



## State of Wyoming Military Department Office of the Adjutant General

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### For immediate release

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## Wyoming Guard helps Guardsmen deal with post-deployment stress

CHEYENNE – The Wyoming Army National Guard will host seminars to discuss ways to help military members and their families cope with the stresses of deployments and develop a resiliency to those stress reactions at home.

Maj. Leon Chamberlin, behavioral science officer with the 115th Fires Brigade, will be the host of the program. Chamberlin returned from a deployment with the Wyoming Army National Guard in April and spent time working with Soldiers from across the state while they were stationed in combat zones in the Middle East.

“He can share numerous insights into what service members and their families are coping with upon their return home.,” said Trish Bannon, director of psychological health for the Wyoming National Guard.

Chamberlain will conduct seminars, from 6:45-8:45 p.m., in the following Wyoming communities:

- Oct. 26, Worland, National Guard Armory, 2101 Washakie Ave.;
- Oct. 27, Gillette, National Guard Armory, 811 E. Laramie;
- Oct. 28, Sheridan, National Guard Armory, 3219 Coffeen Ave.;
- Oct. 29, Newcastle, Senior Center, 627 Pine St.;

For more information contact the Wyoming National Guard Public Affairs Office at 307-772-5253, or email [ngwy.pao@ng.army.mil](mailto:ngwy.pao@ng.army.mil).