

what it is: a great democratic nation with all the foibles, strengths, and diverse characteristics that make us unique.

Expect depression, anger, tears, acting out, withdrawal and resentment - from yourself and from other family members.

#### **Re-entry Activities:**

- try to establish a routine of sorts as soon as possible when you finally arrive at your Ottawa/Hull hotel
- get as much rest as possible
- pack in your accompanying baggage familiar comforting items for children; and a few for yourself as well
- leave lots of time for the care and nurture of children; if they are unhappy, you cannot concentrate on settling in
- establish priorities; do the really important things first, the rest will get done all in good time
- notify the Posting Centre that you have returned; they have workshops, education and spousal employment counsellors and local information to assist you
- attend some of the re-entry workshops organized by the Posting Centre; there are special workshops for adolescents returning to Canada
- make sure that you are on the Direct Communication with Spouses mailing list so that you receive notice of workshops and seminars
- if you allowed your membership in the FSCA to lapse, renew it; involvement in the FSCA is a good way to get back into the headquarters community
- accept that feeling hassled is normal; some decisions have to be made, but leave unnecessary ones until later

Relax. The process of re-entry takes time, and the two phases - disengagement and reintegration - overlap along the way.