

FOCUS Family Resilience Training™ is now available at a distance!

TeleFOCUS is open to families with a wounded warrior who was injured in the line of duty on or after September 11, 2001.

TeleFOCUS helps the entire family heal. Families and couples “meet” with a FOCUS Resilience Trainer in videoconferences to learn core resilience skills.

Families and couples learn to:

- ▶ Identify individual and family strengths and challenges
- ▶ Improve family communication about an injury or illness
- ▶ Set goals for family care routines
- ▶ Practice skills to manage military and post-military transitions
- ▶ Discover additional support services in the local community



We encourage families and couples who are dealing with visible or invisible injuries to participate.



To set up an appointment or to learn more about the program, please contact the **UCLA Welcome Back Veterans Center**:

✉ info@nfrc.ucla.edu

☎ 855.231.9500

🌐 <http://nfrc.ucla.edu/WBV>

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