



NextSteps is a free 6-week course to help you manage your life after a serious injury. Each week, you will complete self-paced modules before engaging in a live chat with your instructor and classmates.

### WHAT YOU'LL LEARN:

- Self-Management Skills
- Emotional Adjustment Tools
- Identifying and Breaking Cycles of Anxiety
- Recognizing and Building a Healthy Support Network

Learn more at  
[TraumaSurvivorsNetwork.org/next-steps](https://TraumaSurvivorsNetwork.org/next-steps)

