



VETERAN TRAINING.VA.GOV

Online Self-Help Resource Center

TAKE CHARGE - FREE ONLINE TOOLS FOR VETERANS

VeteranTraining.va.gov programs teach skills and tools for Veterans facing stress, parenting challenges, and anger issues. Visit the site today to learn how to tackle everyday life challenges.

FEATURED RESOURCES



ANGER MANAGEMENT

Anger and Irritability Management Skills (AIMS) provides tools to help you respond better to difficult people and situations. Videos feature Veteran Mentors sharing their personal challenges with anger and how the skills taught in AIMS helped them.



PARENTING

Military and Veteran families face unique challenges. This course provides practical skills and tools to reconnect with your family, manage parental stress, and improve communication skills. It also teaches effective ways to discipline and deal with difficult behavior.



MOVING FORWARD

It is easy to feel stuck or overwhelmed when facing stressful situations such as financial difficulties, relationship problems, transitioning to civilian life, or other major life changes. Moving Forward teaches you how to overcome obstacles and meet your goals.



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