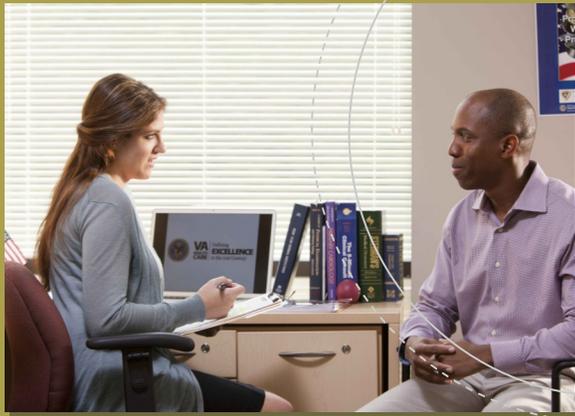


When You Arrive

Please check in at room **1A-107** before coming to **1A-152**.

Please help us be available to see other veterans by letting us know if you cannot attend any appointment.

Call the Primary Care Behavioral Health clinic at 254-297-5054 if you have any questions or need to cancel or reschedule an appointment.



Our Mission

Our Servicemembers and Veterans have sacrificed to keep our country—and everything it represents—safe.

We honor and serve those men and women by fulfilling President Lincoln's promise **"to care for him who shall have borne the battle, and for his widow, and his orphan."**

We strive to provide Servicemembers and Veterans with the world-class benefits and services they have earned, and will adhere to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

**Thank you for your service.
Now let us serve you.**



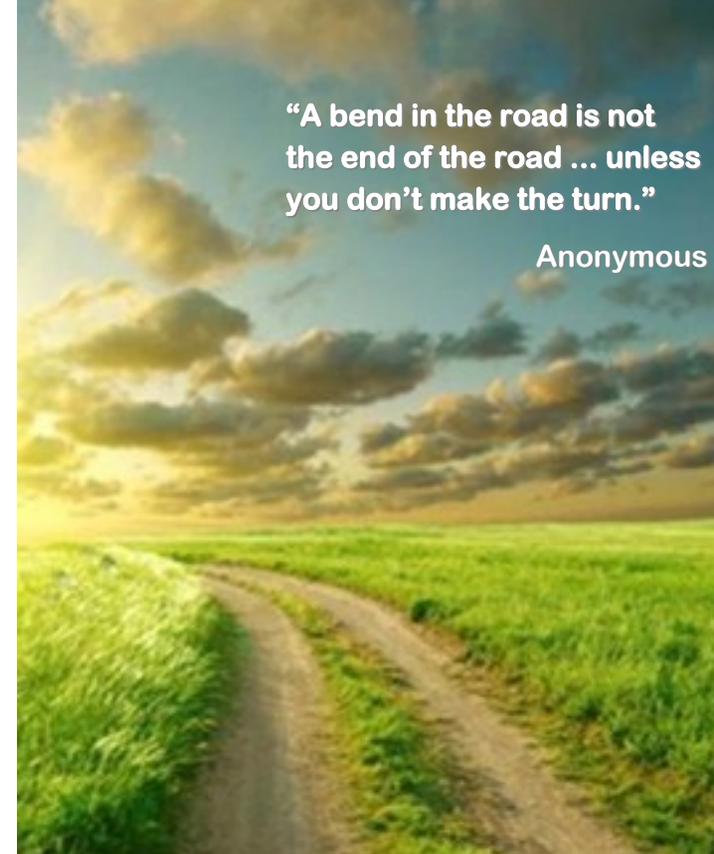
**Waco Primary Care
Behavioral Health**
Building 4 (116-PCBH)
4800 Memorial Drive
Waco, TX 76711-1329
Phone: 254-297-5054

MOVING FORWARD
OVERCOMING LIFE'S CHALLENGES

<http://www.startmovingforward.org>

**"A bend in the road is not
the end of the road ... unless
you don't make the turn."**

Anonymous



MOVING FORWARD

A Problem-Solving Class to
Help Achieve Life's Goals



VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

ABOUT

MOVING FORWARD is an educational program. It was developed to help Veterans like you become more successful in reaching life's goals. Conducted in a classroom setting, it teaches practical problem-solving skills to help people like you overcome obstacles that often stand in the way of your dreams.

HOW CAN THIS PROGRAM HELP YOU?

Moving Forward is an educational and life coaching program. It teaches you how to better handle those stressful problems often associated with transitioning back to civilian life or life in general.

Such problems can include the following:

- ⇒ Finding a Job
- ⇒ Deciding On a New Career
- ⇒ Becoming a Parent for the First Time
- ⇒ Maintaining Good Relationships with Family and Friends
- ⇒ Getting a Divorce
- ⇒ Getting Married
- ⇒ Coping with Negative Memories of When You Were Deployed
- ⇒ Dealing with Financial Difficulties
- ⇒ Trying to Think More Optimistically About the Future
- ⇒ Handling Painful Feelings That No One Else Seems to Understand

HOW MUCH TIME WILL IT TAKE?

The class is four 1-hour sessions.

WHEN ARE CLASSES HELD?

The class meets once a week, and you must be scheduled to attend.

Classes meet the first four Fridays of each month from **1:00-2:00pm**

GETTING STARTED

Contact us to be scheduled.