

Free online courses anytime, anywhere, from experts in the MilLife.

MilLife Learning, formerly My Training Hub, is a part of Military OneSource's network of programs and resources designed to make learning easy and accessible from anywhere in the world, anytime. Take your skills to the next level with courses and content designed specifically for military life.



MilLife LEARNING

MilLife Learning content is dynamic and engaging, using multimedia including audio, video, graphs, animations and more for different learning styles.

FEATURES

- Exclusive access to an extensive library of multimedia learning tools and resources
- Training courses to enhance military life designed by experts in the MilLife
- 24/7/365 secure access to free, easy-to-use virtual training resources through one digital gateway

What's on MilLife Learning?

New content is added frequently. Currently, the range of courses offered include the below and more:

- **Casualty Assistance** – eTutorials provide an overview of key survivor benefits and resources
- **Community Capacity Building** – features ways to promote positive change in communities and increase capacity within an organization
- **eSponsorship Application & Training** – provides information and resources a service member needs to be a sponsor and introduces family members to the sponsorship process
- **Family Advocacy Program** – provides clinicians and supervisors with an overview for conducting a thorough risk assessment and evaluation of future domestic abuse and partner violence
- **Military Family Programs** – designed for Family Program staff and cover topics important to military life and family readiness
- **Money Matters** – fundamentals of money management and investment strategies
- **Morale, Welfare and Recreation** – courses guide MWR staff and program managers on how to deliver inclusive MWR programs
- **The Exceptional Family Member Program** – video series that aims to empower families who have a member with special needs
- **Relocation 101 eLearning** – courses provide relocation-assistance providers with tools to help service members plan for upcoming moves

Forge Your New You with MilLife Learning.

To enroll in courses, visit MilLife Learning through Military OneSource.

Or go to <https://millifelearning.militaryonesource.mil>.