MOVING FORWARD

OVERCOMING LIFE'S CHALLENGES

Are you struggling with relationships, finances, health problems, or adjusting to civilian life? Start taking control with the training and tools in Moving Forward! This free, on-line educational and life coaching program was designed for Veterans and Military Service Members, but can help anyone facing stressful problems. It teaches problem-solving skills to effectively manage life's challenges and deal with stress. Are you ready to Move Forward?

www.VeteranTraining.va.gov/MovingForward