



“MOVING FORWARD” A Problem-Solving Class to Help Achieve Life’s Goals

What Is “MOVING FORWARD?”

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.

Why Was This Program Developed?

Life can be filled with constant challenges and problems. Such problems make it difficult to achieve life’s goals. This is especially true when we are undergoing a new life change, such as transitioning back to civilian life. Difficulties also arise when we are under a lot of stress. Such stress can involve money problems, relationship concerns, job issues, or health challenges. When stress becomes too great, it can prevent us from reaching our goals. In addition, stress can lead to emotional distress, as well as physical health problems. When this occurs, we often feel overwhelmed and confused about knowing what to do. This program was developed to help Veterans like you “move forward” in your lives.

How Can This Program Help You?

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

- finding a job
- deciding on a new career
- becoming a parent for the first time
- maintaining good relationships with family and friends
- getting a divorce
- getting married
- coping with negative memories of when you were deployed
- dealing with financial difficulties
- trying to think more optimistically about the future
- handling painful feelings that no one else seems to understand

To help you deal with these problems, *MOVING FORWARD* teaches practical “problem-solving skills.” These skills can help you to overcome low motivation, negative moods, and negative attitudes. It can also help you set reasonable life goals, be creative in coming up with good solutions, make better decisions, and know what steps to take when things are not going well. The more successful you are in overcoming obstacles to reaching your goals, the less stress you will experience. The less stress you have, the better your overall physical and mental well-being.

Who Should I Contact to Sign Up For This Class and When is It?

This is a four session course and we encourage participation in all four sessions. This is not a drop-in group. Please contact Jill Vinge, LGSW, at **612-629-7476** for any questions and to sign up for the course.

****Classes will be held on Mondays at 09:00. The next course will begin on September 30th, 2013.****