

## When We Were Young 30 Second

**Child:** It used to be simple. When I was young and couldn't figure things out. I asked for help. As I grew older things got more complicated. Then I joined the military. I learned to carry my own weight and sometimes the weight of others. Now that I'm home it seems hard to fit back in.

Remember when you were young? Asking for help was simple. You don't have to do this alone. At ***MakeTheConnection.net***.



U.S. Department  
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