses ways to help them deal with it. Specific strategies for helping parents and children cope are presented. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2077

Managing Anger And Resolving Conflict Booklet

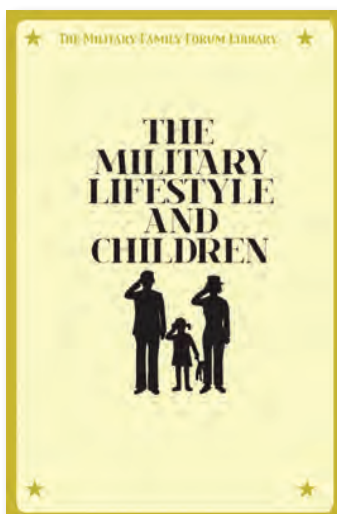
Everyone becomes angry and faces conflict at times. This booklet discusses how military members and their families can better manage anger and conflict. It offers a seven-step method to resolving conflict before it escalates. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 188

MAN-2078

The Military Lifestyle and Children Booklet

How can parents help their children adapt to the special aspects of military life? This booklet explores ways to make the military lifestyle a positive experience. 16-pages 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-2079

Preventing Child Abuse and Neglect Booklet

This important booklet offers tips on how to identify abuse and neglect and instill self-esteem in children to help them avoid abusive situations. Risk factors specific to military families are reviewed. 16-pages 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 18

MAN-2080

Preventing Domestic Violence Booklet

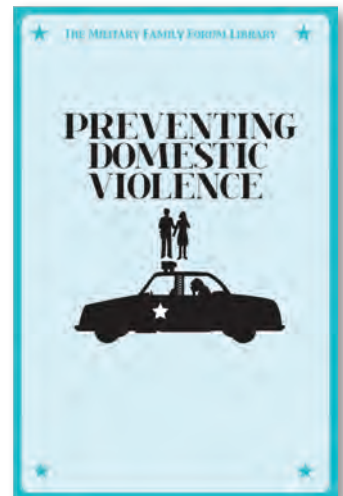
The unique stresses that military families face can put them at risk for domestic violence. This booklet's suggestions for controlling temper and keeping a marriage healthy will help prevent domestic violence. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 187

MAN-2081

The Single Military Parent Booklet

What happens when a single parent leaves for a tour of duty? How can the parent manage career and home responsibilities? This booklet offers specific suggestions to help single parents raise their children successfully. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 187



Digital version available. See page 187

MAN-2082

Parenting Your Grandchildren Booklet

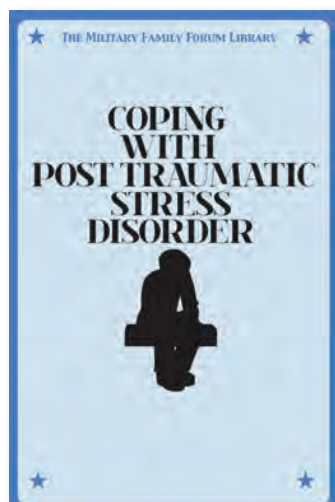
Stepping in for a parent who is deployed, incarcerated or incapacitated due to drug use is a stressful and emotionally delicate situation. This booklet covers essential information about the feelings, legal and financial issues, and the resources available to cope with this situation. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 187

MAN-2083

Coping With Post Traumatic Stress Disorder (PTSD) Booklet

This wide-ranging booklet covers essential resources for the person suffering with PTSD and their family members. Here they will find information on the nature of PTSD, means of coping and places to find help and hope. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 189

MAN-2084

Building Strong And Happy Families Booklet

This booklet explains six characteristics of strong families. It explores ways to meet challenges caused by either a change in the family or by external events. 16-pages, 5 ½" x 8 ½".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available

MAN-2085

Effective Child Discipline Booklet

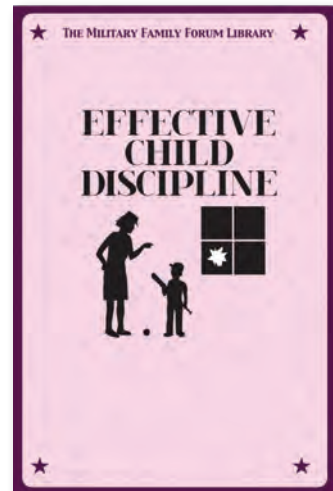
Disciplining children can be more difficult for military parents because of their many separations. This booklet reviews the special needs of military families and children, and provides practical discipline techniques that work. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 189

MAN-2086

Family Communication Booklet

Families that communicate well are usually strong families, with a level of closeness and support that helps them survive crises. This booklet offers sound advice to improve family communication. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 189

MAN-2087

Family Readiness Booklet

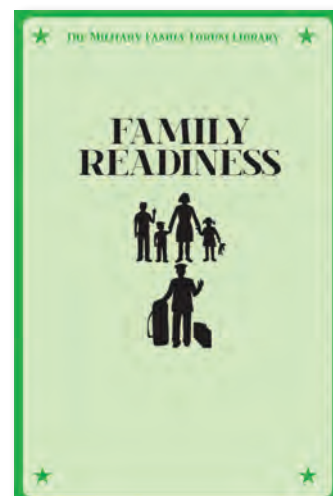
Readiness is crucial to success for both service members and their families. This booklet offers help in planning for the inevitable separations, moves, and other experiences that military families face. 16-pages, 5 1/2" x 8 1/2".

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 189

Family Programs



MAN-2070A

The Military Family Forum Library Set

The Military Family Forum Library set of 12 booklets will help strengthen all aspects of family life, from readiness to anger management to dealing with children. Perfect for Family Welcome Home Packets! All 16-page booklets are 5 1/2" x 8 1/2". Titles include:

- Loss and Change
- Managing Anger and Resolving Conflict
- The Military Lifestyle and Children
- Preventing Child Abuse and Neglect
- Preventing Domestic Violence
- The Single Military Parent
- Parenting Your Grandchildren
- Coping with PTSD
- Building Strong and Happy Families
- Effective Child Discipline
- Family Communication
- Family Readiness

SET Quantity Discount Pricing

Includes 1 pack (25 booklets) each of 12 titles (300 booklets).

1-9 Sets	\$289.99 per set
10-19 Sets	\$274.99 per set
20+ Sets	\$259.99 per set

GSA Pricing Available



MAN-390633

Giant Military Family Month Banner

This giant 3' x 5' high-quality banner announces to everyone that it is time for National Military Family Month! Celebrated in November, this event commemorates the commitment and strength of the men and women in our Armed Forces and the sacrifices and courage of their family members. This banner is a perfect way to highlight the event. Hang it up at your base school, administration building, family center or any place where military families converge. Made of durable poly with brass corner grommets for easy fastening, this colorful banner will provide years of use.

All Quantities

\$29.95 each

MAN-18031 Missing You Picture Frame Magnet

Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (Heart pop-out is 3" x 3 1/2").

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$59.99 per pack
15-29 Packs	\$56.99 per pack
30-49 Packs	\$53.99 per pack
50+ Packs	\$50.99 per pack

GSA Pricing Available



MAN-18032 Honor Picture Frame Magnet

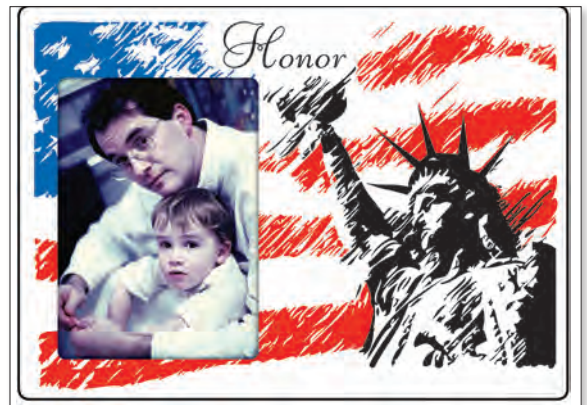
Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (pop-out is 2" x 3 1/2").

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$59.99 per pack
15-29 Packs	\$56.99 per pack
30-49 Packs	\$53.99 per pack
50+ Packs	\$50.99 per pack

GSA Pricing Available



MAN-382519 "Proud to be a Military Family!" Magnet

Demonstrate pride in being a military family and raise public awareness at the same time! Families will be sending a meaningful message for all to see when they put this colorful magnet on their car, in their home or at their office. These 3 7/8" x 8" magnets are designed to be durable, flexible, and easy to move from place to place! Special pop-out section. Sold in packs of 25.

All Quantities

\$15.00 per pack





MAN-18041

**"Proud To Be A Military Family"
Silicone Bracelet**

Wear this positive message on your wrist for everyone to see! Our fun-to-wear bracelets are always a treat for anyone that receives them. One size fits all! Sold in packs of 10.

All Quantities

\$9.95 per pack



MAN-18042

"Support Our Heroes" Silicone Bracelet

Wear this positive message on your wrist for everyone to see! Our fun-to-wear bracelets are always a treat for anyone that receives them. One size fits all! Sold in packs of 10.

All Quantities

\$9.95 per pack



MAN-390622

**"Living A Drug Free Life"
Silicone Bracelet**

Wear this positive message on your wrist for everyone to see! Our fun-to-wear bracelets are always a treat for anyone that receives them. One size fits all! Sold in packs of 10.

All Quantities

\$9.95 per pack

**SEE PAGES 165-189
FOR OUR BRAND NEW
DIGITAL PRODUCTS SECTION**

MAN-1761

10 Things to Do When You Worry Too Much Workbook

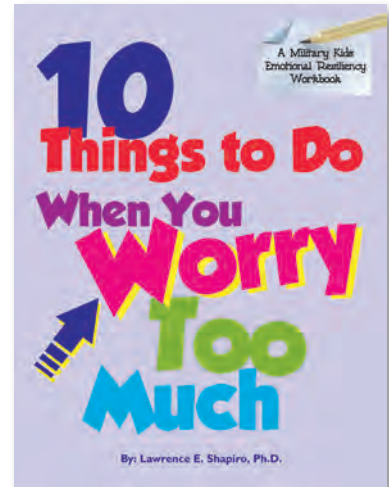
Kids in the military often have a great deal to worry about, but worry doesn't have to take over their lives. This workbook teaches children how to cope with obsessive thoughts, night fears, and trouble sleeping, and the emotional withdrawal that often comes with excessive worry. It teaches them that worry is a normal emotion, and helps them recognize when it is time to ask for help if they worry too much. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



MAN-1762

10 Things to Do When You Are Feeling Sad & Upset Workbook

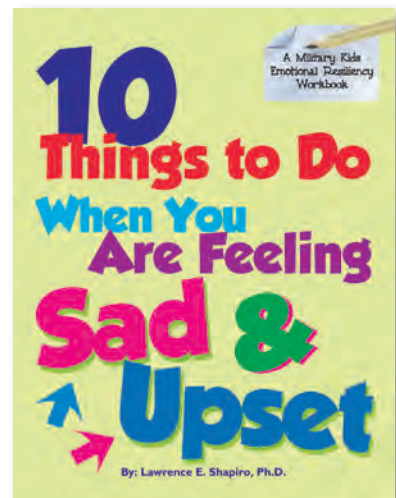
Sadness is a part of life, but when sadness turns into depression it can be a serious and lifelong problem. This workbook helps kids put their sadness into perspective and recognize the best things to do when they are feeling upset. The workbook presents research based techniques to help prevent sadness from taking over a child's emotional life, especially when there is a traumatic loss. 16-pages, 8 ½" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



MAN-1763

10 Things You Need to Know About Handling Money Workbook

Learning to be responsible about money is an important task for all military families. This workbook helps kids understand that money is not unlimited, and that every family must live on a budget. They learn that it is important to be responsible about their money, and that saving and giving money to help others is as important as spending money on things they want. 16-pages, 8 ½" x 11". For ages 7-12.

