

REGISTRATION NOW OPEN FOR NAMI HOMEFRONT ONLINE CLASSES

NAMI Homefront is a free, six-session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

The program is designed to help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions.

Now offered online! We understand that attending an in-person class can be difficult for busy individuals and families. We now offer NAMI Homefront Online. Online classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be via telephone line, a headset is recommended.

USE THE FOLLOWING LINK TO REGISTER*:

www.nami.org/Homefront

**All participants are screened to ensure this class is appropriate for their needs.*



Participant Perspectives

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been taught in VA health facilities since the late 1990s. Graduates of NAMI Homefront say:

"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."

Mother of a Veteran

"I realized I saw signs and symptoms of PTSD but did not know how to handle my loved one – I know better how to handle situations."

Spouse of a Veteran

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.

Learn more about NAMI Homefront, and other NAMI programs, online at www.nami.org. If you have any questions or concerns, please email namieducation@nami.org or call **703-524-7600**