

MENTAL WELLNESS FOR THE FAMILY

HOMEFRONT PROGRAM

FOR MILITARY FAMILY MEMBERS WHO ARE SUPPORTING A LOVED ONE
WITH A MENTAL HEALTH CONDITION OR SUBSTANCE USE CONCERN.

Off-post location • Peer-led •
In-person and virtual options

NAMI Homefront is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community
- No cost to participants



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 • AngelaSweeten@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 AngelaSweeten@namicos.org.

