



Support And Family Education

*Psycho-educational
Group for **FAMILY**
members of
Veterans receiving
treatment at the VA.*

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

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

****Those ages 16+ are welcome to attend. Younger than 16 must participate with an adult.****

**For more information,
please contact:**

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

Program Schedule

2:30-4:00 pm

1st and 3rd WEDNESDAY of the Month

Beginning October 1, 2014

VA Healthcare Annex

4241 Barnard

Saginaw, MI

Room 102

- Session 1** What causes mental illness?
- Session 2** Communication Tips
- Session 3** Limit Setting and Boundaries with Family Members
- Session 4** Problem Solving Skills
- Session 5** Taking Care of Yourself
- Session 6** Creating a Low Stress Environment
- Session 7** Coping with Depression
- Session 8** PTSD: Part 1
- Session 9** PTSD: Part 2
- Session 10** Other Mental Health Problems and Dealing with Stigma

May attend any sessions that are of interest