

MOVING FORWARD

A Problem-Solving Class to Help Achieve Life's Goals

MOVING FORWARD is an educational program. It was developed to help Veterans like you become more successful in reaching life's goals. Conducted in a classroom setting, it teaches practical problem-solving skills to help people like you overcome obstacles that often stand in the way of your dreams.

How Can This Program Help You?

Moving Forward is an educational and life coaching program to teach you how to better handle those stressful problems often associated with transitioning back to civilian life or life in general. Such problems can include:

- Finding a job or deciding on a new career
- Becoming a parent for the first time
- Maintaining good relationships with family and friends
- Getting a divorce or getting married
- Coping with negative memories of deployment
- Dealing with financial difficulties
- Trying to think more optimistically about the future
- Handling painful feelings that no one else seems to understand

How Much Time Does This Program Take?

4 weekly sessions on Thursdays from 2 to 3 pm

Who Should I Contact to Sign Up For This Class?

Kylene Occhietti, Mental Health Clinic and PTSD Clinic Social Worker, 402-995-4244



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Media/MH/Moving Forward Group Poster 8-14