



There is no getting around it, life is stressful and on top of everyday stressors, Veterans and Servicemembers often deal with added issues – transitioning from military to civilian and family life or being separated from loved ones. To help military members and their families deal with challenges associated with service, stress and transition, VA developed the Veteran Training Resource Center which features tips and stories from Veterans who went through the same experiences. It contains three, free, online self-help resources which allows individuals to take the courses at the time, place and pace of their choosing.



### **Moving Forward: Overcoming Life's Challenges**

Helps people understand their personal decision-making strengths and weaknesses, identify goals and formulate plans to confidently face obstacles. It includes stress management techniques and other tools to create a personal Action Plan. Moving Forward features interactive games, quizzes and videos of different characters discussing stressful situations like relationship problems, financial difficulties, physical disabilities and unemployment.



### **Anger and Irritability Management Skills (AIMS)**

Offers practical skills and tools to help individuals understand personal anger triggers, manage their temper and develop more control over actions and behavior through developing a personal anger management plan. AIMS also teaches how to get along better with people using effective conflict resolution and communication skills.



### **Parenting for Servicemembers and Veterans**

Addresses everyday parenting challenges, especially those exclusive to military and Veteran families. It teaches ways to reconnect with family, manage stress and strengthen the parent-child relationship. Each of Parenting's six modules addresses a different challenge parents may face and discusses the specific feelings and emotions each age group of children (toddlers through teenagers) will experience.