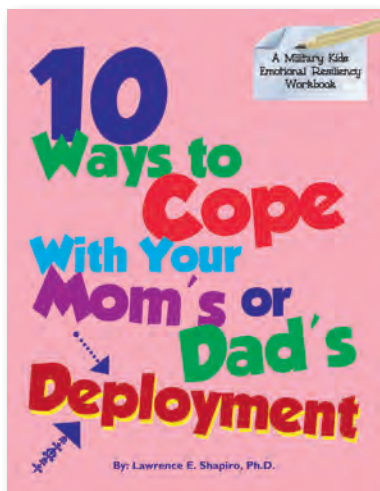
WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available





This product available in Spanish

MAN-1764

10 Ways to Cope With Your Mom's or Dad's Deployment Workbook

Being separated from a parent is one of the most serious stresses children can experience. Even though they understand that their moms and dads are heroes, children can build up anger and resentment, or even think that they are the reason that their parents chose a lifestyle that takes them away from the family. This workbook gives children a variety of ways to stay emotionally connected to their parents, and encourages them to seek other children who are coping with the same problem as a way to get emotional support. 16-pages, 8 1/2" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



This product available in Spanish

MAN-1765

10 Things You Need to Know For When Your Mom or Dad Comes Home Workbook

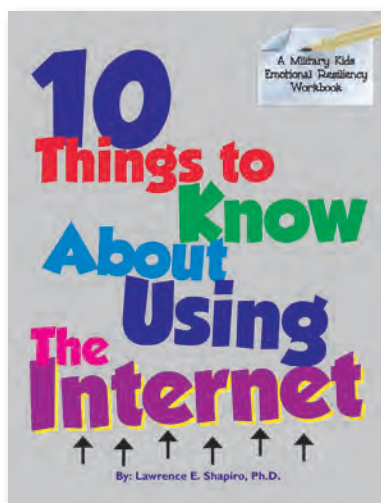
Children anticipate a parent's homecoming with great joy and expectation, but after the excitement of the planning and the festivities fade, real problems can surface. This workbook helps children understand that their returning parent has gone through a difficult time, and may bring emotional or physical problems home with them. The resiliency skills taught in this workbook will help kids understand their role in the family, and not feel that they have to take care of a returning parent, or build up resentment because a homecoming does not live up to their fantasies. 16-pages, 8 1/2" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



MAN-1766

10 Things To Know About Using The Internet Workbook

The Internet is an incredible tool for helping military kids stay in touch with their parents and friends, and feel "connected" to loved ones even when they are far away. But the Internet has many problems as well, some which are very unique to military kids. This workbook helps kids see the many ways that they can stay close to a loved one who is far away, and also helps them see the dangers of sharing the wrong kind of information on the Internet. 16-pages, 8 1/2" x 11". For ages 7-12.

WORKBOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available

MAN-1767

10 Things To Do When You Are Feeling Angry Workbook

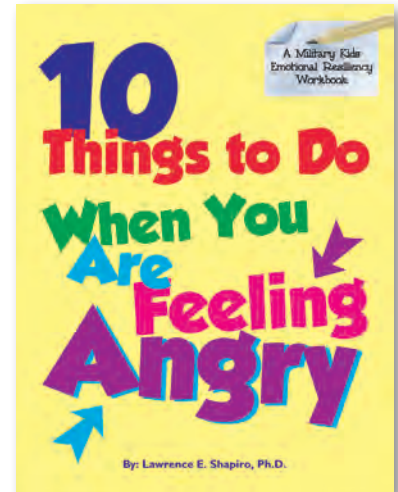
Everyone gets angry some of the time, but this workbook reminds kids: "All feelings are okay, it's what you do with them that counts." The workbook presents tried and true techniques to help kids recognize when their behavior is inappropriate, and control their anger so that they can express their feelings in a productive way. 16-pages, 8 1/2" x 11". For ages 7-12.

Workbook Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available



MAN-1769A

Military Kids Emotional Resiliency Workbooks Set

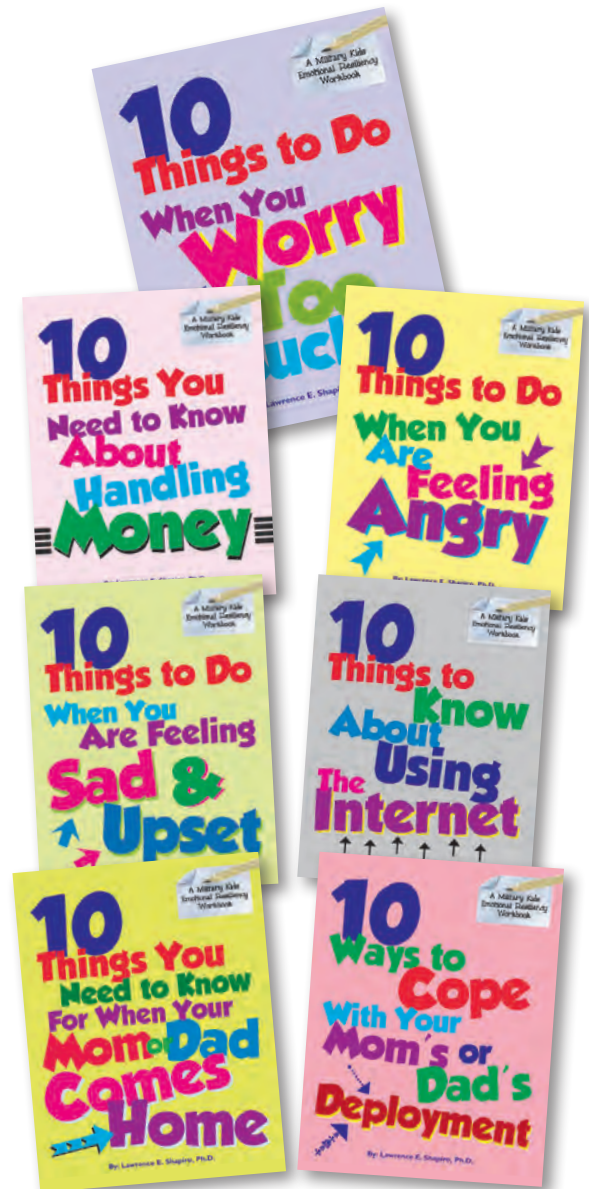
These workbooks were written by Dr. Lawrence Shapiro Ph.D., one of the nation's foremost experts on helping children learn to cope with and overcome emotional problems. Each workbook presents 10 important aspects that children need to learn and teaches them emotional resiliency skills through fun and engaging activities. Set includes 1 pack (50 books) each of the following 7 titles (350 books in all):

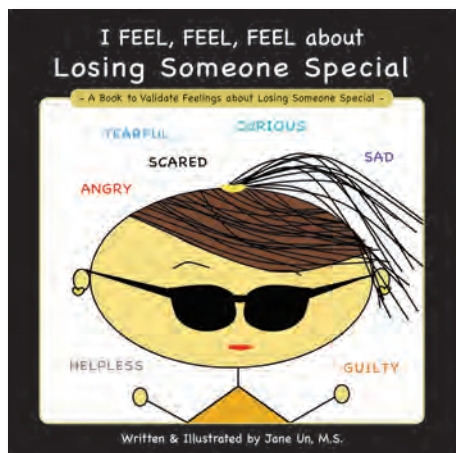
- 10 Things To Do When You Worry Too Much
- 10 Things To Do When You Are Feeling Sad & Upset
- 10 Things You Need To Know About Handling Money
- 10 Ways To Cope With Your Mom's Or Dad's Deployment
- 10 Things You Need To Know For When Your Mom Or Dad Comes Home
- 10 Things To Know About Using The Internet
- 10 Things To Do When You Are Feeling Angry

SET Quantity Discount Pricing

1-9 Sets	\$219.99 per set
10-19 Sets	\$199.99 per set
20+ Sets	\$189.99 per set

GSA Pricing Available



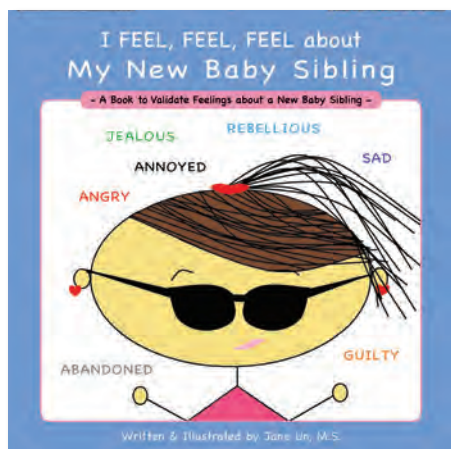


MAN-1897

I FEEL, FEEL, FEEL about Losing Someone Special Book

Ages 4-8. A book to validate feelings about losing someone special. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Grieving from a loss takes time and family effort. This book can help foster closer relations by understanding how the child feels, promote better communication between you and your child, and help you in being a support system for your child. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	

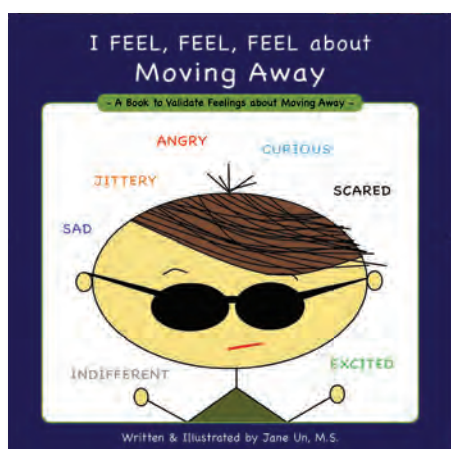


MAN-1898

I FEEL, FEEL, FEEL about My New Baby Sibling Book

Ages 4-8. A book to validate feelings about a new baby sibling. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. This book can help foster closer relations by understanding how the child feels, promote better communication between you and your child, and help you in being a support system for your child. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	



MAN-1899

I FEEL, FEEL, FEEL about Moving Away Book

Ages 4-8. A book to validate feelings about moving away. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning to a new environment may take time, patience, and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	

MAN-1900

I FEEL, FEEL, FEEL about My Step-Family Book

Ages 4-8. A book to validate feelings about step-families. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning into a step-family is a long process, as it will take patience and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	

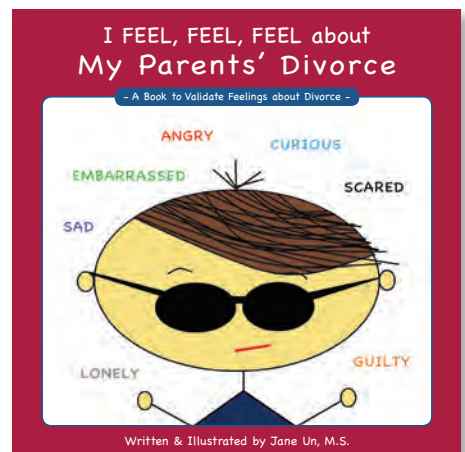


MAN-1901

I FEEL, FEEL, FEEL about My Parents' Divorce Book

Ages 4-8. A book to validate feelings about divorce. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. Effectively transitioning from a parental divorce takes time, patience, and family effort. This book can help you learn more about your children, foster closer relations by understanding how they feel, and promote better communication between you and your children. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	



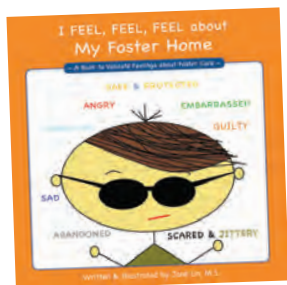
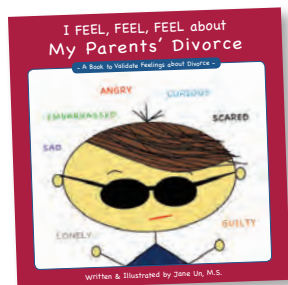
MAN-2050

I FEEL, FEEL, FEEL about My Foster Home Book

Ages 4-8. A book to validate feelings about foster homes. This book helps to identify various feelings, promote validation of the feelings, and provide positive coping skills to deal with the feelings. This book is an initial stepping stone for the child to identify feelings, learn positive coping skills, and feel validated about feelings towards their foster home. Includes a "Questions" section and a "Notes to Adults" section. 16-pages, soft-cover.

