



S.A.F.E. Support and Family Education Group Class Veteran Information Sheet

WHO: This class is for the **family members of Veterans** receiving treatment at the Aleda E. Lutz VAMC.
Family members age 16+ are welcome. Minors must participate with an adult.
Note: This class is **NOT** for the Veteran in treatment.

WHAT: This class offers education and information **for family members and care givers** who are living with or caring for a Veteran who is receiving treatment.

WHEN: 1st and 3rd Wednesday of the month 2:30PM – 4:00PM.

CLASS DESCRIPTION:

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. Examples of class topics include:

What causes mental illness?
Limit setting and boundaries
with family members.

Taking care of yourself.
Skills for managing stress.
PTSD

*Note: Class topics may vary. See brochure for more details.

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER?:

Yes. A series of 10 classes are offered. You may attend one or all classes.

WHERE:

Annex Building: Room 102
Located at 4241 Barnard Rd. Saginaw

WILL VETERAN GET TRAVEL PAY?

This is not applicable as Veterans do not attend classes.

HOW CAN A FAMILY MEMBER/CARE GIVER JOIN THIS CLASS?

Family members may simply stop by to attend any class of interest, with no prior scheduling needed! As long as individuals arrive by the start of class they will be included.