



# **nami** Homefront

**National Alliance on Mental Illness**

## **REGISTRATION NOW OPEN FOR NAMI HOMEFRONT ONLINE CLASSES!**

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.

Now offered online! We understand that attending an in-person class can be difficult for busy individuals and families. We now offer NAMI Homefront Online. Online classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes. You must have access to a laptop, PC, or tablet with a stable internet connection to participate. Audio will be via telephone line, a headset is recommended.

### **REGISTRATION IS NOW OPEN for the following sessions.**

**Time Zone** Homefront **Central** • Wednesdays, 6:30pm – 8:30pm CT (7:30pm ET, 5:30 pm MT, 4:30pm PT)  
**Start Date** **Wednesday, February 21, 2018**  
**Class 1 – 3 Link** **Central Classes 1 - 3:** <https://nami.adobeconnect.com/homefrontcentralq320171-3/>  
**Class 4 – 6 Link** **Central Classes 4 – 6:** <https://nami.adobeconnect.com/homefrontcentralq320174-6/>  
**Lead Teacher** **Holly Doggett (+ Peter Dodge)**

**Time Zone** Homefront **Pacific** • Mondays, 6:30pm – 8:30pm PT (9:30pm ET, 8:30pm CT, 7:30pm MT)  
**Start Date** **Monday, February 19, 2018**  
**Class 1 – 3 Link** **Pacific Classes 1 - 3:** <https://nami.adobeconnect.com/homefrontpacificq320171-3/>  
**Class 4 – 6 Link** **Pacific Classes 4 – 6:** <https://nami.adobeconnect.com/homefrontpacificq320174-6/>  
**Lead Teacher** **Daryn Nelsen-Soza (+ Chris Cherry)**

**Time Zone** Homefront **Eastern** • Mondays, 6:30pm – 8:30pm ET (5:30pm CT, 4:30 pm MT, 3:30pm PT)  
**Start Date** **Monday February 19, 2018**  
**Class 1 – 3 Link** **East Classes 1 - 3:** <https://nami.adobeconnect.com/homefronteastq320171-3/>  
**Class 4 – 6 Link** **East Classes 4 – 6:** <https://nami.adobeconnect.com/homefronteastq320174-6/>  
**Lead Teacher** **Michelle Ready (+ Shaun Herron)**

**Time Zone** Homefront **Mountain** • Thursdays, 6:30pm – 8:30pm MT (8:30pm ET, 7:30pm CT, 5:30pm PT)  
**Start Date** **February 22, 2018**  
**Class 1 – 3 Link** **Mountain Classes 1 - 3:** <https://nami.adobeconnect.com/homefrontmountainq320171-3/>  
**Class 4 – 6 Link** **Mountain Classes 4 – 6:** <https://nami.adobeconnect.com/homefrontmountainq320174-6/>  
**Lead Teacher** **Anita Herron (+ Sue Teegarden)**

- You may sign up for any of the time zones if one day is better for you.
- Pre-registration is required and space is limited.
- All participants are screened to ensure this program is appropriate for their needs.

**[CLICK HERE TO REGISTER](#)**

Learn more about NAMI Homefront, and other NAMI programs online at [www.nami.org](http://www.nami.org).  
If you have any questions or concerns, please email [peterjdodge@gmail.com](mailto:peterjdodge@gmail.com).

