Soon after my husband Jean returned from Afghanistan, he started to have nightmares, had trouble sleeping, was drinking heavily and distanced himself from the kids and me. He was no longer the loving, caring man I married.

Our occupational therapist:

- **Helped** me to understand and acknowledge what Jean was feeling.
- **Took the time** to find out what activities in life were important to both of us.
- **Worked with us** to plan and implement baby steps towards a return to family life and activities.

Jean still has a long way to go but at least we are headed in the same direction.

Because of occupational therapy, my husband is part of our family again.