The Military Family Support Group offers a safe place for family members of both active and former military members to share their experiences, struggles and hope in overcoming the invisible wounds of war that affect the entire family unit. Veterans and their loved ones can suffer from one or many of the following: survivor’s guilt, separation anxiety, emotional numbing, adrenaline seeking, depression, anxiety, insomnia, alcohol and substance abuse, PTSD and traumatic brain injury.

The group coaches and supports military family members to find healing, balance, and strategies for positive re-integration for military members with their family and society. We also connect families with local resources.

For more information, please contact Crystal Bean at (978) 320-9804.

This group is made possible by the support of the Montachusett Suicide Prevention Task Force

Military Family Support Group
First Wednesday of every month from 6:00 - 8:00pm
OBS Conference Room
at Heywood Hospital