

VA Family Support & Education

in collaboration with NAMI Syracuse & Clear Path for Veterans presents: **NAMI Homefront 2021**

NAMI Homefront teaches families how to learn to care for themselves – including managing stress –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; understand current treatments and evidence-based therapies; navigate the challenges and impact of mental health conditions on the entire family; and manage a crisis, solve problems and communicate effectively. Most of all, this six-week class teaches hope in the recovery journey and you'll experience compassion and reinforcement from people who relate to your experiences.



- Location: Clear Path for Veterans, 1223 Salt Springs Road, Chittenango, NY
- Nov 9th - Dec 14th (six weeks), 5-8:30 p.m.
- Complimentary childcare provided
- Veterans welcome, and will attend a separate peer group
- A free, light dinner will be provided for all!

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

