

Support And Family Education

***Psycho-educational
Group for FAMILY
members of Veterans
receiving treatment at
the Aleda E. Lutz VA in
Saginaw***

****Not for the Veteran in treatment****

****Those age 16+ are welcome- minors
must participate with an adult****

Attending the **SAFE program
provides opportunities to:**

- Talk to other family members in similar situations
- Learn about the causes, treatments, and medications for emotional problems
- Receive emotional support and encouragement
- Ask doctors questions
- Improve your ability to care for yourself

Program Schedule

2:30-4:00 pm

1st and 3rd **WEDNESDAY of the Month
Beginning March 4, 2015
Healthcare Annex, 4241 Barnard Rd.,
Saginaw, Room 102**

March 4	What Causes Mental Illness?
March 18	PTSD
April 1	Communication Tips
April 15	Limit Setting and Boundaries with Family Members
May 6	Problem Solving Skills
May 20	Taking Care of Yourself
June 3	Creating a Low Stress Environment
June 17	Skills for Managing Stress
July 1	Do's and Don'ts in Helping your Family Member
July 15	Other Mental Health Problems and Dealing with Stigma

May attend any sessions that are of interest



For more information, please contact:

**Dr. Mark Highsmith at
989-497-2500, Extension 11798**