



Veteran Spouse's Peer Support Group

Veteran Spouses' needs are often overlooked and overshadowed by those of the Veteran, but the fact is that we transition and struggle too and deserve to have access to support and resources so that we can better support our Veterans and families. Each week the group will cover a different topic:

- Post Traumatic Stress Disorder
- Traumatic Brain Injury
- Anxiety/Depression
- Substance Use
- Domestic Violence
- Communication Skills
- Transitions and how they affect the Family
- Making Time For Yourself/Self Care
- Open Talks

**Meetings will be held the
last Tuesday of each month
Starting January 28, 2025**

**5:30 -
7:00 pm**

**Location: CNS Healthcare,
279 Summit Drive,
Waterford, MI 48328
Visingardi Conference Room**

For more information, contact
Stephanie Nobach at
snobach@cnshealthcare.org or
248.409.4181

Use QR Code to
Navigate to
EventBright and
sign up to
attend.

