

Stratton VA Medical Center & NAMI present:

NAMI Homefront : Education and Support for Military & Veteran Families

Starting Tuesday September 12, 2017

Classes will meet six consecutive Tuesdays 10a to 12n , at
VA Network Office on corner of New Scotland Ave and
Veterans Way, Albany NY.

Please call to register : Elizabeth Donovan (518) 626-5347



NAMI Homefront is the newest mental health educational course for family, caregivers & friends of military Service Members and Veterans.

What to Expect from NAMI Homefront:

- 6 sessions, 2.5 hours each, free of cost. Incorporates presentations, discussion and exercises.
- Designed for key supporters (over age 18) of Service Members/Veterans who are living with mental illness.
- Taught by trained family members of Veterans who understand the impact of mental illness at home.
- Provides critical information and strategies related to caregiving and support.

Why You Should Attend: A toolkit of information

- Up-to-date information about a range of mental illnesses, including post-traumatic stress disorder (PTSD) and co-occurring substance use disorders.
- Impact of mental illness on the brain.
- Current research on treatments including medication, side effects and evidence-based therapies.

Training in preparedness and emotional resiliency

- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care including stress management and emotional overload.
- Guidance on locating appropriate federal, state and local supports and services.

A Community: Participants can gain comfort in knowing you are not alone. Recovery is a journey that takes time and there is hope. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow.

Find more information and classes: www.naminys.org