All Quantities	\$8.95 each
GSA Pricing Available	





MAN-2051A Childhood Transition Set of 6 Books

Ages 4-8. This series creates an easy, concrete way to help identify, validate, and provide effective coping skills to deal with a child's feeling(s) about specific transitions. 16-pages each, soft-cover. Set includes one each of the following titles:

- I FEEL, FEEL, FEEL about Losing Someone Special
- I FEEL, FEEL, FEEL about My New Baby Sibling
- I FEEL, FEEL, FEEL about Moving Away
- I FEEL, FEEL, FEEL about My Step-Family
- I FEEL, FEEL, FEEL about My Parents' Divorce
- I FEEL, FEEL, FEEL about My Foster Home

All Quantities	\$47.95 per set
GSA Pricing Available	



MAN-18031 Missing You Picture Frame Magnet

Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (Heart pop-out is 3" x 3 1/2").

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$59.99 per pack
15-29 Packs	\$56.99 per pack
30-49 Packs	\$53.99 per pack
50+ Packs	\$50.99 per pack

GSA Pricing Available

MAN-18032 Honor Picture Frame Magnet

Honor your loved ones and keep them close to your heart with this new flexible picture frame. This magnet frame is perfect for service personnel and their families to keep them connected while apart. They'll be a constant reminder of your loved ones and are great on refrigerators, desks, or any metallic surface. 5" x 7" (pop-out is 2" x 3 1/2").

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$59.99 per pack
15-29 Packs	\$56.99 per pack
30-49 Packs	\$53.99 per pack
50+ Packs	\$50.99 per pack

GSA Pricing Available



MAN-382728 My Mommy Fights for Freedom Coloring & Activity Book

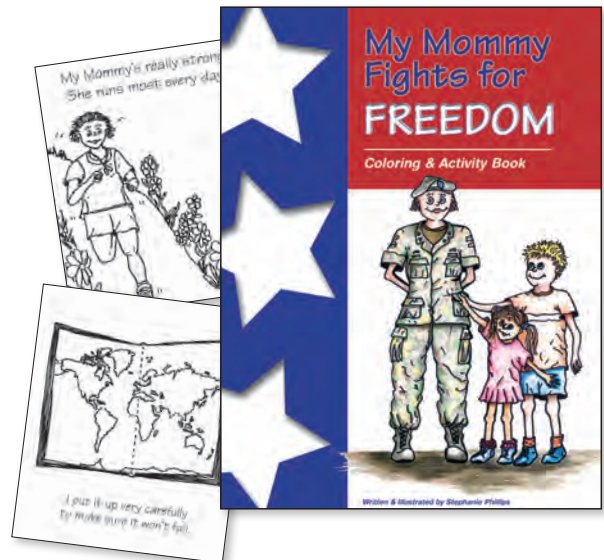
This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose mothers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of servicewomen. 16-pages, 8 1/2" x 11".

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 25 of same title.

1-5 Packs	\$42.25 per pack
6-10 Packs	\$39.75 per pack
11+ Packs	\$37.25 per pack

GSA Pricing Available



MAN-337699 My Daddy Fights for Freedom Coloring & Activity Book

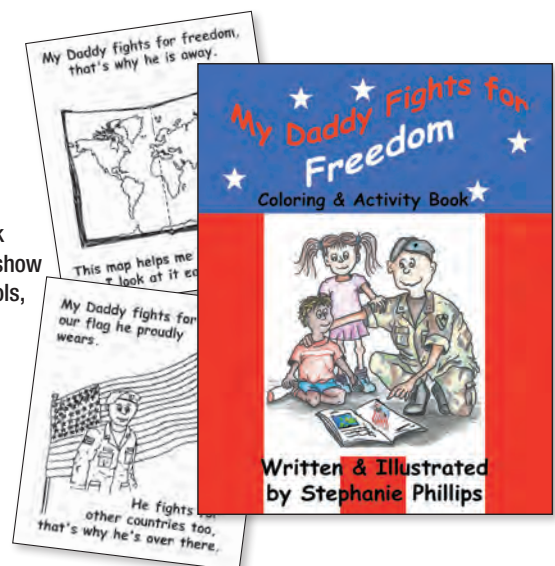
This engaging coloring, activity, and rhyming storybook is a great source of solace and support for military children whose fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, this storybook offers suggestions of things kids can do that will bring them comfort and show their support for their parent. This book is perfect for family centers, schools, child-care facilities, and families of servicemen. 16-pages, 8 1/2" x 11".

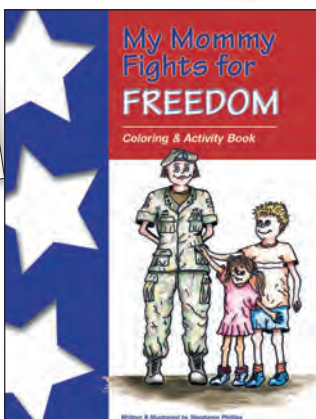
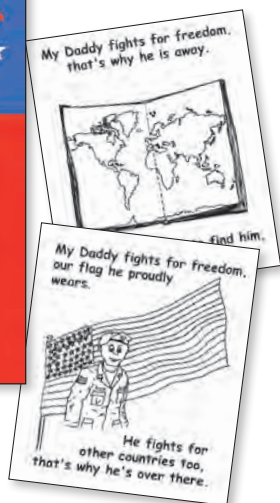
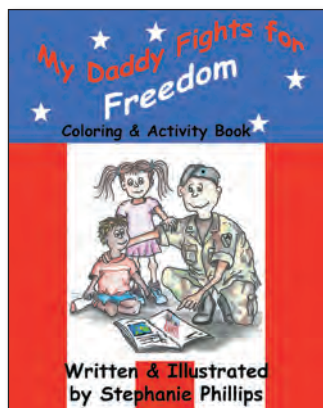
ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 25 of same title.

1-5 Packs	\$42.25 per pack
6-10 Packs	\$39.75 per pack
11+ Packs	\$37.25 per pack

GSA Pricing Available





MAN-383226

Set of Coloring & Activity Books

These engaging coloring, activity, and rhyming storybooks are a great source of solace and support for military children whose mothers and fathers may be serving their country far from home. Gently touching on the feelings that children experience when a parent leaves home to fight for freedom, these storybooks offer suggestions of things kids can do that will bring them comfort and show their support for their parent. These storybooks are perfect for family centers, schools, child-care facilities and families of service men and women. 16-pages, 8 1/2" x 11".

Set includes:

- 1 Pack (25 books) of My Mommy Fights for Freedom
- 1 Pack (25 books) of My Daddy Fights for Freedom

ACTIVITY BOOK SET Quantity Discount Pricing

1-5 Sets	\$69.95 per set
6-10 Sets	\$65.95 per set
11+ Sets	\$62.95 per set

GSA Pricing Available

MAN-3WR10101

Stay-in-Touch Letter Writing Kit

Makes Family Writing to Deployed Members Fun and Easy

- 27-Piece Kit even includes a letter writing tip sheet
- Packaged in a waterproof, handy travel pouch
- Features 4-color sticker sheets with positive messages

Since staying in touch is so important, we make it as easy as possible for you. Kit includes everything you need: 2 four-color sticker sheets, 2 writing pads, 20 envelopes, a writing tip sheet, pen, and a waterproof pouch.

STAY-IN-TOUCH LETTER WRITING KIT Quantity Discount Pricing

1-249	\$6.99 each
250-499	\$6.49 each
500+	\$5.99 each

GSA Pricing Available



MAN-2090

I'm A Proud Military Child Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

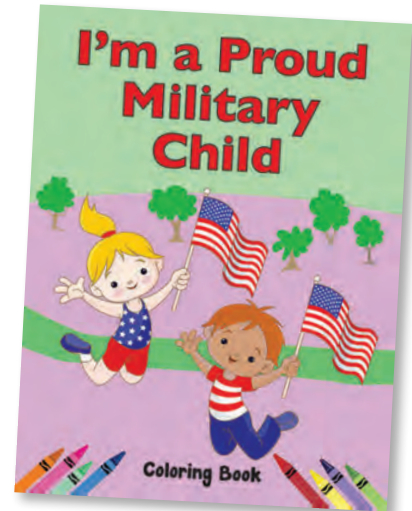
Sold in packs of 50 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available



MAN-2091

My Military Family Makes A Difference Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

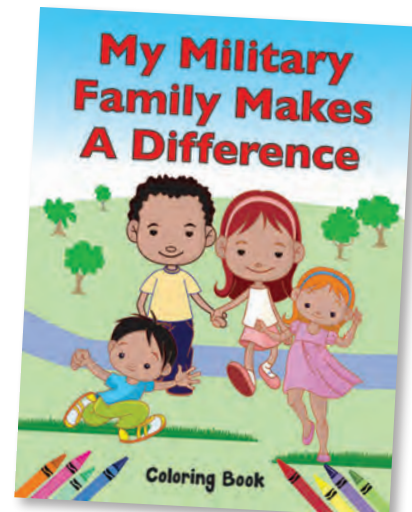
Sold in packs of 50 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available



MAN-2092

My Parent is Going Away Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

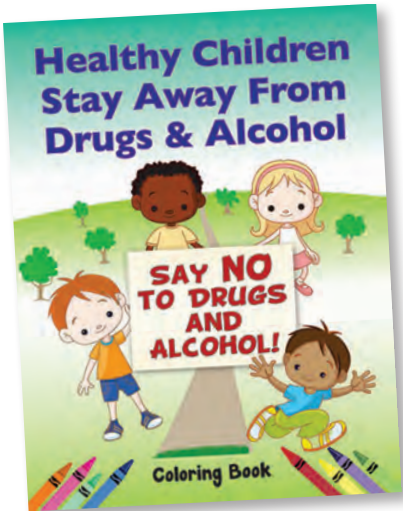
1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available





MAN-2093
Healthy Children Stay Away From Drugs and Alcohol Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2094
My Parent is Coming Home Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2095
My New Home Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

MAN-2096

My Parent is in the Military Coloring Book

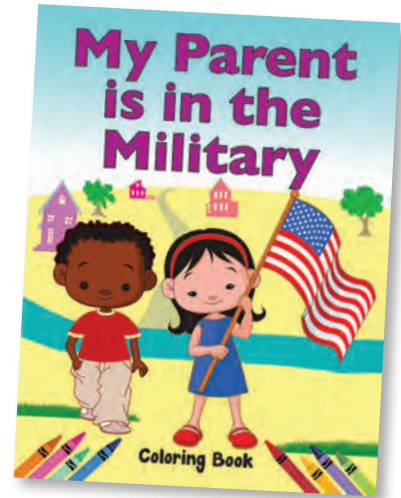
This coloring book offers a positive message about military life. Colorful 8 1/2" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2097

