



Moving Forward Group Education Class Veteran Information Sheet

- WHO:** This class is for Veterans who are seeking help with personal goal setting development.
- WHAT:** MOVING FORWARD – A Problem-Solving Class to Help Achieve Life’s Goals.
- WHEN:** Four 1-hour weekly classes, beginning the first Wednesday of every month.

CLASS DESCRIPTION:

MOVING FORWARD is an educational program developed to help Veterans become **more successful in reaching life’s goals**. Conducted in a classroom setting, it **teaches practical problem-solving skills** to help people overcome obstacles that often stand in the way of their dreams. 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. **MOVE FORWARD teaches you how to better handle those stressful problems often associated with transitioning back to civilian life or life in general.**

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

No

WHERE:

This class is held at the VA Annex Building
4241 Barnard Road Saginaw

Once there, you will be escorted to the classroom.

WILL VETERAN GET TRAVEL PAY?

Yes - if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak to your Primary Care Provider or a member of your Primary Care Team to let them know you are interested.