

FOCUS Family Resilience Training™

FOCUS Family Resilience Training™ is a prevention program for Service Members, Veterans, and their families to learn core resilience skills.

In customized sessions, families and couples can learn to:

- ▶ Identify individual and family strengths and challenges
- ▶ Manage and discuss emotions
- ▶ Talk about difficult subjects
- ▶ Clarify misunderstandings
- ▶ Respect individual points of view
- ▶ Improve family communication
- ▶ Gain practical skills to manage family transitions
- ▶ Solve problems together



FOCUS Family Resilience Training™ can be customized to the family's needs. Specialized services are available for **wounded warrior families, female Veterans, and families with children of any age.**



Services are available in person or at a distance via webcam.

To learn more about our program, please contact the **UCLA Welcome Back Veterans Center:**

 <http://nfrc.ucla.edu/WBV>

 855.231.9500

 info@nfrc.ucla.edu



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