My New School Coloring Book

This coloring book offers a positive message about military life. Colorful 8 1/2" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2098A

Color Me Coloring Books Set

Each coloring book offers a positive message about military life. Colorful 8 1/2" x 11" books include 8 pages of coloring fun with age-appropriate graphics. Ages 3-6. Set includes one pack (50 coloring books) each of the following 8 titles (400 books in all):

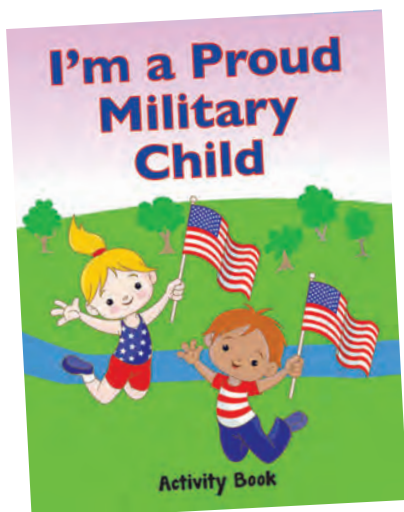
- I'm A Proud Military Child
- My Military Family Makes a Difference
- My Parent is Going Away
- Healthy Children Stay Away From Drugs and Alcohol
- My Parent is Coming Home
- My New Home
- My Parent is in the Military
- My New School

COLORING BOOK SET Quantity Discount Pricing

1-9 Sets	\$219.99 per set
10-19 Sets	\$199.99 per set
20+ Sets	\$189.99 per set

GSA Pricing Available





MAN-2099

I'm A Proud Military Child Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

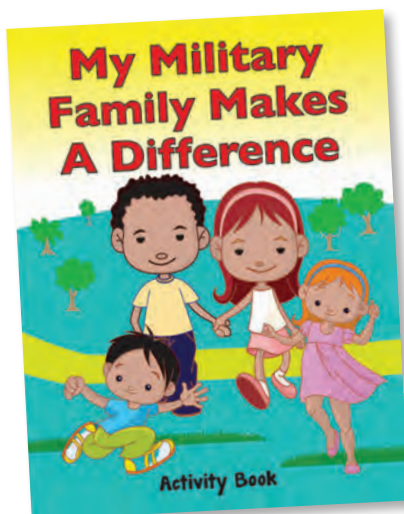
Sold in packs of 50 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available



MAN-2100

My Military Family Makes A Difference Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available



MAN-2101

My Parent is Going Away Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs \$29.99 per pack

25-49 Packs \$27.99 per pack

50+ Packs \$25.99 per pack

GSA Pricing Available

MAN-2102

Healthy Children Stay Away From Drugs and Alcohol Activity Book

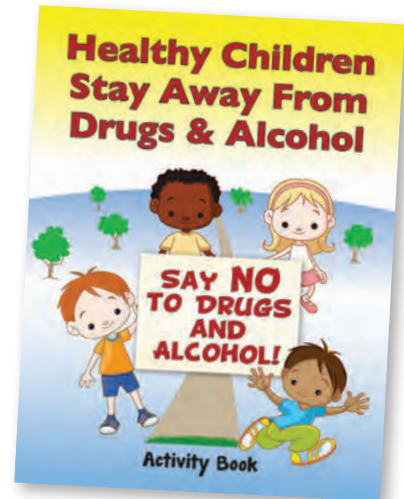
This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2103

My Parent is Coming Home Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-2104

My New Home Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

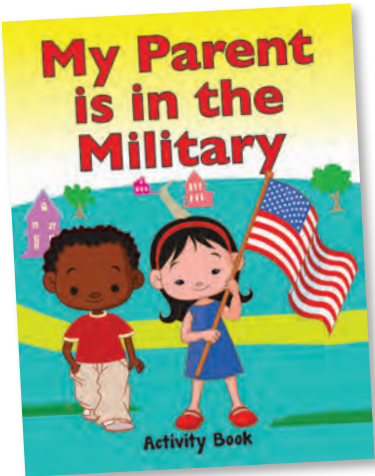
ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

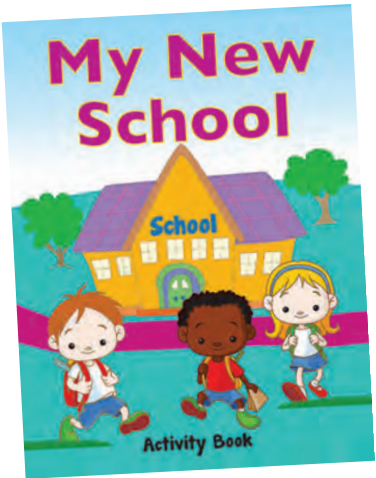




MAN-2105
My Parent is in the Military Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing	
Sold in packs of 50 of same title.	
1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack
GSA Pricing Available	



MAN-2106
My New School Activity Book

This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing	
Sold in packs of 50 of same title.	
1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack
GSA Pricing Available	



MAN-2107A
My Military Activity Books Set

These activity books are filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 1/2" x 11" books include activities with age-appropriate graphics. Ages 5-11. Set includes one pack (50 activity books) each of the following 8 titles (400 books in all):

- I'm A Proud Military Child
- My Military Family Makes a Difference
- My Parent is Going Away
- Healthy Children Stay Away From Drugs and Alcohol
- My Parent is Coming Home
- My New Home
- My Parent is in the Military
- My New School

ACTIVITY BOOK SET Quantity Discount Pricing	
1-9 Sets	\$219.99 per set
10-19 Sets	\$199.99 per set
20+ Sets	\$189.99 per set
GSA Pricing Available	

MAN-1324

"Proud to be a Military Kid" Dog Tags

These patriotic dog tags make a unique gift to celebrate the Month of the Military Child in April or for any special event. The 1 1/8" x 2 1/4" dog tag comes on a 24" chain. Sold in packs of 10. This product contains small pieces and is not for children 3 and under.

All Quantities	\$16.95 per pack
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MAN-352493

Proud to Be a Military Kid Teddy Bear

Our low-cost 7" cuddly sitting bear makes a great gift or prize for special youngsters. Each bear is dressed in a T-shirt with our "Proud to Be a Military Kid!" logo on the front. This product contains small pieces and is not for children 3 and under.

All Quantities	\$4.95 each
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MAN-18024

Military Family 12- Month Deployment Calendar for Kids

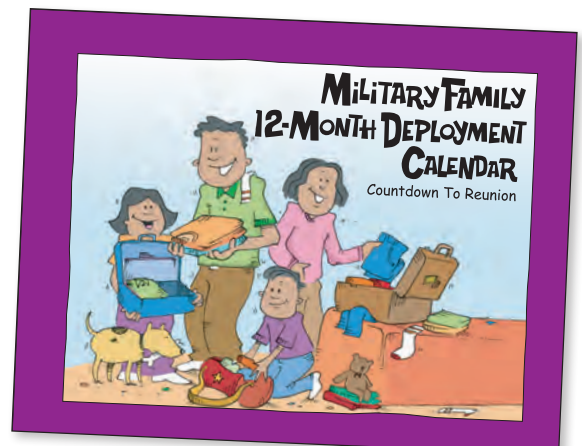
Helps families plan a year at-a-glance. Flexible format includes helpful hints and positive activities. 16-pages, 8 1/2" x 11".

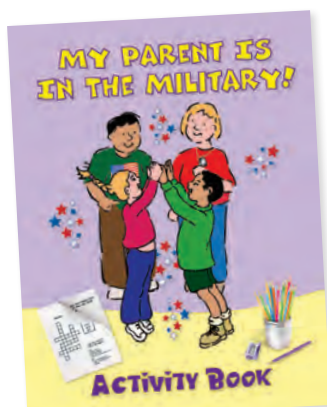
12-MONTH CALENDAR Quantity Discount Pricing

Sold in packs of 50.

1-24 Packs	\$32.99 per pack
25-49 Packs	\$29.99 per pack
50+ Packs	\$27.99 per pack

GSA Pricing Available





This product available in Spanish

MAN-1680

My Parent is in the Military Activity Book

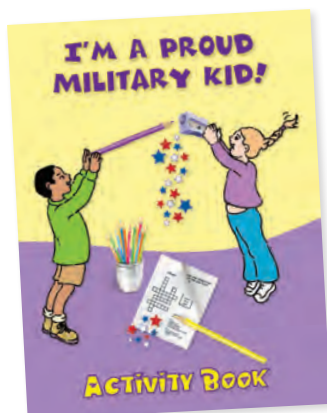
This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-1681

I'm A Proud Military Kid Activity Book

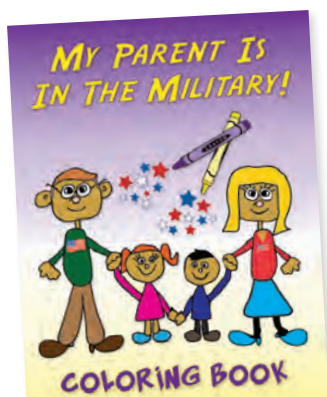
This activity book is filled with fun-to-do activities that teach important lessons. Helps children express their feelings with parents and caregivers. Colorful 8 ½" x 11" book includes activities with age-appropriate graphics. Ages 5-11.

ACTIVITY BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



This product available in Spanish

MAN-1678

My Parent is in the Military Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available



MAN-1679

I'm A Proud Military Kid Coloring Book

This coloring book offers a positive message about military life. Colorful 8 ½" x 11" book includes 8 pages of coloring fun with age-appropriate graphics. Ages 3-6.

COLORING BOOK Quantity Discount Pricing

Sold in packs of 50 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$27.99 per pack
50+ Packs	\$25.99 per pack

GSA Pricing Available

MAN-390648

"Proud to be a Military Kid" Silicone Bracelet

These red, white and blue bracelets are the perfect, low-cost giveaway. Kids love them and the message of pride they send. Sold in packs of 10.



All Quantities	\$9.95 per pack
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MAN-1632R

Yellow Ribbon Student Kit

Now, everyday student necessities are available with our great Yellow Ribbon slogan. Conveniently packaged in a clear zippered pouch, this kit includes 2 pencils, eraser, pencil sharpener, ruler, and crayons. This pouch fits into most three-ring binders. 9" x 6"



STUDENT KIT Quantity Discount Pricing	
1-99	\$3.00 each
100-499	\$2.75 each
500+	\$2.35 each
GSA Pricing Available	

MAN-2059A

Children's Program Kit

Includes:

- 20 Proud to be a Military Kid Silicone Bracelets
- 20 Proud to be a Military Kid Dog Tags
- 25 Proud to be a Military Kid Teddy Bears
- 50 I'm A Proud Military Kid! Coloring Books
- 50 I'm A Proud Military Kid! Activity Books
- 100 Boxes of 4 Standard Non-Toxic Crayons

Packed in a convenient box.

This product contains small pieces and is not for children 3 and under.



