



find hope to  
move ahead



**Allstate**  
Foundation

The Allstate Foundation's Moving Ahead workbook is interactive and designed for survivors to use alone at their own pace or with an advocate.

- Access resources to increase confidence to make decisions and take action.
- Discover practical steps to build a strong financial foundation.
- Explore strategies to address financial and safety challenges.

Scan to view The Allstate Foundation's **free Moving Ahead digital workbook:**



[www.thelearningcommunitytoendviolence.org/movingahead](http://www.thelearningcommunitytoendviolence.org/movingahead)