

# NAMI

## Homefront & Peer to Peer

### FOR VETERANS AND FAMILIES/FRIENDS



#### Veterans

Veterans will attend a Peer group, led by VA Certified Peer Specialists who are also trained and certified in NAMI Peer to Peer. Classes will cover topics like:

- Learning about mental health treatment options with health care providers.
- Strengthening relationships and enhancing communication skills.
- Developing stress reduction tools and confidence for making decisions.



#### Family/Friends

Families & Friends will attend a psychoeducational group led by NAMI certified family members. Classes will cover topics including:

- How to solve problems and communicate effectively.
- Taking care of yourself while supporting your loved one and managing your stress.
- The impact of mental health conditions on family and friends.



#### Details

Complimentary Dinner & Childcare Provided.

Wednesday Evenings, April 3rd through May 22nd, 5-8:30p.m.

Location: Clear Path for Veterans, 1223 Salt Springs Road, Chittenango, NY

*\*\*Classes can be done in-person or hybrid with both classes also available via Zoom\*\**

**BOOK NOW WITH  
ANN CANASTRA**



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