All Quantities	\$229.99 per kit
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Drug Prevention



MAN-2054A Substance Abuse Prevention Program Kit

Includes:

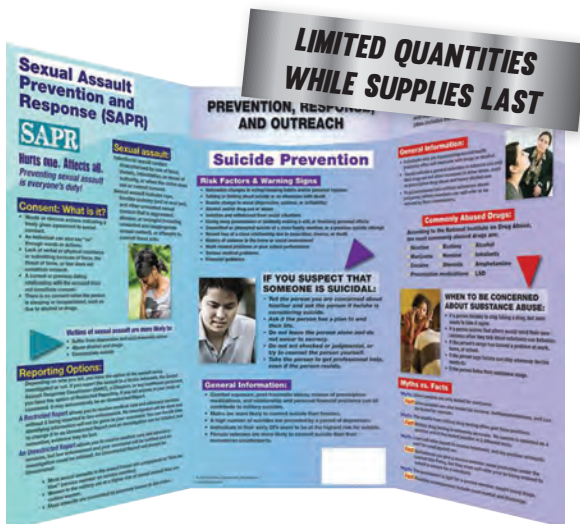
- 25 Facts About Drug Use Banner Pens
- 25 Preventing Alcohol & Drug Abuse Handy Hints
- 25 Alcohol Prevention Info Slides
- 25 Drug Prevention Info Slides
- 20 Preventing Substance Abuse Flip Tips
- 1 Face The Facts: Drug Prevention Pamphlet Series (19 topics, 25 pamphlets on each topic, a total of 475 pamphlets)

Packed in a convenient box.

Warning: The banner pens are not for use by children.

All Quantities

\$329.99 per kit



MAN-2048 Prevention, Response, and Outreach Display Board

This Display Board focuses on prevention, response, and outreach of three major issues: sexual assault, suicide, and substance abuse. 3 panels of 11 1/4" x 22 1/2". Discusses:

- Reporting options for those who have been sexually assaulted
- Risk factors and warning signs for suicide prevention
- Myths vs. facts about substance abuse

All Quantities

SALE! \$49.99 each



MAN-370901 Hugs are Better than Drugs Teddy Bear

Our low-cost 7" cuddly sitting bear makes a great gift or prize for special youngsters. Each bear is dressed in a T-shirt with our "Hugs are Better than Drugs!" logo on the front. This product contains small pieces and is not for children 3 and under.

All Quantities

\$4.95 each

MAN-1407

Facts About Alcohol Use Banner Pen

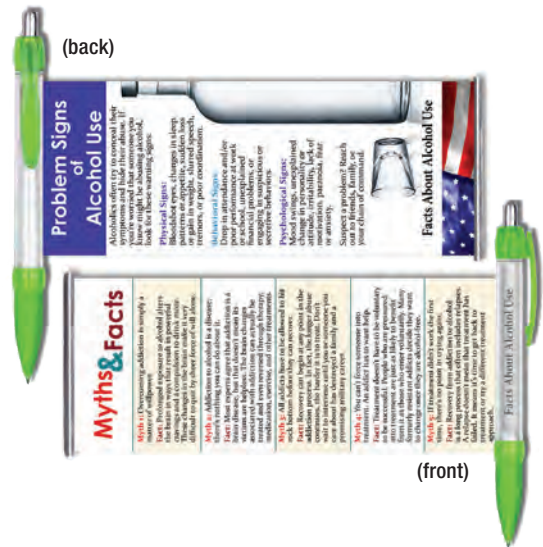
This Banner Pen focuses on facts about alcohol use.

WARNING: This pen is not for use by children. Discusses:

- Warning signs of alcohol abuse
- Myths and facts about alcohol addiction

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each



MAN-1408

Preventing Alcohol & Drug Abuse Handy Hint

This Handy Hint is a wallet-sized guide that folds to the size of a playing card and focuses on preventing alcohol and drug abuse. 3 1/2" x 2 1/2". Discusses:

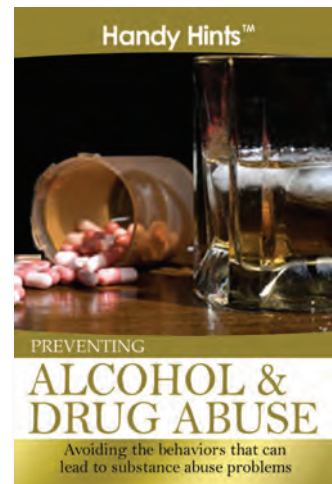
- Commonly abused drugs
- Abuse facts and myths
- Reasons for abuse
- Drug and alcohol abuse resources

HANDY HINT Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$9.95 per pack
25-49 Packs	\$8.95 per pack
50+ Packs	\$7.50 per pack

GSA Pricing Available



MAN-1776

Preventing Substance Abuse Pocket Flip Tips

The format is extremely reader-friendly with easy-to-flip tabs directing the reader to the answer he or she needs in a flash. This Flip Tips book focuses on preventing substance abuse. 16-pages, 3 1/2" x 5 1/2". Discusses:

- Risk factors
- Prescription drug abuse
- Substance abuse treatment

POCKET FLIP TIPS Quantity Discount Pricing

Sold in packs of 10 of same title.

1-24 Packs	\$39.99 per pack
25-99 Packs	\$34.99 per pack
100+ Packs	\$29.99 per pack

GSA Pricing Available



Drug Prevention



MAN-1920

Alcohol Prevention Military Info Slide

This Military Info Slide focuses on alcohol prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

- Educating yourself
- Getting help to quit
- Planning ahead

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1921

Drug Prevention Military Info Slide

This Military Info Slide focuses on drug prevention. Just pull the insert within the slide and as you align the insert with various bullet points a more detailed description will be given in the rectangular window. Insert is double-sided, and the back of the slide also contains facts/tips to get you the most information possible. 8 1/2" x 3 3/4". Discusses:

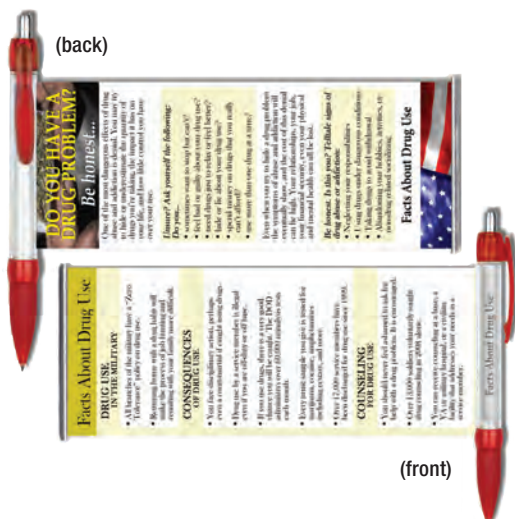
- Drugs and the military
- Self-medicating
- Abusing prescription drugs
- Ways to quit

MILITARY INFO SLIDE Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$24.95 per pack
25-49 Packs	\$23.95 per pack
50-99 Packs	\$21.95 per pack
100+ Packs	\$20.95 per pack

GSA Pricing Available



MAN-1406

Facts About Drug Use Banner Pen

This Banner Pen focuses on facts about drug use.

WARNING: This pen is not for use by children. Discusses:

- Drug use in the military
- Consequences of drug use
- How to determine if you have a drug problem

BANNER PEN Quantity Discount Pricing

1-249	\$1.85 each
250-499	\$1.50 each
500-999	\$1.45 each
1000-2499	\$1.20 each
2500+	\$1.05 each

MAN-1447 Recognizing and Preventing Alcohol Abuse Workbook

This workbook helps military families cope with and overcome the unique changes and challenges that affect their day-to-day lives as well as their future. This workbook focuses on recognizing and preventing alcohol abuse. 16-pages, 8 ½" x 11". Discusses:

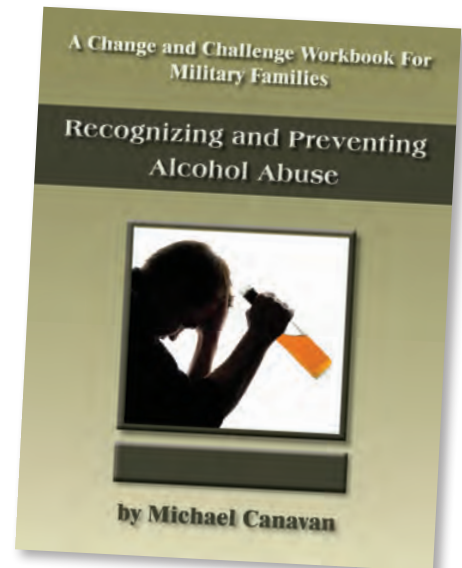
- Myths and facts of alcohol addiction
- Risk factors that increase vulnerability
- Recognizing triggers

WORKBOOK Quantity Discount Pricing

Sold in packs of 10 of same title.

1-99 Packs	\$24.95 per pack
100+ Packs	\$22.95 per pack

GSA Pricing Available



MAN-3BK10525 Drug Addiction And Its Prevention Booklet

Written by expert military counselors, this easy-read booklet guides military families through the many challenges of military life. This booklet focuses on drug addiction. 16-pages, 5 ½" x 8 ½". Discusses:

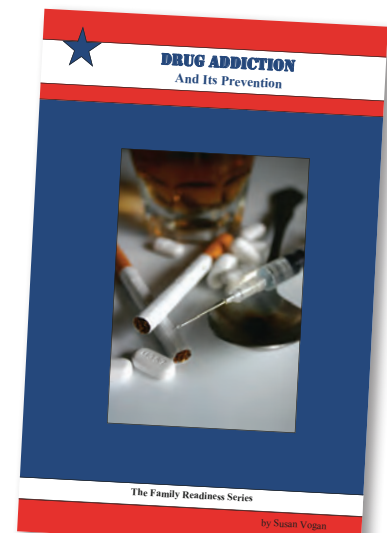
- Common questions about drug addiction
- Recognizing drug addiction in a family member or friend
- Treatment

BOOKLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$29.99 per pack
25-49 Packs	\$26.99 per pack
50-99 Packs	\$23.99 per pack
100+ Packs	\$21.99 per pack

GSA Pricing Available



Digital version available. See page 184

MAN-3MG10725 10 Smart Ways to Say No to Drugs Magnet

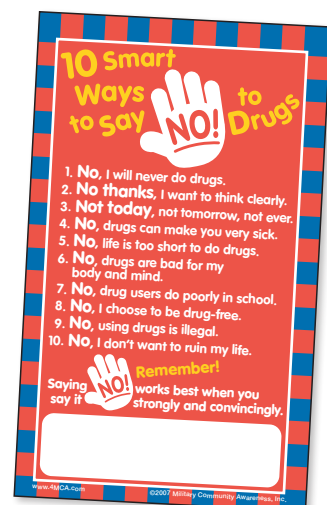
This magnet is perfect for hanging on metal desks, refrigerators, file cabinets, etc. This magnet focuses on ways to say No! to drugs. 3" x 5".

