

Parenting2Go Mobile App

This FREE, evidence-based app is available now on iTunes.

Lengthy and multiple deployments have disrupted family life and caused parenting challenges for millions of Veteran and Service Member parents. Parenting2Go is a mobile application that provides Veterans and Service Members with on-the-go tools and resources to strengthen and reconnect with their families after deployment or anytime. It may be used alone or in combination with the Parenting for Service Members and Veterans online course (www.VeteranTraining.va.gov/Parenting).



Parenting2Go is a collaboration between Departments of Defense (DoD) and Veterans Affairs (VA). The project was led by Web Services, VA Mental Health Services, DoD National Center for Telehealth and Technology (T2), and VA National Center for PTSD (NCPTSD). Original content developed by a broad-based team of parenting experts, clinicians, and researchers.