

2016 Start Dates for *Next Mission*

The [*Next Mission*](#) project at the University of California, San Francisco is offering a free online course, *Stress, Resilience, and Post-Traumatic Growth*, for all veterans and active duty military members.

Students in the course will have the opportunity to:

- Create a personal narrative about the universal experience of the military journey
- Learn about the neurophysiology of stress responses
- Develop a sense of community with other veterans and military service members

Upcoming course session start dates:

- Spring session: March 7th, 2016
- Summer session: May 9th, 2016

For more information, please view the course [summary page](#) or [syllabus](#). Interested students should email nextmission@ucsf.edu to sign up for the course.

POC:

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