MAGNET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-14 Packs	\$17.99 per pack
15-29 Packs	\$16.99 per pack
30-49 Packs	\$15.99 per pack
50+ Packs	\$14.99 per pack

GSA Pricing Available





MAN-1757

Spice Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Spice" is
- What the effects are of using "Spice"
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32101

Alcohol Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Alcohol is
- What the effects are of using Alcohol
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32102

Tobacco Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Tobacco is
- What the effects are of using Tobacco
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available

MAN-32099

Over-The-Counter Drugs Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

- What Over-the-Counter Drugs are
- What the effects are of using Over-the-Counter Drugs
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-1931

Bromo-Dragonfly Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

- What "Bromo-Dragonfly" is
- What the effects are of using "Bromo-Dragonfly"
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-1756

Salt Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

- What "Salt" is
- What the effects are of using "Salt"
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available





MAN-32106 OxyContin Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

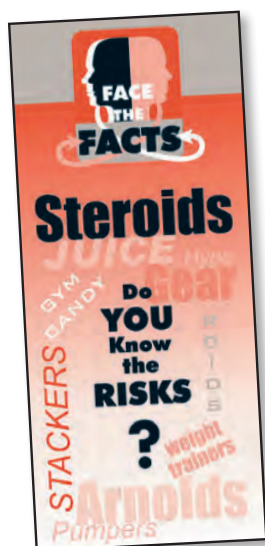
- What OxyContin is
- What the effects are of using OxyContin
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32107 Steroids Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Steroids are
- What the effects are of using Steroids
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32108 Club Drugs Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Club Drugs are
- What the effects are of using Club Drugs
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available

MAN-32103

Marijuana Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

- What Marijuana is
- What the effects are of using Marijuana
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32104

MDMA/Ecstasy Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

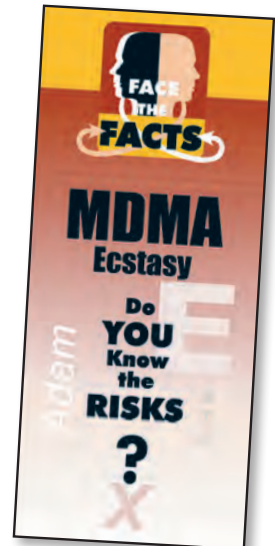
- What MDMA/Ecstasy is
- What the effects are of using MDMA/Ecstasy
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32105

GHB, Ketamine, and Rohypnol Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use.

Handy, tri-fold format for fast-reference. Discusses:

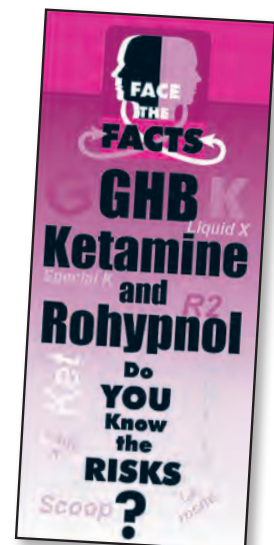
- What GHB/Ketamine/Rohypnol is
- What the effects are of using GHB/Ketamine/Rohypnol
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available





MAN-32112 LSD Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What LSD is
- What the effects are of using LSD
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32113 Inhalants Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Inhalants are
- What the effects are of using Inhalants
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32114 Cocaine Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Cocaine is
- What the effects are of using Cocaine
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available

MAN-32109

Methamphetamines Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Methamphetamines are
- What the effects are of using Methamphetamines
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32110

Heroin Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What Heroin is
- What the effects are of using Heroin
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-32111

Painkillers and Depressants Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

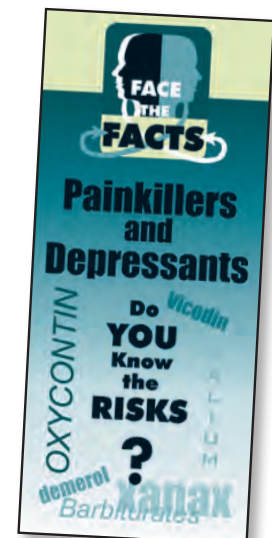
- What Painkillers and Depressants are
- What the effects are of using Painkillers and Depressants
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available





MAN-32116 Cheese Pamphlet

Quick-read, fact-filled pamphlet, expertly written to appeal to today's youth. Pinpoints the dangers and consequences of illegal drug use. Handy, tri-fold format for fast-reference. Discusses:

- What "Cheese" is
- What the effects are of using "Cheese"
- Why you should say no

PAMPHLET Quantity Discount Pricing

Sold in packs of 25 of same title.

1-24 Packs	\$12.95 per pack
25-49 Packs	\$11.95 per pack
50-99 Packs	\$10.95 per pack
100+ Packs	\$10.50 per pack

GSA Pricing Available



MAN-1932A Face The Facts: Drug Prevention Pamphlet Set

Now you can have a complete, low-cost library covering the most-used, most-abused drugs today. It's an indispensable resource for any prevention program. These pamphlets are fact-filled and expertly written to appeal to today's youth. The age-appropriate material is suitable for middle school and teenage students.

All pamphlets include references to helpful websites and treatment resources. Handy, tri-fold format for fast-reference.

- Bromo-Dragonfly
- Salt
- Spice
- Alcohol
- Tobacco
- Marijuana
- MDMA/Ecstasy
- GHB, Ketamine, and Rohypnol
- OxyContin
- Steroids
- Club Drugs
- Methamphetamines
- Heroin
- Painkillers and Depressants
- LSD
- Inhalants
- Cocaine
- Cheese
- Over-the-Counter Drugs

PAMPHLET SET Quantity Discount Pricing

Set includes 1 pack (25 pamphlets) each of 19 titles (475 pamphlets).

1-9 Sets	\$179 per set
10-19 Sets	\$169 per set
20+ Sets	\$159 per set

GSA Pricing Available

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Digital Products

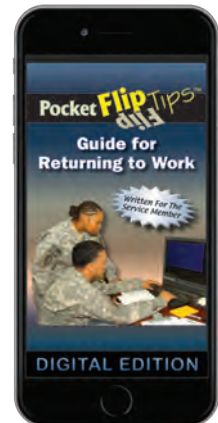
MAN-DIG1396

Guide for Returning to Work Digital Flip Tips

This digital Flip Tips book focuses on returning to work. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- USERRA
- Keeping in touch with your workplace while deployed
- Returning to work after deployment

All Quantities	\$4.99 each
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MAN-DIG1456

Clear Communication Digital Flip Tips

This digital Flip Tips book focuses on clear communication. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Body language
- How to get your point across
- Active listening
- Speaking in front of others

All Quantities	\$4.99 each
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MAN-DIG1457

Answering Your Questions About PTSD Digital Flip Tips

This digital Flip Tips book focuses on PTSD. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- PTSD and its causes
- Talking about PTSD
- Helping loved ones deal with PTSD

All Quantities	\$4.99 each
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MAN-DIG1458

Answering Your Questions About TBI Digital Flip Tips

This digital Flip Tips book focuses on traumatic brain injury. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Signs and symptoms
- Finding qualified medical professionals
- Tips for family and friends

All Quantities	\$4.99 each
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MAN-DIG1392
Being Financially Alert Digital Flip Tips

This digital Flip Tips book focuses on being financially alert. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Stable income
- General financial tips
- Saving strategies
- Identity theft

All Quantities	\$4.99 each
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MAN-DIG1393
You and Your Family Readiness Group Digital Flip Tips

This digital Flip Tips book focuses on you and your family readiness group. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- How to utilize your FRG effectively
- FRG leaders
- Family members

All Quantities	\$4.99 each
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MAN-DIG1394
Essential Resources At Your Fingertips Digital Flip Tips

This digital Flip Tips book focuses on essential resources. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Education
- Searching for employment
- Physical and mental health services

All Quantities	\$4.99 each
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MAN-DIG1395
6 Issues to Discuss Before Deployment Digital Flip Tips

This digital Flip Tips book focuses on the six issues to discuss before deployment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- OPSEC
- Block leave and R&R
- Personality changes
- Staying connected
- Trust and relationship issues
- Dealing with stress

All Quantities	\$4.99 each
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MAN-DIG1733

Dealing with Divorce Digital Flip Tips

This digital Flip Tips book focuses on dealing with divorce. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Money management
- Children
- Infidelity

All Quantities	\$4.99 each
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MAN-DIG1734

Preventing Sexual Harassment & Assault Digital Flip Tips

This digital Flip Tips book focuses on preventing sexual harassment and assault. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Actions and behaviors that can be perceived as sexual harassment
- The "costs" of sexual harassment
- Reporting sexual harassment
- Protecting yourself from sexual assault

All Quantities	\$4.99 each
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MAN-DIG1461

Barely Married: Navigating the First Years of a Military Marriage Digital Flip Tips

This digital Flip Tips book focuses on navigating the first years of a military marriage. Discusses:

- Deployments and reunions
- General military knowledge
- Advice on support groups

All Quantities	\$4.99 each
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MAN-DIG1777

Tools & Techniques for Anger Management Digital Flip Tips

This digital Flip Tips book focuses on tools and techniques for anger management. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- What triggers anger
- Recognizing signs of uncontrollable anger
- Expressing anger
- Anger management tips

All Quantities	\$4.99 each
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MAN-DIG1672
Recruiting for Resiliency Digital Flip Tips

This digital Flip Tips book focuses on military recruitment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Information parents should know
- Facts about recruiting
- What to expect after signing

All Quantities
\$4.99 each

MAN-DIG1673
Easing the Relocation Process Digital Flip Tips

This digital Flip Tips book focuses on easing the relocation process. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Helping children adjust to the move
- Protecting your property
- Easing your packing
- Permanent change of station checklist

All Quantities
\$4.99 each

MAN-DIG1675
Military Etiquette and Protocol Digital Flip Tips

This digital Flip Tips book focuses on military etiquette and protocol. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- The order of precedents
- Proper conduct at events
- Dos and don'ts of flag display

All Quantities
\$4.99 each

MAN-DIG1732
Wounded Warriors and Handling Grief & Loss Digital Flip Tips

This digital Flip Tips book focuses on wounded warriors and handling grief and loss. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Dealing with injury
- The grief process
- Telling a child about death

All Quantities
\$4.99 each

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Digital Products

MAN-DIG1460

Stress Management Digital Flip Tips

This digital Flip Tips book focuses on stress management. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Symptoms of high stress
- Relaxation tips
- How to lower stress levels by maintaining proper eating habits and exercise

All Quantities	\$4.99 each
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MAN-DIG1731

Suicide Prevention Digital Flip Tips

This digital Flip Tips book focuses on suicide prevention. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Military suicide statistics
- Warning signs
- Risk factors
- How to help someone else

All Quantities	\$4.99 each
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MAN-DIG1399

25 Proven Ways to Stay Connected with Your Special Loved One Digital Flip Tips

This digital Flip Tips book focuses on staying connected with your special loved one. Discusses 25 different activities and tips for you to use for keeping in touch, such as writing, phone conversations, date night, and more. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

All Quantities	\$4.99 each
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MAN-DIG1772

Reintegration for Spouses Digital Flip Tips

This digital Flip Tips book focuses on reintegration for spouses. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Understanding your military member's recent experiences
- Anticipating the return of your spouse
- Healthy reconnection

All Quantities	\$4.99 each
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MAN-DIG1459
**Reintegration for Children by Age Groups
Digital Flip Tips**

This digital Flip Tips book focuses on reintegration for children. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- How to tell children that their parent is coming home
- What to expect from children after returning home
- How to reconnect with your children

All Quantities

\$4.99 each


MAN-DIG1773
Reintegration for Parents Digital Flip Tips

This digital Flip Tips book focuses on reintegration for parents. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Understanding your military member's recent experiences
- Anticipating the return of your son or daughter
- Healthy reconnection

All Quantities

\$4.99 each


MAN-DIG1774
**Reintegration for Service Members Digital
Flip Tips**

This digital Flip Tips book focuses on reintegration for service members. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Taking care of yourself
- Changes due to separation
- Reconnecting with your spouse
- Reconnecting with your children

All Quantities

\$4.99 each


MAN-DIG1775
Budget Planning Digital Flip Tips

This digital Flip Tips book focuses on budget planning. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Family budgets
- Decreasing your expenses
- Saving money
- Credit rating and reports

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MAN-DIG1778

Coping with Anxiety Digital Flip Tips

This digital Flip Tips book focuses on coping with anxiety. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Generalized anxiety disorder and its symptoms
- Developing coping skills
- Myths and facts

