

# VA Family Support & Education in collaboration with NAMI Syracuse & Clear Path for Veterans presents: NAMI Family to Family 2021

NAMI Family to Family teaches about mental health, reducing stress, and how to support your family member with compassion; identify and access federal, state and local services; stay informed on the latest research and information on mental health, including post-traumatic stress disorder, traumatic brain injury, anxiety, depression and substance use (and additional conditions); understand current treatments and evidence-based therapies; navigate the challenges and impact of mental health conditions on the entire family; and manage crisis, solve problems and communicate effectively. Most of all, this eight-week class teaches hope in the recovery journey and you'll experience compassion and reinforcement from people who relate to your experiences.



This class is open to family members/friends of persons struggling with behavioral health concerns.

- Location: Zoom (a link will be emailed when registered)
- Feb 25 – Apr 15 (eight weeks), 6-8:30 p.m.

Call VA Local Recovery Coordinator Ann Canastra at (315) 425-4400 ext. 52717  
or email [Ann.Canastra@va.gov](mailto:Ann.Canastra@va.gov)



With funding in part by the John Ben Snow Foundation.



U.S. Department  
of Veterans Affairs