There are any number of reasons why our lives can get off track – job loss, financial hardship, relationship problems, physical and mental health issues, substance abuse, or simply bad choices. The list is endless. But a better question than “Why?” is “What now?”

Join VA Recovery Support Social Worker David Forest, VA Peer Support Specialist Venus George, and fellow veterans as we explore how we get derailed, and begin developing tools and strategies for getting back on the right track.