All Quantities	\$4.99 each
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MAN-DIG1779

Coping with Depression Digital Flip Tips

This digital Flip Tips book focuses on coping with depression. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Causes of depression
- Overcoming depression
- Habits of depression
- Myths and facts

All Quantities	\$4.99 each
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MAN-DIG1866

Filing for VA Health Benefits Digital Flip Tips

This digital Flip Tips book focuses on filing for VA health benefits. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Applying for benefits
- Dental
- Copayments
- Other benefits

All Quantities	\$4.99 each
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MAN-DIG1867

Surviving Spouse and Dependents Benefits Death in Service Digital Flip Tips

This digital Flip Tips book focuses on surviving spouse and dependents benefits. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Casualty assistance officers
- Memorial services and funerals
- Legal assistance office
- Dependency indemnity compensation

All Quantities	\$4.99 each
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MAN-DIG1674

The Top Deployment Issues For Children (From The Children) Digital Flip Tips

This digital Flip Tips book focuses on the top deployment issues for children. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Depression
- Self-esteem issues
- Worrying about parents' safety
- Others' opinions

All Quantities

\$4.99 each


MAN-DIG1397

25 Proven Ways to Stay Connected With Children and Teens Digital Flip Tips

This digital Flip Tips book focuses on staying connected with children and teens. Discusses 25 different activities and tips for you to use for keeping in touch with your children and teens. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

All Quantities

\$4.99 each


MAN-DIG1455

Coming Home: Reconnection Strategies Digital Flip Tips

This digital Flip Tips book focuses on reconnection strategies when coming home from deployment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Preparing for homecoming for the family
- Intimacy
- Getting back into routines
- Transition tips for the service member

All Quantities

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MAN-DIG1398

25 Proven Ways to Stay Connected with Extended Family, Friends, and Community Digital Flip Tips

This digital Flip Tips book focuses on staying connected with extended family, friends, and community. Discusses 25 different activities and tips for you to use for staying connected, such as community fundraisers, attending sporting events, and more. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

All Quantities

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MAN-DIG1872

Minority Veterans Digital Flip Tips

This digital Flip Tips book focuses on minority veterans. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- The center for minority veterans
- The advisory committee on minority veterans
- Minority veteran's program coordinators

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MAN-DIG1873

Filing for Disability Benefits Digital Flip Tips

This digital Flip Tips book focuses on filing for disability benefits. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Application process
- Filing a claim
- What to claim and how to represent it
- When to file

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MAN-DIG1874

Vocational Rehabilitation & Employment Digital Flip Tips

This digital Flip Tips book focuses on vocational rehabilitation and employment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Services eligibility
- Developing a plan
- Entitlement
- Coming home to work program

All Quantities	\$4.99 each
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MAN-DIG1875

Military Service Benefits Digital Flip Tips

This digital Flip Tips book focuses on military service benefits. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Applying for benefits
- Education benefits
- Employment services
- Disability

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MAN-DIG1868 Student Work Study Allowance Program Digital Flip Tips

This digital Flip Tips book focuses on the student work-study allowance program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Eligibility
- Factors for approval
- Applying
- Work available

All Quantities	\$4.99 each
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MAN-DIG1869 Compensated Work Therapy Program Digital Flip Tips

This digital Flip Tips book focuses on the compensated work therapy program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Services offered
- Dos and don'ts
- Benefits to companies

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MAN-DIG1870 Homeless Veterans Digital Flip Tips

This digital Flip Tips book focuses on homeless veterans. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- VA benefits and services
- VA programs
- Outside resources

All Quantities	\$4.99 each
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MAN-DIG1871 Women Veterans Digital Flip Tips

This digital Flip Tips book focuses on women veterans. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Services available
- Strategic health care
- Sexual trauma services
- Domestic violence

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MAN-DIG1876

TRICARE Benefits Digital Flip Tips

This digital Flip Tips book focuses on TRICARE. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Eligibility
- Enrollment
- Overview of TRICARE plans

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MAN-DIG1877

Survivors Benefits: Death After Service Digital Flip Tips

This digital Flip Tips book focuses on survivors benefits. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- How spouses & children can be eligible
- Applying for benefits
- Medical benefits

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MAN-DIG1878

Transitioning to Civilian Life Digital Flip Tips

This digital Flip Tips book focuses on transitioning to civilian life. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Creating a plan
- TAP resources
- Presenting your skills
- Going back to school

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MAN-DIG1879

Military Veterans and Unemployment Digital Flip Tips

This digital Flip Tips book focuses on military veterans and unemployment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Unemployment benefits
- Available services for finding work
- Finding help with expenses
- Resume skills

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NEW!

MAN-DIG2303

Soldier For Life Digital Flip Tips

This digital Flip Tips book focuses on Soldier For Life. Discusses:

- TAP
- SFL-TAP
- Getting a Job
- Small business and Entrepreneurship

All Quantities

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NEW!

MAN-DIG2304

Social Media & Your Job Search Digital Flip Tips

This digital Flip Tips book focuses on social media and your job search. Discusses:

- Blogging
- Facebook
- Twitter
- LinkedIn

All Quantities

\$4.99 each



NEW!

MAN-DIG2305

Networking Digital Flip Tips

This digital Flip Tips book focuses on networking. Discusses:

- Making a plan
- Setting goals
- Tone and etiquette
- Writing a letter

All Quantities

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NEW!

MAN-DIG2288

Your Next Job: Setting Goals Digital Flip Tips

This digital Flip Tips book focuses on setting goals for finding your next job. Discusses:

- Breaking down goals
- Getting help
- Making goals achievable

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MAN-DIG2289

Resumes and Cover Letters Digital Flip Tips

This digital Flip Tips book focuses on resumes and cover letters. Discusses:

- Getting started
- Types of resumes
- Outlining a resume
- Sample of resume and cover letter

All Quantities	\$4.99 each
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NEW!



MAN-DIG2302

Preparing for Job Interviews Digital Flip Tips

This digital Flip Tips book focuses on job interviews. Discusses:

- Attire
- Interview components
- Being prepared
- Being professional

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NEW!



MAN-DIG1880

Mental Health Issues and Services Digital Flip Tips

This digital Flip Tips book focuses on mental health issues and services. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Signs of mental health problems
- Finding care
- Treatment settings
- Common mental health problems

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MAN-DIG1687

Opportunities for Employers and Veterans Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Rules for re-employment
- Why an employer should hire or rehire a veteran
- Dos and don'ts

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MAN-DIG1683

Safety Awareness II: Travel, Identity, Scams, and Belongings Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses safety awareness in terms of:

- Traveling
- Identity
- Scams
- Belongings

All Quantities

\$4.99 each



MAN-DIG1690

Helpful Tips for Saving Time and Money Digital Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This digital booklet addresses tips for saving time and money.

All Quantities

\$4.99 each



MAN-DIG1692

You and the Media Digital Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This digital booklet addresses the media.

All Quantities

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MAN-DIG1693

Coping with an Injury or Loss Digital Booklet

The Yellow Ribbon Program Series is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This digital booklet addresses coping with an injury or loss. Discusses:

- Common reactions to a tragedy
- Coping skills
- Where to turn for assistance
- From fear to acceptance

All Quantities

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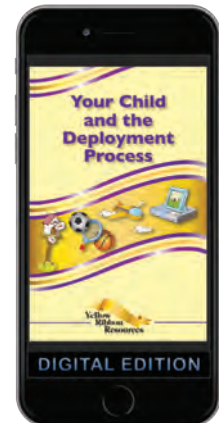
Your Child and the Deployment Process Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Pre-Deployment
- Homecoming
- Deployment

All Quantities

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MAN-DIG1688

Extended Family Members are Important: A Resource for Extended Families Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Care packages
- Tips for extended family members
- Dos and don'ts

All Quantities

\$4.99 each



MAN-DIG1689

Homecoming: Realistic Expectations for Couples Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Preparing for homecoming
- Homecoming
- Tips for homecoming
- Tips for a better relationship

All Quantities

\$4.99 each



MAN-DIG1682

Safety Awareness: A Guide to Safety in the Home Digital Booklet

The Yellow Ribbon Program Series is designed to help the service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. This digital booklet addresses safety in the home.

All Quantities

\$4.99 each




MAN-DIG1694
Parents and Grandparents of Single Service Members Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program.

Discusses:

- Information to know
- Dos and don'ts
- Care packages
- Opportunities for single service members

All Quantities

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MAN-DIG1695
Planning for Deployment Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program.

Discusses:

- Fun things to do pre-deployment
- Pre-deployment checklist
- Getting organized
- Extended families and pre-deployment

All Quantities

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MAN-DIG1696
Military Family Resources Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program.

Discusses:

- Children
- Permanent change of station
- Support
- Entertainment

All Quantities

\$4.99 each


MAN-DIG1697
How Can a Chaplain Help? Digital Booklet

This digital booklet is designed to help service members and their families from pre-deployment through the Yellow Ribbon Reintegration Program. Discusses:

- Stress
- Family Matters
- Personal Struggles
- How you can benefit from the services of a chaplain

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MAN-DIG18007

Budgeting Digital Booklet

This booklet focuses on budgeting. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Necessity or luxury
- Developing a budget
- Planning ahead
- Debt consolidation

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MAN-DIG18008

Managing Expenses Digital Booklet

This booklet focuses on managing expenses. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Tips for cutting your expenses
- Compulsive shopping
- Extra money
- Involving family members

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MAN-DIG18009

Protection and Purchases Digital Booklet

This booklet focuses on protection and purchases. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Personal financial management
- Employment rights
- Military Lending Act
- Relief societies

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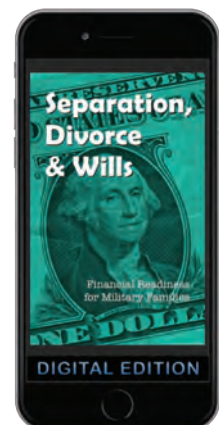
MAN-DIG18010

Separation, Divorce & Wills Digital Booklet

This Flip Tips book focuses on military veterans and unemployment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Working out a budget
- Decision making during separation
- Dividing property
- Child support

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MAN-DIG18011 Setting Goals Digital Booklet

This booklet focuses on setting goals. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Career goals
- Education goals
- Physical goals
- Family goals

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MAN-DIG18012 Taxes, Benefits & Investments Digital Booklet

This booklet focuses on taxes, benefits, and investments. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Record keeping
- When it's time to file
- Maintaining your home
- Investing your funds

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MAN-DIG3BK10125 Permanent Change of Station - PCS Move Digital Booklet

This booklet focuses on permanent change of station. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Family communication
- Organization
- Arrival in your new area

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MAN-DIG3BK10225 Positive Parenting - Parenting Tips for Military Parents Digital Booklet

This booklet focuses on parenting tips. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Parenting tips
- Remembering your needs
- Life changing experiences

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MAN-DIG3BK10725

Reunions and Reintegration Digital Booklet

This booklet focuses on setting goals. Online access, mobile ready, interactive content
This booklet focuses on reunions and reintegration. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Differing expectations for reunion
- Resolving conflicts
- Reintegration

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\$4.99 each



MAN-DIG3BK10825

Military Lingo, Time, and the LES Digital Booklet

This booklet focuses on military lingo, time, and the LES. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Branch specific lingo
- Phonetic alphabet
- Leave and earning statement

All Quantities

\$4.99 each



MAN-DIG3BK10925

Traditions and Protocol Digital Booklet

This booklet focuses on traditions and protocol. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Important situations that might be encountered
- How to handle important situations

All Quantities

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MAN-DIG3BK11025

Long Distance Relationships Digital Booklet

This booklet focuses on long distance relationships. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Effective communicating
- Activities to keep your relationship on track

All Quantities

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MAN-DIG3BK10325
Stress in the Military Family Digital Booklet

This booklet focuses on stress in the military family. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Acute stress
- Chronic stress
- Episodic stress
- Common questions about stress

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MAN-DIG3BK10425
Healthy Relationships for Military Families Digital Booklet

This booklet focuses on healthy relationships. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Respect
- Honesty
- Sacrifice
- Trust

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MAN-DIG3BK10525
Drug Addiction and its Prevention Digital Booklet

This booklet focuses on drug addiction and its prevention. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Common questions
- Recognizing drug addiction
- Treatment

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MAN-DIG3BK10625
Deployment Digital Booklet

This booklet focuses on deployment. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone.

