

VETERANS WELLNESS PROGRAM

A hands-on, trauma-informed program designed to support veterans and their families as they transition into civilian life. We provide practical assistance in daily routines, goal-setting, employment, paperwork, and emotional well-being—all rooted in patience, compassion, and understanding. Join us to build resilience and create a brighter future for your family.



WORKSHOPS INCLUDE:

- Mental Health Awareness
- Family & Relationships
- Financial Literacy and Planning
- Physical Health and Wellbeing
- Stress Management Techniques
- Employment and Career Transitioning
- Navigating Resources



**moving
forward**

movingforward.help
[@movingforwardfamilies](https://twitter.com/movingforwardfamilies)

Veterans Wellness Program

22
JAN

WEDNESDAY

Money Mapping

ONLINE

TIME 6:30 PM PST



11
DEC

WEDNESDAY

From Service to Self: A Mental Wellness Guide

ONLINE

TIME 6:30 PM PST

9
FEB

SUNDAY

Healing Together: Navigating Trauma and Growth

ONLINE

TIME 10:00 AM PST



5
JAN

SUNDAY

Routes of Safety

ONLINE

TIME 10:00 AM PST



26
FEB

WEDNESDAY

Bridging the Gap: Reconnecting Through Understanding

ONLINE

TIME 6:30 PM PST



**moving
forward**

movingforward.help
@movingforwardfamilies