

Family, Friends, & Coworkers

- **NAMI Homefront.** A free six session class for family, friends, and significant others of military service members and veterans. The class helps families comprehend what the service member/veteran is experiencing and how to cope more effectively. Online at www.research.net/r/homefrontonline or email at namieducation@nami.org
- **Concerned Person Group.** Family support group intended as support for family and friends of veterans, particularly with PTSD or emotional concerns. Vet Center. 1821 22nd St #115 West Des Moines, IA. Third Mon of the month 6pm-7pm
- **PTSD Family Coach App.** Mobile App made and approved by the VA. Can be found in app store/google play store
- **Parenting2Go App.** Mobile App made and approved by the VA. Can be found in app store/google play store
- **Parenting Coach App.** Mobile App made and approved by the VA. Can be found in app store/google play store
- **A Veteran's Guide to Talking and Telling Kids about PTSD.** A printable handout that can be found at www.mirecc.va.gov/VISN16/docs/Talking_With_Kids_about_PTSD.pdf
- **Coaching Into Care.** VA telephone service that provides free coaching to family and friends of veterans who may be having difficulty adjusting to civilian life. Coaching provided by licensed psychologists and social workers. Nationwide via 888-823-7458 Mon-Fri 7am-7pm CST
- **Concerned Person's Support Group.** Vet Center group for family/friends of eligible veterans (veteran must be combat era and/or MST survivor). They prefer that veteran be enrolled in services there but is not required. Open-format support group. Vet Center. 1821 22nd St, #115 Des Moines, IA 50266. 1st and 3rd Monday each month 6pm. Drop-in or call ahead at 515-284-4929