Discusses:

- Five stages of reaction
- Making decisions and lists
- Planning things to do
- What not to do

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MAN-DIG3BK11125

Single Soldiers Digital Booklet

This booklet focuses on single soldiers. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Being single vs. being married
- Personal responsibilities
- Things to keep in mind while dating

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MAN-DIG3BK11225

Crisis, Grieving, and Coping Digital Booklet

This booklet focuses on crisis, grieving, and coping. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Emotional crisis
- 7 stages of grieving
- Recognizing physical ailments
- Coping

All Quantities	\$4.99 each
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MAN-DIG3BK11325

Volunteering, Leadership Skills, and Problem Solving Digital Booklet

This booklet focuses on volunteering, leadership skills, and problem solving. Online access, mobile ready, interactive content to use on your computer, tablet, and smartphone. Discusses:

- Benefits of volunteering
- Traits a good leader should have
- How to be a good problem solver

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MAN-DIG1740

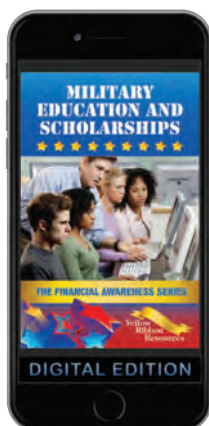
Veteran Discounts Digital Booklet

This digital booklet features information on veteran discounts. Some of the topics included are:

- Veterans Advantage Club
- Federal discounts
- State and local discounts
- Commercial discounts

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MAN-DIG1736
Military Education and Scholarships Digital Booklet

This digital booklet features information on education and scholarships. Some of the topics included are:

- Armed Forces Tuition Assistance
- College expenses
- The GI Bill

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MAN-DIG1737
Military Banking Digital Booklet

This digital booklet features information on military banking. Some of the topics included are:

- Savings accounts
- Online banking
- Checking accounts
- Your credit score

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MAN-DIG1738
Relationships and Finances Digital Booklet

This digital booklet features information on relationships and finances. Some of the topics included are:

- Communication and budgeting
- Balancing finances
- The spouse at home

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MAN-DIG1739
Military Discounts Digital Booklet

This digital booklet features information on discounts available to members of the military. Some of the topics included are:

- Federal discounts
- Local discounts
- State discounts
- Discount websites

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MAN-DIG2080

Preventing Domestic Violence Digital Booklet

The unique stresses that military families face can put them at risk for domestic violence. This digital booklet's suggestions for controlling temper and keeping a marriage healthy will help prevent violence.

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MAN-DIG2081

The Single Military Parent Digital Booklet

What happens when a single parent leaves for a tour of duty? How can the parent manage career and home responsibilities? This digital booklet offers specific suggestions to help single parents raise their children successfully.

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MAN-DIG2082

Parenting Your Grandchildren Digital Booklet

Stepping in for a parent who is deployed, incarcerated, or incapacitated due to drug use is a stressful and emotionally delicate situation. This digital booklet covers essential information about the feelings, legal and financial issues, and the resources available to cope with this situation.

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MAN-DIG2083

Coping with Post Traumatic Stress Disorder (PTSD) Digital Booklet

This wide-ranging digital booklet covers essential resources for the person suffering with PTSD and their family members. Here they will find information on the nature of PTSD, means of coping and places to find help and hope.

All Quantities

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MAN-DIG2076
Loss and Change Digital Booklet

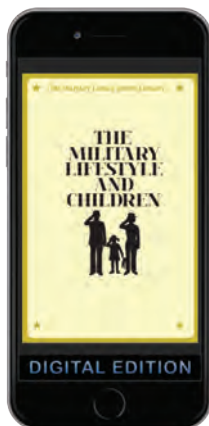
Change is a constant for children of military families and this digital booklet addresses ways to help them deal with it. Specific strategies for helping parents and children cope are presented.

All Quantities	\$4.99 each
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MAN-DIG2077
Managing Anger and Resolving Conflict Digital Booklet

Everyone becomes angry and faces conflict at times. This digital booklet discusses how military members and their families can better manage anger and conflict. It offers a seven-step method to resolving conflict before it escalates.

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MAN-DIG2078
The Military Lifestyle and Children Digital Booklet

How can parents help their children adapt to the special aspects of military life? This digital booklet explores ways to make the military lifestyle a positive experience.

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MAN-DIG2079
Preventing Child Abuse and Neglect Digital Booklet

This important digital booklet offers tips on how to identify abuse and neglect and instill self-esteem in children to help them avoid abusive situations. Risk factors specific to military families are reviewed.

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Building Strong and Happy Families Digital Booklet

This digital booklet explains six characteristics of strong families. It explores ways to meet challenges caused by either a change in the family or by external events.

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MAN-DIG2085

Effective Child Discipline Digital Booklet

Disciplining children can be more difficult for military parents because of their many separations. This digital booklet reviews the special needs of military families and children, and provides practical discipline techniques that work.

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MAN-DIG2086

Family Communication Digital Booklet

Families that communicate well are usually strong families, with a level of closeness and support that helps them survive crises. This digital booklet offers sound advice to improve family communication.

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MAN-DIG2087

Family Readiness Digital Booklet

Readiness is crucial to success for both service members and their families. This digital booklet offers help in planning for the inevitable separations, moves, and other experiences that military families face.

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CONTRACTOR'S ADMINISTRATION SOURCE: Sandy Collins

BUSINESS SIZE: Small

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5. POINT(S) OF PRODUCTION: USA

6. DISCOUNT FROM LIST PRICES: 6% basic discount

7. QUANTITY DISCOUNT(S): Orders of \$2500-\$3500 will receive an additional 1%; Orders of \$3500-\$4500 will receive an additional 1.5%; Orders of \$4500-\$5500 will receive an additional 2%; Orders over \$5500 will receive an additional 2.5%

8. PROMPT PAYMENT TERMS: Net 30

9.a Government Purchase Cards must be accepted at or below the micro-purchase threshold.

9.b Government Purchase Cards are accepted above the micro-purchase threshold

10. FOREIGN ITEMS: N/A

11a. TIME OF DELIVERY: 10 Days

11b. EXPEDITED DELIVERY: Contact Contractor

11c. OVERNIGHT AND 2-DAY DELIVERY: Contact Contractor

11d. URGENT REQUIREMENTS: Agencies can contact the Contractor's representative to effect a faster delivery. Customers are encouraged to contact the contractor for the purpose of requesting accelerated delivery.

12. FOB POINT: Origin

13a. ORDERING ADDRESS: 1 Huntington Quadrangle, Suite 1N03, Melville, NY 11747

13b. ORDERING PROCEDURES: For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPA's) are found in Federal Acquisition Regulation (FAR) 8.405-3

14. PAYMENT ADDRESS: 1 Huntington Quadrangle, Suite 1N03, Melville, NY 11747

15. WARRANTY PROVISION: SCW

16. EXPORT PACKING CHARGES: N/A

17. TERMS AND CONDITIONS OF GOVERNMENT PURCHASE CARD ACCEPTANCE: None

18. TERMS AND CONDITIONS OF RENTAL, MAINTENANCE, AND REPAIR (IF APPLICABLE): N/A

19. TERMS AND CONDITIONS OF INSTALLATION (IF APPLICABLE): N/A

20. TERMS AND CONDITIONS OF REPAIR PARTS INDICATING DATE OF PARTS PRICE LISTS AND ANY DISCOUNTS FROM LIST PRICES (IF AVAILABLE): N/A

20a. TERMS AND CONDITIONS FOR ANY OTHER SERVICES (IF APPLICABLE): N/A

21. LIST OF SERVICE AND DISTRIBUTION POINTS (IF APPLICABLE): N/A

22. LIST OF PARTICIPATING DEALERS (IF APPLICABLE): N/A

23. PREVENTIVE MAINTENANCE (IF APPLICABLE): N/A

24a. SPECIAL ATTRIBUTES SUCH AS ENVIRONMENTAL ATTRIBUTES (e.g. recycled content, energy efficiency, and/or reduced pollutants): N/A

24b. Section 508 Compliance for EIT: N/A

25. DUNS NUMBER: 783107050

26. Contractor has an active registration in the SAM database



MAIL:

MCA

1 Huntington Quadrangle

Suite 1No3

Melville, NY 11747



ONLINE:

www.4MCA.com

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Product #	Quantity	Description	Unit Price	Total Price	
STEP 2 Shipping And Handling Charges <i>(please check desired service)</i>					
Please Indicate Desired Service Below: <input type="checkbox"/> STANDARD DELIVERY: 10% - \$6.95 minimum shipping & handling on all orders in the Continental U.S. <input type="checkbox"/> SECOND DAY DELIVERY: 20% shipping and handling on all orders in the Continental U.S. (min. \$19.95) <i>(not guaranteed to Alaska, Puerto Rico, and Hawaii.)</i> <input type="checkbox"/> NEXT DAY DELIVERY: 25% shipping & handling on all orders in the Continental U.S. only. (min. \$29.95) <i>(Alaska, Hawaii, Puerto Rico, Virgin Islands, call for quote.)</i> <input type="checkbox"/> U.S. Postal Service: 20% includes service charge.			Subtotal		
			Shipping & Handling <i>(see Step 2)</i>		
			NY & PA Sales Tax		
			GRAND TOTAL		
STEP 3 Payment Method		STEP 4 Ship To			
<input type="checkbox"/> Check Enclosed <input type="checkbox"/> Charge VISA/MC (\$25 minimum order) <input type="checkbox"/> Charge American Express (\$25 minimum order) <input type="checkbox"/> Government Credit Card (\$25 minimum order) Card Account Number [][][][][][][][][][][][][][][][] Expiration Date [][]-[][] <i>Signature of Authorized Buyer</i> Credit Card Billing Address Name Address City State Zip <input type="checkbox"/> Bill Me (<i>Purchase Order # Required</i>) Purchase Order # Signature		Name Title			
		Institution			
		Address (<i>No P.O. Boxes</i>)			
		City		State	Zip
		Phone ()		Fax ()	
		E-mail Address			
		STEP 5 Bill to (<i>if different from Ship To</i>):			
		Name			
		Institution			
		Address		State	Zip
		City			
<input type="checkbox"/> Bill Me (<i>Purchase Order # Required</i>)		Phone ()		Fax ()	
Purchase Order #		Mail To: Military Community Awareness 1 Huntington Quadrangle, Suite 1N03, Melville, NY 11747			

Military Community Awareness

1 Huntington Quadrangle
Suite 1N03
Melville, NY 11747

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Step 2. Use the 28-Day Resiliency Diary

Step 3. Monitor Stress with Stress Feedback Card

See page 4 for more details.



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