

NOW ENROLLING: NAMI Homefront Online

NAMI Homefront Team

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To: Rita Cronise <rmc277@shp.rutgers.edu>;

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Thank you for signing up to receive more information about NAMI Homefront Online! We're pleased to announce that **REGISTRATION IS NOW OPEN** for the following sessions*:

Eastern Daytime, Tuesdays, 10:00 AM - 12:00 PM EST, Starting Aug. 6
Eastern Evening, Thursdays, 6:30 - 8:30 PM EST, Starting Aug. 8
Central Daytime, Thursdays, 10:00 AM - 12:00 PM CST, Starting Aug. 8
Central Evening, Wednesdays, 6:30 - 8:30 PM CST, Starting Aug. 7

*Please note the TIME ZONE listed for each class time

NAMI Homefront is a free, 6-session program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions.

The program is designed to help family members understand and support

their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions. You must have access to a laptop, PC or tablet with a stable internet connection to participate. To hear audio, you will need to call in via telephone. We recommend you use a headset or headphones.

An application process is required to ensure this program is a good fit. Space is limited.

CLICK HERE TO REGISTER

Learn more about NAMI Homefront, and other NAMI programs, online at www.nami.org. If you have any questions or concerns, please email namieducation@nami.org.

The NAMI Homefront Team

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