



Mental Health Association

in Orange County, Inc.

NADIA ALLEN, EXECUTIVE DIRECTOR

For: Immediate Release

Date: April 14, 2016

**Contact: Peggy Spagnola, Coordinator Family Support, Education and Advocacy
(845) 342-2400 x238**

NEW: Free Classes for Families and Friends of Veterans

Mental Health Association in Orange County, Inc. (MHA) is inviting family and friends of Veterans to participate in a series of five workshops called **FOCUS VET**, (**F**amilies of **O**range **C**ounty Veterans **N**eeding **U**nderstanding and **S**upport). Co-facilitated by a family member, veteran, and clinician, this course will provide varied insights into understanding and supporting the veteran in their lives while learning useful skills in problem solving, communication, and coping. Other topics covered are the brain and behavior, traditional and alternative treatment modalities, the importance of self-care and community resources.

Course delivery and design is through a collaboration of two Veteran service agencies, MHA's Family Support Program, a program for families who have an adult loved one with serious and persistent mental illness, MHA's Vet2Vet Program, a peer program providing crisis intervention, information and supportive activities for Veterans and VETFAMSA, a regional coalition of mental health providers and other advocates for veterans and military families.

Classes will be held on the following Wednesday evenings from 7-9 pm: June 15, 22 and 29; July 13 and 20. Location: Mental Health Association in Orange County, Inc. 73 James P Kelly Way, Middletown. Registration is required by June 01, 2016. Please call Peggy at (845) 342-2400 ext. 238.

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