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Parenting

For Service Members and Veterans

This mobile app helps military parents reconnect with their children and provides convenient tools to strengthen parenting skills.

Features Include:

- Switching Gears
- Parenting Coach
- Stop and Slow Down
- Get Support
- Be Positive

**Visit the parenting Web course at
veterantraining.va.gov/parenting**



Developed by National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center.

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