

SERVING FAMILIES PROGRAMME



**BUILD CONFIDENCE
RAISE SELF ESTEEM
WORK TOWARD GOALS
MANAGE EMOTIONS**

**LIVE LIFE TO THE FULL
- BE A WARRIOR**

Work toward your goals

Achieve your potential

Realise your dreams

Relieve your stress

Invest in yourself

Open your mind

Regain your zest for life

Discover a new way with Warrior

Being part of a Forces Family can be rewarding but at the same time it can also be challenging.

Multiple moves can be stressful, create difficulty in maintaining or even starting a career. Moving can also mean disruption to your children's education.

At The Warrior Programme we understand the demanding lifestyle that many service families have.

- Frequent periods where your partner is absent
- Coping with uncertainty
- Living away from friends and family

After successfully working with Veterans and their families for over ten years The Warrior Programme is introducing a new **FREE TO ATTEND** course specifically for the adult family members of serving personnel.

“Warrior is what you make of it, if you are open to it, it is life changing”

Marion

What happens on the programme?

The programme begins with a 3-day training and education course followed by 12 months continued support delivered via phone calls and Refresher Days.

You will learn practical techniques to help you manage your life, learn how to deal with worry and anxiety and overcome difficulties confidently.

We will provide a safe and supportive environment with life coaches who will assist you while you invest in your future.

Most importantly you work on addressing your challenges in complete confidence.

Who can apply?

Any adult family member of Serving Army Personnel, Regular or Reserve, can apply for a place.

Where?

The programme will run in Catterick Garrison, Tidworth and Aldershot.

What do we provide?

Accommodation

We recommend that participants treat the course as residential to achieve maximum 'you' time. However, we understand that for some families this may not be possible.

Meals are provided for the duration of the course.

There is **Assistance with Childcare** if family or private arrangements are not possible.

Contact Us

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