Anchored4Life

ANCHORED4LIFE
E-LEARNING SERIES

The purpose of Anchored4Life is to deliver high-quality transition and resiliency support for the youth of our Military Service Members; we take this goal very seriously. The spread of COVID-19 has led to massive disruption, and in this stressful, uncertain time, the need for A4L support has never been more important. Therefore, in partnership with the U.S. Navy and Air Force, A4L has taken quick action to develop an innovative way to provide transition and resiliency support to our trained locations and now to their families.

Over the next 5 months, A4L Trainers will conduct 45-minute interactive webinars via Zoom on Tuesdays and Thursdays at 10:00am (CDT) for all 10 A4L core topics, as outlined on the next page. Although the topics will repeat, each webinar will have new, fresh content. For those of you who cannot join live, each session will be recorded and will be available online for you to view at your convenience. For our current trained locations, you will find the same high quality in our webinars as you experience during our live trainings. If you are new to the A4L Team, please join one of the webinars to learn more about the A4L experience. These webinars are provided at no cost to participants.

The A4L Team wishes you all continued health and safety during these difficult times, and we stand ready to provide all transition and resiliency support.

REGISTRATION

1. Go to http://elearningseries.anchored4life.com
2. Scroll down to find the topic and date you'd like to attend.
3. Click REGISTER on the right-hand side.
4. Fill in your information.
5. Click REGISTER and you will receive a confirmation email.
6. Save it to your calendar and enjoy the A4L experience!

E-LEARNING SERIES HIGHLIGHTS:

- Topic overview and instruction
- Practical application through family activities
- Interactive dialogue and Q&A
- Recorded sessions for future reference

CONTACT INFORMANATION

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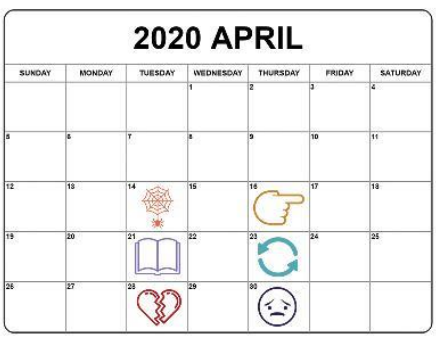
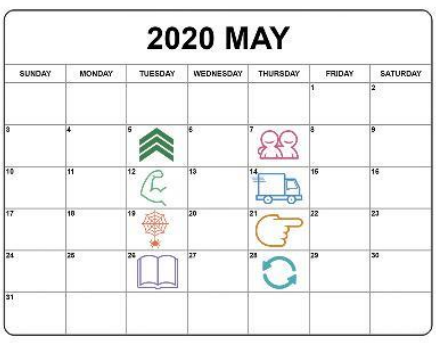
website: www.anchored4life.com

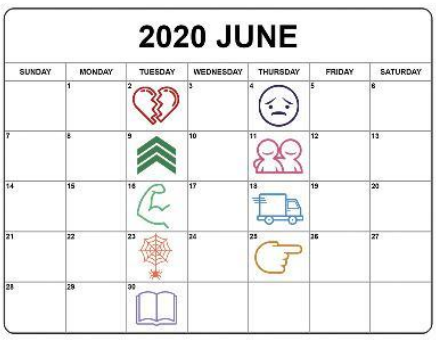
- MAKING FRIENDS
- MOVING
- BULLYING
- GRIEF
- REINTEGRATION
- HEALTHY BODY
- FEAR
- HOMEWORK
- DIVORCE
- DEPLOYMENT



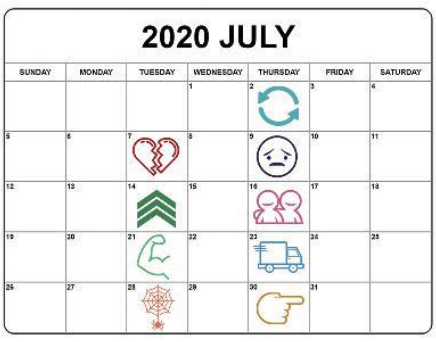
DATE	TOPIC
Tuesday, April 14, 2020	Fear
Thursday, April 16, 2020	Bullying
Tuesday, April 21, 2020	Homework
Thursday, April 23, 2020	Reintegration
Tuesday, April 28, 2020	Divorce
Thursday, April 30, 2020	Grief



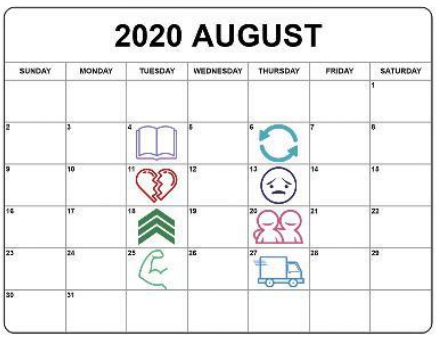
DATE	TOPIC
Tuesday, May 5, 2020	Deployment
Thursday, May 7, 2020	Making Friends
Tuesday, May 12, 2020	Healthy Body
Thursday, May 14, 2020	Moving
Tuesday, May 19, 2020	Fear
Thursday, May 21, 2020	Bullying
Tuesday, May 26, 2020	Homework
Thursday, May 28, 2020	Reintegration



DATE	TOPIC
Tuesday, June 2, 2020	Divorce
Thursday, June 4, 2020	Grief
Tuesday, June 9, 2020	Deployment
Thursday, June 11, 2020	Making Friends
Tuesday, June 16, 2020	Healthy Body
Thursday, June 18, 2020	Moving
Tuesday, June 23, 2020	Fear
Thursday, June 25, 2020	Bullying
Tuesday, June 30, 2020	Homework



DATE	TOPIC
Thursday, July 2, 2020	Reintegration
Tuesday, July 7, 2020	Divorce
Thursday, July 9, 2020	Grief
Tuesday, July 14, 2020	Deployment
Thursday, July 16, 2020	Making Friends
Tuesday, July 21, 2020	Healthy Body
Thursday, July 23, 2020	Moving
Tuesday, July 28, 2020	Fear
Thursday, July 30, 2020	Bullying



DATE	TOPIC
Tuesday, August 4, 2020	Homework
Thursday, August 6, 2020	Reintegration
Tuesday, August 11, 2020	Divorce
Thursday, August 13, 2020	Grief
Tuesday, August 18, 2020	Deployment
Thursday, August 20, 2020	Making Friends
Tuesday, August 25, 2020	Healthy Body
Thursday, August 27, 2020	Moving