



www.VeteranTraining.va.gov/
[MovingForward/](http://MovingForward.gov/)

Questions? Contact Us:
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FEELING ANXIETY
STUCK? FINANCIAL PROBLEMS
OVERWHELMED
RELATIONSHIP DIFFICULTY
DIFFICULTIES STRESSING TO
FAMILY ISSUES
FUNCTIONAL PROBLEMS
DIVORCE
TEACHING TO
CIVILIAN LIFE
DEPRESSION
CHALLENGES



MOVING FORWARD

is a free, anonymous, on-line program that teaches Problem Solving skills to handle life's challenges. Moving Forward is designed to help Veterans and Service Members with stressful problems including:

- **Balancing school & family life**
- **Financial difficulties**
- **Relationship problems**
- **Difficult career decisions**
- **Coping with physical injuries**
- **Adjustment issues**