

Do You Have a Family Member or Friend Who is a Veteran or Military Service Member Living with Mental Illness?

NAMI Homefront is a free, six-session class for family, friends and significant others of Veterans and Military Service Members with mental health conditions.

Topics include . . .

- PTSD, Bipolar Disorder, Depression, Anxiety, Schizophrenia and more . . .
- Basics of Brain Biology & Medications
- Dealing with Crisis & Relapse
- Navigating the VA Medical System & DOD
- Communication & Empathy Skills
- Self-Care, Fighting Stigma and Advocacy



The course helps family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and know what it is like to have a loved one living with mental illness. It focuses on the unique needs of military and veteran communities.

October 2 – November 6, 2018, Tuesday 6:30 – 9 pm

All classes and materials are free!

CLASS WILL BE HELD at the Portland VA Medical Center

Register by calling NAMI Multnomah at **(503) 228-5692**