

**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.

**The course is designed to** help family members understand and support their Military Service Member or Veteran while maintaining their own well-being. The trained teachers of this course are also military/Veteran families who have a loved one with a mental health condition.

NAMI Temecula Valley, the local organization of the National Alliance on Mental Illness, will offer its NAMI Homefront Education Program for the summer, beginning Tuesday, June 19, 2018. It will be held on Tuesdays at 10 AM at VA Ambulatory Care Center, Room 1C118, Tango Clinic, 1<sup>st</sup> Floor, C Wing, 26001 Redlands Blvd., Redlands, CA 92373.



### 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

**Contact us to register for our NAMI Homefront class**



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### 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 advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

