

Do You Have a Family Member or Friend who is a Veteran or Military Service Member Living with Mental Illness? You are not alone!

New
Vancouver
Class!

NAMI Homefront is a free, six-session class for family, friends, significant others of Veterans, and Military Service Members with mental health conditions.



Topics include . . .

- PTSD, Bipolar Disorder, Depression, Anxiety, Schizophrenia, and more . . .
- Basics of Brain Biology & Medications
- Dealing with Crisis & Relapse
- Navigating the VA Medical System & DOD
- Communication & Empathy Skills
- Self-Care, Fighting Stigma and Advocacy

5411 E Mill Plain Blvd, Suite 4

Vancouver, WA 98661

All classes and materials are at no cost to attendees!

To Register for the next class, please call

(360) 695-2823

info@namiswwa.org

Please note that this class is run & managed by & held at a non-VA facility & taught by NAMI-trained personnel.

VA



U.S. Department
of Veterans Affairs



Presented in partnership by the VA Portland Health Care System & the National Alliance on Mental Illness Southwest Washington