



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 INFORMATION

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MAKING FRIENDS



MOVING



BULLYING



GRIEF



REINTEGRATION



HEALTHY BODY



FEAR



HOMEWORK



DIVORCE



DEPLOYMENT

| 2020 APRIL | | | | | | |
|------------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| 2020 MAY | | | | | | |
|----------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| 2020 JUNE | | | | | | |
|-----------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| 2020 JULY | | | | | | |
|-----------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| 2020 AUGUST | | | | | | |
|-------------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| 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 |
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| | |

| 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 |
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