



*“This class taught me in six weeks what it took me six years to learn”  
-NextSteps Participant*

Sign up today at:

[www.nextstepsonline.org](http://www.nextstepsonline.org)

**CLASS OPENS: March 29, 2023**

NextSteps is a FREE online program to help you manage your life after a serious injury. You can engage in the weekly education modules and live chats with other trauma survivors. NextSteps can help you explore the ways your life has changed after traumatic injury and how you can move forward on your journey. This program can help you manage difficult emotions and find the courage to achieve your goals. Join us!

Date	Topic	Live Chat
March 29 - April 4	<b>Lessons 1 &amp; 2: Taking Stock</b> Explore where you are on the Road to Recovery, learn more about self-management, and begin to practice self-management tools.	April 4 at 7:00 pm ET
April 5 - 11	<b>Lessons 3 &amp; 4: Moving Forward</b> Identify problems related to your injury, set goals, and begin to use problem-solving to find solutions.	April 11 at 7:00 pm ET
April 12 - 18	<b>Lessons 5 &amp; 6: Managing Emotions I</b> Learn about emotional adjustment, including myths and common reactions following a traumatic injury and begin to use tools to improve your mood.	April 18 at 7:00 pm ET
April 19 - 25	<b>Lessons 7 &amp; 8: Managing Emotions II</b> Learn to identify, reduce, and break the cycle of anxiety by confronting negative thinking and using relaxation.	April 25 at 7:00 pm ET
April 26 - May 2	<b>Lessons 9 &amp; 10: Friends and Family</b> Begin to get the help you need from family and friends by learning the signs of a healthy relationship, getting the most of your support system and recognizing helpful and unhelpful “help”.	May 2 at 7:00 pm ET
May 3 - 9	<b>Lesson 11 &amp; 12: Looking Ahead</b> Learn how to overcome setbacks that may arise in your recovery. Take time to reflect on the future and celebrate the progress you’ve made.	May 9 at 7:00 pm ET

