

HOW TO HELP YOUR HERO — AND YOURSELF

Join the NAMI Homefront Education Program for family, friends,
and significant others of military service members and veterans

NAMI Homefront is a free, six-session online education program that focuses on the unique needs of military and veteran communities, including post-deployment and post-discharge transitions. You are there for them — we are here for you.

Gain a better understanding of your loved ones' experiences & mental health, build a network of others with similar experiences, improve your self-care as a care-giver, and access resources for your service member / veteran & yourselves.

The course is designed to help 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's like to have a loved one living with symptoms of a mental health condition. No prerequisites — the only commitment is joining all six sessions. Participate at your level of comfort.

WHEN & WHERE:

6 Sessions: Saturdays
3/16, 3/23, 3/30, 4/6, 4/13, 4/20
9 - 11:30 am ET online on Zoom



REGISTRATION:
qrco.de/NAMIReg



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NAMI Putnam — the local organization of the National Alliance on Mental Illness — will offer the NAMI Homefront Education Program for the winter. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected

by mental illness. Our volunteers, members, and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.