



Transition Series

All workshops 2 hours, unless otherwise indicated

- Transition: The Good, The Bad and The Ugly
- Resume Clinic: First Aid for Your Second Career
- You're Hired: The Solutions-Focused Interview
- Job Search Strategies: Managing Your Work Expectations
- Financial Literacy Series

Deployment Series

All workshops 1 hour, unless otherwise indicated

- Pre-Deployment
- Return & Reunion (half-day: Homecoming Expectations, Children and Homecoming, PTSD)
- Financial Literacy Series

Life Skills Education (Resilient Workforce) Series

- Putting a Spin on Stress (five 2-hour lunch 'n learn format)
- It's a Trip! Understanding Yourself and Your Child (3-hours format)
- Adventures in Attitude (30-hour program - flexible delivery options)
- New Parents: Shaken Baby Syndrome
- Financial Literacy Series

Financial Foundations Series

- Budgeting - The "B" Word is Back in Vogue
- Debt is a Four-Lettered Word
- Saving During Times of Plenty
- Money Habitudes
- Financial Legacy – Passing on a wealth of knowledge to the next generation