

## What is the NAMI Homefront Education Program?

**NAMI Homefront** is a free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and Veteran communities, such as post-deployment and post-discharge transitions.

**The course is designed to** help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and know what it's like to have a loved one living with symptoms of a mental health condition.

NAMI Greater Kansas City and NAMI Columbia are partnering to offer a virtual statewide NAMI Homefront class. This class begins Monday, October 26, 2020 and meets through Monday, November 30, 2020 from 6:00 pm to 8:30 pm. Registration is required.



## 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.

*"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 after graduating from a NAMI Homefront class held at the VA in NY

**To Register visit:** <https://namimissouri.org/nami-signature-programs/homefront/>



### To Register Contact:

**NAMI Missouri**

[info@namimissouri.org](mailto:info@namimissouri.org)

**573.634.7727**

### 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 Missouri. NAMI Missouri and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.