

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 - 16&17 August 2011

Where - Hilton Cairns
34 Esplanade
Cairns QLD 4870

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

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



Australian Government

VVCS – Veterans and Veterans Families
Counselling Service