

**Free!**

**FOR FAMILY MEMBERS OF VETERANS WITH  
PTSD or other MENTAL HEALTH PROBLEMS**

**There is finally somewhere to turn, right here in  
Sussex County!**

***IF YOU NEED ANSWERS TO THE FOLLOWING QUESTIONS:***

- **What do I do to help in a crisis?**
- **How can I get a clear diagnosis for my relative?**
- **How can my relative and I communicate better?**
- **What local and VA services are we missing out on?**
- **What are all these medications for?**
- **What are the best treatments now available for my relative?**
- **How do I take care of myself in all of this?**

***REGISTER NOW for the FREE 13 Week  
"Family-to-Family" Education Program  
offered by the NAMI-Sussex County Affiliate of  
the National Alliance on Mental Illness***

**Course starts Thursday, March 1, 2012  
St. Frances DeSales Church, 614 County Hwy. 517, Vernon, NJ 07462**

***CLASS IS LIMITED TO 20 STUDENTS  
PRE-REGISTRATION IS REQUIRED***

***Call 862-268-5846***