

Stepping Out Program

The Stepping Out Program is an educational group program aimed at improving the transition from the ADF to civilian life. For those making the move from ADF to civilian life there are changes that may impact on their personal life, as well as their work situation and family. Members partners are very welcome to participate.

COURSE DETAILS

When - 30 & 31 July 2012

Where - VVCS Group Room
340 Ross River Road
CRANBROOK

**Contact the Veterans and Veterans Families
Counselling Service for more details**
Telephone: (07) 4723 9155
After Hours: 1800 011 046



Australian Government

VVCS – Veterans and Veterans Families
Counselling Service

COURSE CONTENT

- Cultural differences between military and civilian life
- Time management and goal setting
- Relationships
- Changing identities
- Healthy coping strategies
- Make plans and keep motivate during the transition process

ELIGIBILITY

- The Program is open to all A.D.F. members and their partners
- Participation is FREE



A service founded by Vietnam veterans