

FREE CLASS

HOMEFRONT PROGRAM

FOR LOVED ONES OF MILITARY SERVICE MEMBERS AND VETERANS WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

Tuesdays starting September 27th, 6-8:30 p.m.
Southeast Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

REGISTRATION REQUIRED

To register or find out more information:

namicoloradosprings.org • 719-473-8477 • AnaOtten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email Ana Otten at AnaOtten@namicos.org.