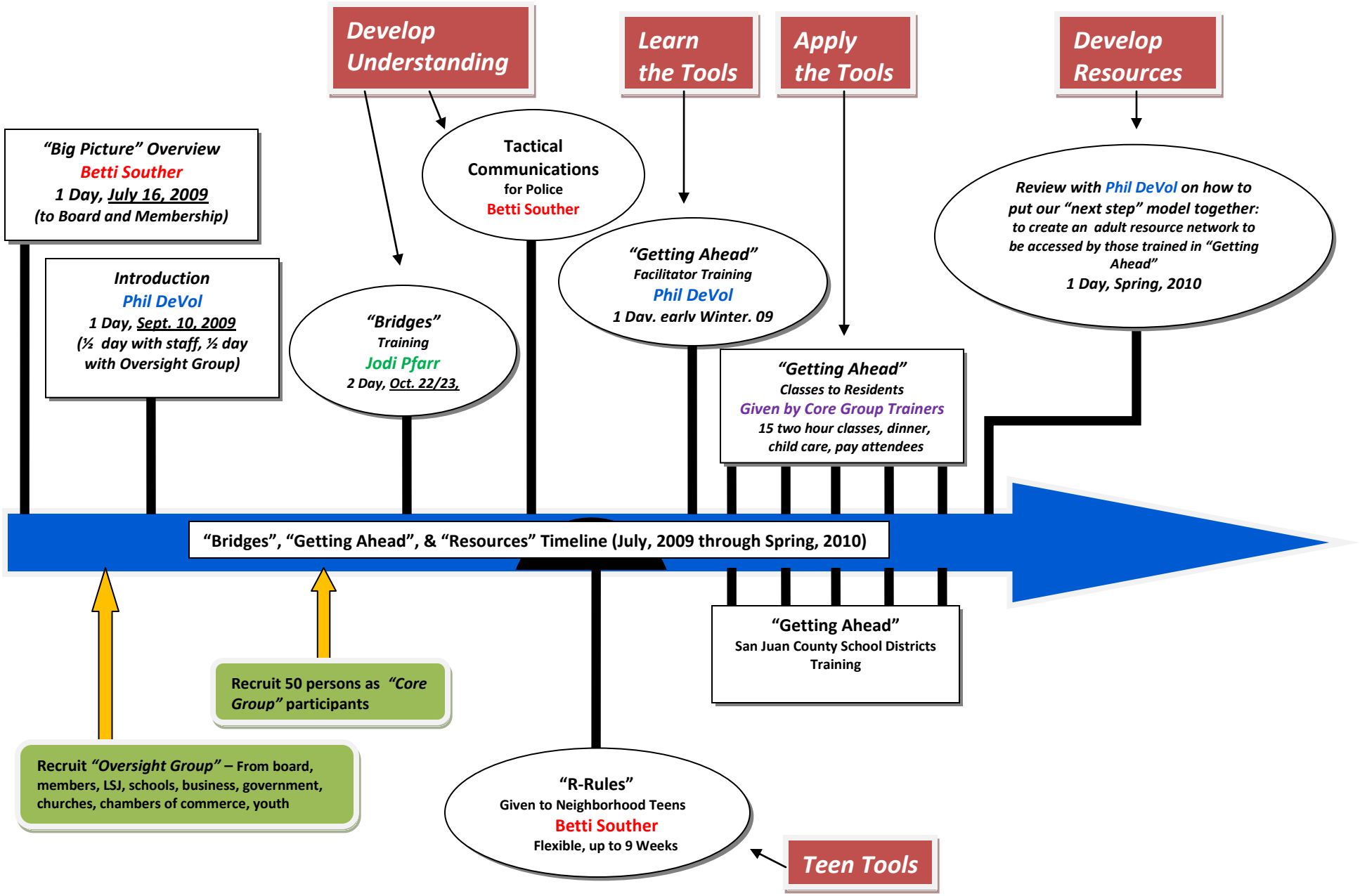Timeline for the implementation of the *"Bridges"*, *"Getting Ahead"* and *"Resource"* Training