Moving Forward

Overcoming Life's Challenges

Feeling Stuck? Moving Forward can help.
Learn step-by-step problem-solving skills.



Engaging Web Program

- Videos and interactive activities
- 3-minute stress assessment
- Relaxation exercises
- Problem-solving worksheets



Developed for Veterans, available to anyone

- ► Free, confidential & anonymous
- ► No login or registration required
- ▶ Works on any kind of device









